

Media Release

School Library Association of Victoria



- **Uplifting Stories – Book List**

In a recent article in *The Conversation* entitled '[A place to get away from it all](#)', researcher Dr Margaret Merga identified five ways that school libraries support student wellbeing. These were that school libraries:

- Can be safe places
- Provide resources for wellbeing
- Help build digital health literacy skills
- Support reading for pleasure
- Encourage healing through reading

In response to this important acknowledgement of the role that school libraries play in supporting the wellbeing and mental health of their school communities, the School Library Association of Victoria (SLAV) has produced a list of books, for all age groups, that offer uplifting and positive views of the world.

At a time when we all need support, to see the world we live in in a positive light and our lives as worthwhile and meaningful, this list, constructed by experienced school library staff, offers reading opportunities that are positive and uplifting.

School libraries are safe, inclusive spaces that support reading and learning of all kinds, whose staffs have the specific knowledge and expertise to recommend the right book at the right time.

For further information please contact:

Dianne Ruffles

President

School Library Association of Victoria

dmruffles@mgs.vic.edu.au

Dr Susan La Marca

Executive Officer

School Library Association of Victoria

0477 439 593

slav@slav.org.au

