



READING NEWSLETTER FOR SIXTH FORM STUDENTS

Welcome to the start of a new academic year! We hope you have had a fantastic summer break and that the term has started well for you.

As the new academic year begins, this newsletter collates a selection of books which touch on a range of topics that may be of interest to you at this point in the year. In terms of non-fiction, we've shared a selection that may help with your strive for success and embedding of good habits. As well as this, we've also shared some non-fiction texts which touch on a range of subject areas – whether you are studying these areas now or not, you may be interested in reading them. In addition to the wider reading you'll be doing for your subjects, we hope these books may help you to read for enjoyment as well as around other areas that are worth exploring.

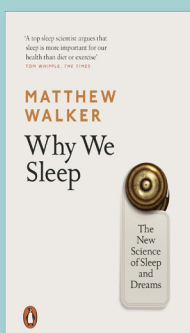
Reading isn't just important for our studies though – it's also proven to be good for mental health and so, if non-fiction isn't what you're after, we've also shared some fiction books here too. However, no list is exhaustive, and so if nothing here takes your fancy, do explore other subject areas, genres or styles. Your college librarian may be able to help – or browsing online book shops may also shed light on some books you've not seen before.

Whatever you choose to explore in your reading, we hope you have a fantastic half term. Look out for the next newsletter after the half-term break in October!



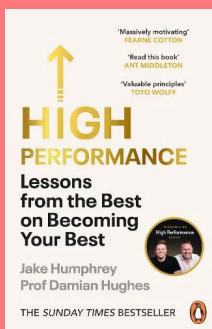
NON-FICTION READS

In addition to a selection of fiction recommendations later in the newsletter, we have highlighted some non-fiction which may be of interest to you, including some texts which may help set you up for a successful start to the academic year.



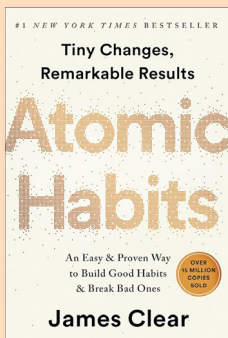
Why We Sleep, by Matthew Walker

Sleep is one of the most important aspects of our life and health, yet it is increasingly neglected, with devastating consequences. Looking at creatures from across the animal kingdom as well as major human studies, Walker delves into everything from what really happens during REM sleep to how caffeine and alcohol affect sleep and why our sleep patterns change across a lifetime, transforming our appreciation of the extraordinary phenomenon that safeguards our existence.



High Performance, by Jake Humphrey and Damian Hughes

This book uncovers the eight essential habits of the world's leading sportspeople, coaches and entrepreneurs. From taking responsibility for your situation to finding your 'Trademark Behaviours', it reveals how the world's highest-achieving people unlocked their potential – and how you can too. Anyone can learn the secrets of high performance.



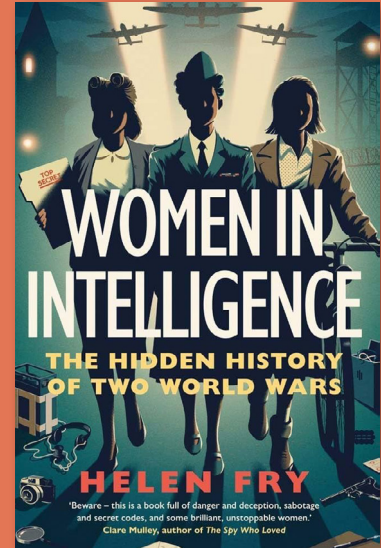
Atomic Habits, by James Clear

People think that when you want to change your life, you need to think big. But world-renowned habits expert James Clear has discovered another way. He knows that real change comes from the compound effect of hundreds of small decisions: doing two push-ups a day, waking up five minutes early, or holding a single short phone call. He calls them atomic habits. In this book, Clear reveals exactly how these minuscule changes can grow into such life-altering outcomes.

