



SPRING

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Happy reading! – Miss Mullins, Miss Walker, and Miss McGarr



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*"There is no better compass than compassion." – Amanda Gorman*

NEW



**The Body Image Book for Girls by Charlotte Markey**  
It is worrying to think that most girls feel dissatisfied with their bodies, and that this can lead to serious problems including depression and eating disorders. Can some of those body image worries be eased? Body image expert and psychology professor Dr Charlotte Markey helps girls aged 9-15 to understand, accept, and appreciate their bodies. She provides all the facts on puberty, mental health, self-care, why diets are bad news, dealing with social media, and everything in-between. Girls will find answers to questions they always wanted to ask, the truth behind many body image myths, and real-life stories from girls who share their own experiences. Through this easy-to-read and beautifully illustrated guide, Dr Markey teaches girls how to nurture both mental and physical health to improve their own body image, shows the positive impact they can have on others, and enables them to go out into the world feeling fearless.

**Batman: Detective Comics, Vol. 1: The Neighborhood by Mariko Tamaki, Dan Mora et al**

With the loss of his fortune and manor, the election of Mayor Nakano, and the growing anti-vigilante sentiment in Gotham, Bruce Wayne must rethink how to be Batman...or risk being left behind by his own city. Introducing Mr. Worth! When his daughter is killed during the brutal crime wave gripping Gotham City, eight-foot-tall stack of muscle and money Roland Worth sets out on a path of revenge toward the prime suspect in the crime: Batman! The Dark Knight has been framed for murder, and to make matters worse, this grisly deed seems to be connected to yet another emerging villainous force on the horizon. It's a rogues gallery explosion, and this time there's no mansion on the hill for Bruce Wayne to mount his counterattack from! Eisner Award-winning writer Mariko Tamaki and superstar artist Dan Mora begin an exciting, surprising, and death-defying new story for the World's Greatest Detective.



**Loki: Where Mischief Lies by Mackenzi Lee**

This is the first of three young adult novels from New York Times best-selling author Mackenzi Lee that explores the untapped potential and duality of heroism of popular characters in the Marvel Universe. Before the days of going toe-to-toe with the Avengers, a younger Loki is desperate to prove himself heroic and capable, while it seems everyone around him suspects him of inevitable villainy and depravity... except for Amora. Asgard's resident sorceress-in-training feels like a kindred spirit-someone who values magic and knowledge, who might even see the best in him. But when Loki and Amora cause the destruction of one of Asgard's most prized possessions, Amora is banished to Earth, where her powers will slowly and excruciatingly fade to nothing. Without the only person who ever looked at his magic as a gift instead of a threat, Loki slips further into anguish and the shadow of his universally adored brother, Thor. When Asgardian magic is detected in relation to a string of mysterious murders on Earth, Odin sends Loki to investigate. As he descends upon nineteenth-century London, Loki embarks on a journey that leads him to more than just a murder suspect, putting him on a path to discover the source of his power-and who he's meant to be.



**This is How You Fall in Love by Anika Hussain**

Zara and Adnan are just friends. Always have been, always will be. Even if they have to pretend to be girlfriend and boyfriend... Zara loves love in all forms: 90s romcoms and romance novels and grand sweeping gestures. And she's desperate to have her own great love story. Crucially, a real one. So when her best friend Adnan begs her to pretend to date him to cover up his new top-secret relationship, Zara is hesitant. This isn't the kind of thing she had in mind. But there's something in it for Zara too: making her parents, who love Adnan, happy might just stop them arguing for a while. She may not be getting her own love story, but she could save theirs. So Zara agrees and the act begins: after all, how different can pretending to be in a relationship with your best friend be to just hanging around with them like usual? Turns out, a lot. With fake dating comes fake hand-holding and fake kissing and real feelings... And when a new boy turns up in Zara's life, things get more confusing than ever. The course of true love never did run smooth, but Zara's love story is messier than most...

**Gallant by VE Schwab**  
(Recommended for Older Readers)

Olivia Prior has grown up in Merilance School for girls, and all she has of her past is her mother's journal—which seems to unravel into madness. Then, a letter invites Olivia to come home—to Gallant. Yet when Olivia arrives, no one is expecting her. But Olivia is not about to leave the first place that feels like home, it doesn't matter if her cousin Matthew is hostile or if she sees half-formed ghouls haunting the hallways. Olivia knows that Gallant is hiding secrets, and she is determined to uncover them. When she crosses a ruined wall at just the right moment, Olivia finds herself in a place that is Gallant—but not. The manor is crumbling, the ghouls are solid, and a mysterious figure rules over all. Now Olivia sees what has unraveled generations of her family, and where her father may have come from. Olivia has always wanted to belong somewhere, but will she take her place as a Prior, protecting our world against the Master of the House? Or will she take her place beside him?



**A Million to One by Adiba Jaigirdar**

Adiba Jaigirdar, author of one of Time's Best YA books of all time, gives Titanic an Ocean's 8 makeover in a heist for a treasure aboard the infamous ship that sank in the Atlantic many years ago. A thief. An artist. A Acrobat. An actress. While Josefa, Emille, Hinnah, and Violet seemingly don't have anything in common, they're united in one goal: stealing the Rubaiyat, a jewel-encrusted book aboard the RMS Titanic that just might be the golden ticket to solving their problems. But careless mistakes, old grudges, and new romance threaten to jeopardize everything they've worked for and put them in incredible danger when tragedy strikes. While the odds of pulling off the heist are slim, the odds of survival are even slimmer...

