

January Library

Newsletter 

January 5, 2022

*“She reads books
as one would
breathe air, to fill
up and live”*

--Annie Dillard



“The Medium is the Message:” A Quote Helpful for Our Times

It is good to be reminded of the communications theorist, Marshall McLuhan’s adage: “the medium is the message” in Library class, which introduces students to a variety of literacies. “The Medium is the Message” exalts us into better communicators. Every medium has its own spoken and unspoken rules, and when we respond appropriately, within the platform, of course it elevates the platform, but it also works together with our message. In a Catholic School, we want to spread good messages.

The words we say are also defined by the platform we communicate on. Remember that the medium and message work hand in hand.

“She is too fond of books, and it has turned her brain”

-Louisa May Alcott

Bibliotherapy and Bibliotherapists

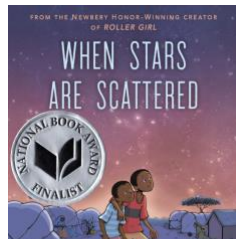
According to *Psychology Today*, “Bibliotherapy is a therapeutic approach employing books and other forms of literature, typically alongside more traditional therapy modalities, to support a patient’s mental health.”

Psychology Today states that this could be a good form of healing for people with mild to moderate symptoms of depression, anxiety, or mood disorders.

This is a good idea to explore. To access the article fully discussing bibliotherapy, please click here:

<https://www.psychologytoday.com/us/therapy-types/bibliotherapy>

Socio-Emotional Book of the Month: *When Stars Are Scattered* by Omar Mohamed and Victoria Jamieson



When Stars are Scattered by Omar Mohamed and Victoria Jamieson is a beautifully illustrated graphic novel with lovely colors and also realistic fiction. It won a National Book Award Finalist medal for being a book so easy to read alongside kids.

“But we are not one star. We are millions. Not one background, but millions.

To the untrained eye, the night sky is a scattering of stars, a chaos of light and dark across the universe.

And yet, the stars are not lost.

They form patterns. Constellations. If you know how to look, there are stories woven into the very essence of stars.

Be like a star. Shine your light. Shine your story. For stories will lead us home.”

-Maryam