Women in Intelligence,

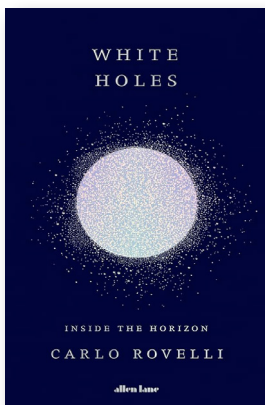
by Helen Fry

From the twentieth century onward, women took on an extraordinary range of roles in intelligence, defying the conventions of their time. Across both world wars, far from being a small part of covert operations, women ran spy networks and escape lines, parachuted behind enemy lines, and interrogated prisoners. And, back in Bletchley and Whitehall, women's vital administrative work in MI offices kept the British war engine running. In this major, panoramic history, Helen Fry looks at the rich and varied work women undertook as civilians and in uniform. From spies in the Belgian network "La Dame Blanche," knitting coded messages into jumpers, to those who interpreted aerial images and even ran entire sections, Fry shows just how crucial women were in the intelligence mission.



White Holes: Inside the Horizon,

by Carlo Rovelli

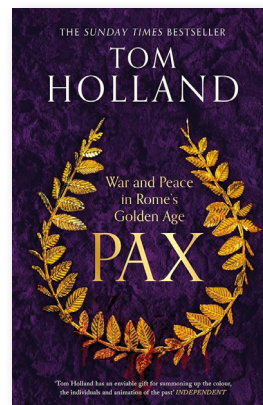


Let us journey into the heart of a black hole. Let us slip beyond its boundary, the horizon and tumble - on and on - down this crack in the universe. As we plunge, we'll see geometry fold, we'll feel the equations draw tight around us. Eventually, we'll pass it: the remains of a star, deep and dense and falling further far. And then - the

bottom. Where time and space end, and the white hole is born... With lightness and magic, here Carlo Rovelli traces the ongoing adventure of his own cutting-edge research, of the uncertainty and joy of going where we've not yet been. Guiding us to the edge of theory and experiment, he invites us to go beyond, to experience the fever and the disquiet of science. Here is the extraordinary life of a white hole.

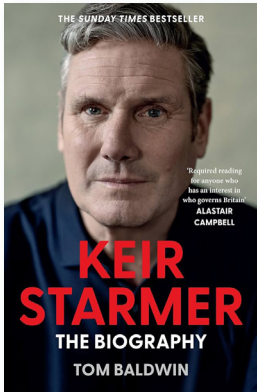
Pax: War and Peace in Rome's Golden Age,

by Tom Holland



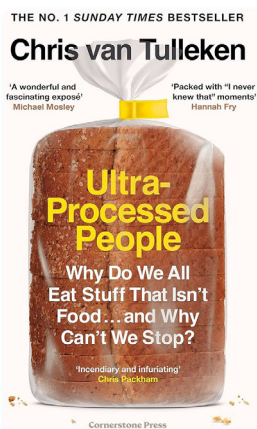
Beginning in 69AD, a year that saw four Caesars in succession rule the empire and ending some seven decades later with the death of Hadrian, Pax presents a dazzling history of Rome at the height of its power. From the gilded capital to realms beyond the frontier, Holland portrays the Roman Empire in all its predatory glory.

Vivid scene follows vivid scene: the destruction of Jerusalem and Pompeii, the building of the Colosseum and Hadrian's Wall, the conquests of Trajan. Vividly sketching the lives of Romans both ordinary and spectacular, from slaves to emperors, Holland demonstrates how Roman peace was the fruit of unprecedented military violence.



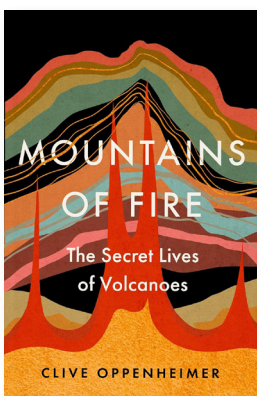
Keir Starmer - The Biography, by Tom Baldwin

Whatever political views one holds, it is useful to read a range of biographies and texts to understand all angles and characters and so, with a new Prime Minister, you may wish to read this biography. It draws on many hours of interviews with the new Prime Minister himself, as well as unprecedented access to members of his family, his oldest friends and closest colleagues. The book tracks Starmer’s emergence from a troubled small-town background and rebellious youth, through a storied legal career as a human rights barrister and the country’s chief prosecutor, to becoming an MP relatively late in life. Baldwin provides a vivid and compelling account of how this untypical politician then rose to be leader of his party and Prime Minister.