### Wish List Spotlight:



**What You Are Looking for is in the Library by Michiko Aoyama**

What are you looking for? So asks Tokyo's most enigmatic librarian, Sayuri Komachi. But she is no ordinary librarian. Sensing exactly what someone is searching for in life, she provides just the book recommendation to help them find it. We meet five visitors to the library, each at a different crossroads:

- The restless retail assistant eager to pick up new skills
- The mother faced with a demotion at work after maternity leave
- The conscientious accountant who yearns to open an antique store
- The gifted young manga artist in search of motivation
- The recently retired salaryman on a quest for newfound purpose

Can she help them find what they are looking for? Which book will you recommend?

### 8th March – International Women's Day

Celebrated on the 8th of March, International Women's Day (IWD) gives focus to issues such as gender equality, reproductive rights, and violence and abuse against women. IWD has been observed since as early as 1909, when the Socialist Party of America organised an event called Women's Day in New York on the 28th of February that year. This celebration inspired German delegates at the 1910 International Socialist Women's Conference to propose a 'special Women's Day' to be organised annually. After the Russian Revolution in 1917, IWD was made a national holiday on the 8th of March. IWD was associated with far-left movements and governments until its adoption by the global feminist movement in the late 1960s. It became a mainstream global holiday following promotion by the United Nations in 1977.



Each year, there is a theme to IWD. This year's theme is 'Inspire Inclusion.' The IWD website says of the theme: "When we inspire others to understand and value

women's inclusion, we forge a better world. And when women themselves are inspired to be included, there's a sense of belonging, relevance, and empowerment. Collectively, let's forge a more inclusive world for women. To truly include women means to openly embrace their diversity of race, age, ability, faith, body image, and how they identify. Worldwide, women must be included in all fields of endeavour." Click [here](#) to learn more about what it means to inspire inclusion.

Explore the International Women's Day website [here](#).



**The Female Lead: Women Who Shape Our World by Edwina Dunn and Brigitte Lacombe**

Over fifty inspirational women, from many walks of life. All have changed the world in a variety of fields. Among them are politicians and artists, journalists and teachers, engineers and campaigners, fire fighters and film stars. Together they form an arresting gallery of portraits, each one illustrated with original photography by Brigitte Lacombe. Some have led their professions; some have broken new ground for women; some have inspired changes through relentless endeavour. All were chosen for their ambitions and achievements, and all tell their stories in their own words. Includes portraits from Meryl Streep, Tina Brown, Lena Dunham, Jo Malone, Laura Bates, Yeonmi Park, Lucy Bronze, Julie Bentley and Michaela DePrince, amongst many others. For girls, it can be hard to identify role models in our society. This book will help and inspire women everywhere to realize their hopes and ambitions.

**Everyday Sexism by Laura Bates**

In 2012 after being sexually harassed on London public transport Laura Bates, a young journalist, started a project called Everyday Sexism to collect stories for a piece she was writing on the issue. Astounded by the response she received and the wide range of stories that came pouring in from all over the world, she quickly realised that the situation was far worse than she'd initially thought. Enough was enough. From being leered at and wolf-whistled on the street, to aggravation in the work place and serious sexual assault, it was clear that sexism had been normalised. Bates decided it was time for change. This bold, jaunty and ultimately intelligent book is the first to give a collective online voice to the protest against sexism. This game changing book is a juggernaut of stories, often shocking, sometimes amusing and always poignant - it is a must read for every inquisitive, no-nonsense modern woman.



**Bad Girls Throughout History by Ann Shen**

Aphra Behn, first female professional writer. Sojourner Truth, activist and abolitionist. Ada Lovelace, first computer programmer. Marie Curie, first woman to win the Nobel Prize. Joan Jett, godmother of punk. The 100 revolutionary women highlighted in this gorgeously illustrated book were bad in the best sense of the word: they challenged the status quo and changed the rules for all who followed. From pirates to artists, warriors, daredevils, scientists, activists, and spies, the accomplishments of these incredible women vary as much as the eras and places in which they effected change. Featuring bold watercolour portraits and illuminating essays by Ann Shen, Bad Girls Throughout History is a distinctive, gift-worthy tribute.



### Happy World Book Day!

Newstead's students and staff had an excellent time dressing up as characters from their favourite books for World Book Day. There were activities in the library, including 'guess the last book the staff member read', 'guess the number of jellybeans in the jar', and design a national book token, as well as a book quiz run by the sixth form in the sixth form block. Prize winners for the costume competition and all other competitions will be announced on Monday. Thank you to everyone who took part - there were some truly amazing costumes! Remember to use your book tokens to purchase one of the world book day exclusive books, alternatively you can exchange a book token for £1 off of any book of your choice at participating booksellers.

Click [here](#) to access the National Literacy Trust's World Book Day resources. Pictured below are just a fraction of the brilliant costumes we saw!