Ultra-Processed People, by Chris Van Tulleken

We have entered a new ‘age of eating’ where most of our calories come from an entirely novel set of substances called Ultra-Processed Food, food which is industrially processed and designed and marketed to be addictive. But do we really know what it’s doing to our bodies? Join Chris in his travels through the world of food science and a UPF diet to discover what’s really going on. For too long we’ve been told we just need to make different choices, when really we’re living in a food environment that makes it nigh-on impossible. So, this is a book about our rights. The right to know what we eat and what it does to our bodies and the right to good, affordable food.



Mountains of Fire: The Secret Lives of Volcanoes, by Clive Oppenheimer

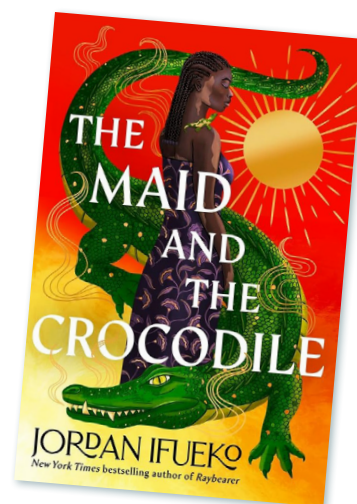
We are made of the same stuff as the breath and cinders of volcanoes. No matter where we live on the planet, they have shaped our history and might, one day, decide our destiny. World-famous volcanologist Clive Oppenheimer has worked at the crater’s edge in the wildest places on Earth, close enough to feel the heat of the lava. In Mountains of Fire, we join him on hair-singeing adventures from Italy to Antarctica to learn how deeply our stories are intertwined with volcanoes.

FICTION READS

Whilst reading can help us learn, develop, reflect and question, it can also provide some much-needed escapism at times. We have shared a selection of texts below which may be of interest. However, there is a big, wide world of reading material out there – so if nothing here catches your eye, do explore other options through your library, e-books, audio books and magazines.

The Maid and the Crocodile, by Jordan Ifueko

In the magic-soaked capital city of Oluwan, Small Sade needs a job – preferably as a maid, with employers who don't mind her unique appearance and unlucky foot. But before she can be hired, she accidentally binds herself to a powerful being known only as the Crocodile, a god rumoured to devour pretty girls. Small Sade entrances the Crocodile with her secret: she is a Curse Eater, gifted with the ability to alter people's fates by cleaning their houses. The god warns that their fates are bound, but Small Sade evades him, launching herself into a new career as the Curse Eater of a swanky inn. She is determined to impress the wealthy inhabitants and earn her place in Oluwan City, assuming her secret-filled past – and the revolutionary ambitions of the Crocodile – don't catch up with her...

**The King is Dead,** by Benjamin Dean

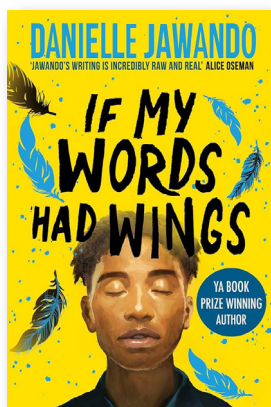
James has been a prince all his life and, since he was born, he's been thrust into the spotlight as the first Black heir to the throne.

But when his father dies unexpectedly, James is crowned king at the tender age of seventeen, and his life irrevocably changes.

When James' boyfriend suddenly goes missing, threatening envelopes appear in the palace, and gossip and scandals that only he knows are leaked to the public. As the anonymous informant continues to expose every last skeleton in the royal closet, James realises even those in his inner circle can't be trusted.

If My Words Had Wings,

by Danielle Jawando



When 15-year-old Tyrell Forrester gets caught up in a high-profile armed robbery, he's sentenced to eighteen months in a young offenders' prison. Now he's getting out, and he's determined to turn his life around. Despite his release, systemic discrimination makes it difficult for Ty to truly be free. Inspired by a

visiting poet while inside, Ty discovers a whole new world through spoken word and is finally finding his voice. But will society ever see him as anything other than a criminal?

Thieves Gambit',

by Kayvion Lewis

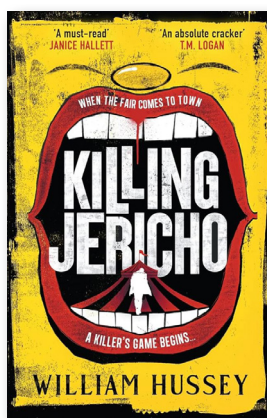


Seventeen-year-old Rosalyn Quest was raised by a legendary family of thieves with one rule: trust no one. When her mother is kidnapped, her only chance to save her is to win the Thieves' Gambit - a deadly competition for the world's best thieves, where the victor is granted one wish. To win, she must outwit all her backstabbing

competitors, including her childhood archnemesis. But can she take victory from the handsome, charming boy who makes a play for her heart and might be hiding the most dangerous secret of all?

Killing Jericho,

by William Hussey

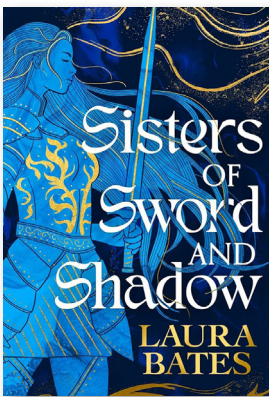


Scott Jericho thought he'd worked his last case. Fresh out of jail, the disgraced former detective is forced to seek refuge with the fairground family he once rejected. Then, a series of bizarre murders comes to light - deaths that echo a century-old fairground legend. The police can't connect the victims. But

Jericho knows how the legend goes; that more murders are certain to follow. As Jericho unpicks the deadly mystery, a terrifying question haunts him. As a direct descendant of one of the victims in the legend, is Jericho next on the killer's list?



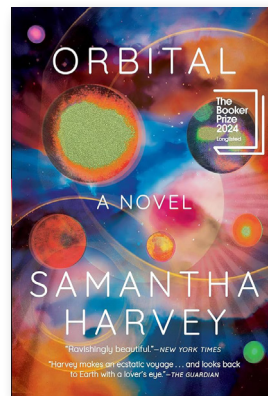
Sisters of Sword and Shadow, by Laura Bates



What if the Knights of the Round Table had been women? This afternoon Cass's older sister will be married. Soon she will be too. Gone will be days of running through fields and feeling the earth between her toes. So, when a beautiful leather clad woman rides up and offers to take her away, Cass

doesn't hesitate to join her. Cass is introduced to the Sisterhood of Silk Knights – a group of women training to fight and working to right the wrongs of men. Cass is drawn into a world of ancient feuds, glorious battles, and deadly intrigue, where she soon discovers she holds a power that could change the destiny of her sisterhood.

Orbital, by Samantha Harvey



A team of astronauts in the International Space Station collect meteorological data, conduct scientific experiments and test the limits of the human body. But mostly they observe. Together, they watch their silent blue planet, circling it sixteen times, spinning past continents and cycling through

seasons, taking in glaciers and deserts, the peaks of mountains and the swells of oceans. Endless shows of spectacular beauty witnessed in a single day. Yet although separated from the world, they cannot escape its constant pull. News reaches them of the death of a mother, and with it comes thoughts of returning home. They look on as a typhoon gathers over an island and people they love, in awe of its magnificence and fearful of its destruction. The fragility of human life fills their conversations, their fears, their dreams. So far from earth, they have never felt more part – or protective – of it. They begin to ask, what is life without earth? What is earth without humanity?



We Have Everything We Need to Start Again,

by Koleka Putuma

An empowering and uplifting collection of poems from groundbreaking and award-winning poet Koleka Putuma, about figuring out who you are and embracing it. With words to affirm, this is the ideal companion to hold your hand while you navigate all the big questions, discoveries and transitions of young adulthood.

PiXL Reading

DISCLAIMER © The PiXL Club Ltd. 2024

This resource is strictly for the use of The PiXL Club Ltd member schools during the life of the membership only. It may NOT be copied, sold, or transferred or made available by whatever means to a third party non-member during or after membership. Until such time it may be freely used within the PiXL member school by their teachers and authorized staff and any other use or sale thereof is strictly prohibited.

All opinions and contributions are those of the authors. The contents of this resource are not connected with, or endorsed by, any other company, organisation or institution.

PiXL Club Ltd endeavour to trace and contact copyright owners. If there are any inadvertent omissions or errors in the acknowledgements or usage, this is unintended and PiXL will remedy these on written notification.