

# Mental Health and Well-Being: Exploring Friendship and School Life Through the Reading of Novels (Intermediate)

## Note:

The interest and reading levels listed in this bibliography are those given by the publishers. If the reviewing journals gave a different interest level(s) for a title then this was indicated after the publisher's interest level. I find the interest levels given by the reviewing journals to be more accurate.

The summaries, which are also from the publishers, are to give you a quick overview of each title. Note that some of the titles fit the theme loosely and others more tightly. The titles also range from "light-hearted" to more serious in nature.

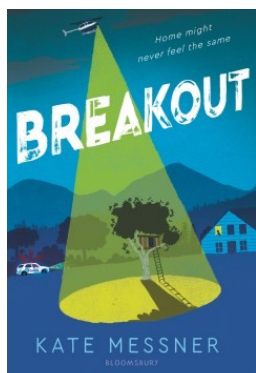
If a student needs the support of a digital copy, talk with your Learning Support Teacher, as ARC-BC is able to "rush" order digital titles they don't currently have in their collection. A very small number of the titles may also be available in an audiobook format, accessible through searching in Destiny. Your Teacher-Librarian can help you check for this.

If the LRC has 10+ copies of a title this was listed beside the title to provide you with the further flexibility of bringing in some titles to be used in a lit circle format.

*Joan Pearce, December 2020*

# Mental Health and Well-Being: Friendship and School Life

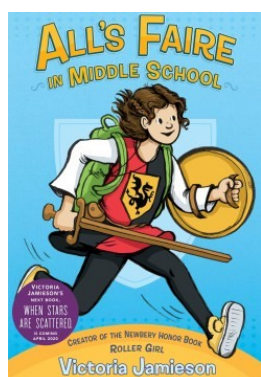
Compiled by Joan Pearce



## **Breakout** \*LRC has 24

by Kate Messner, c2018 (IL: 5-8, RL: 5.4)

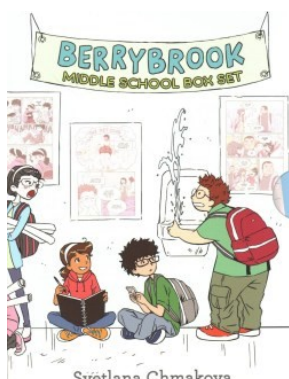
"Told in a unique format of letters, poetry, comics, and journals Kate Messner's new novel tells an important coming-of-age story against the intrigue of a real-life prison break." - Pub.



## **All's Faire in Middle School**

by Victoria Jamieson, c2017 (IL: 5-8, RL: 3.6)  
(graphic novel)

"Homeschooled by Renaissance Fair enthusiasts, eleven-year-old Imogene has a hard time fitting in when her wish to enroll in public school is granted." - Follett



## **Series: Berrybrook Middle School**

by Svetlana Chmakova, c2015-2019 (IL: 5-8, RL: 2.8-3.1) (graphic novels)

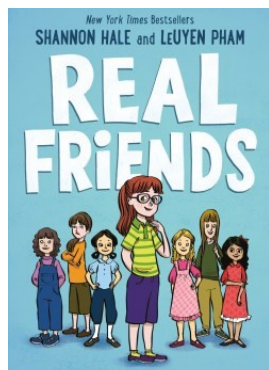
"Follow the Awkward tales of the students at Berrybrook Middle School as they Bravely face their everyday lives...even when they have a Crush!" - Pub.

### Titles:

*Awkward*

*Brave*

*Crush*



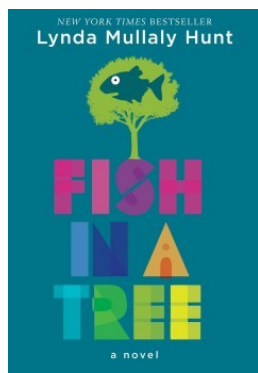
## **Real Friends** \*LRC has 12

by Shannon Hale, c2017 (IL: 3-6, RL: 3.7)  
(graphic novel)

"Newbery Honor author Shannon Hale and New York Times bestselling illustrator LeUyen Pham join forces in this graphic memoir about how hard it is to find your real friends--and why it's worth the journey." - Pub.

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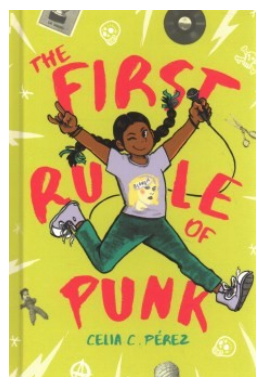
Compiled by Joan Pearce



## Fish In a Tree \*LRC has 24

by Lynda Mullaly Hunt, c2018 (IL: 5-8, RL: 4.2)

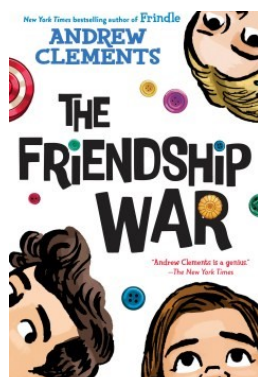
"Sixth-grader Ally excels at covering the fact that she cannot read, but at her seventh school in as many years she is challenged to admit she needs help."  
- Follett



## The First Rule of Punk \*LRC has 12

by Celia C. Pérez, c2019 (IL: 5-8, RL: 4.5)

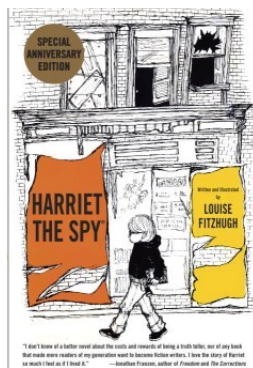
"Twelve-year-old Maria Luisa O'Neill-Morales (who really prefers to be called Malu) reluctantly moves with her Mexican-American mother to Chicago and starts seventh grade with a bang--violating the dress code with her punk rock aesthetic and spurning the middle school's most popular girl in favor of starting a band with a group of like-minded weirdos." - Follett



## The Friendship War

by Andrew Clements, c2019 (IL: 3-6, RL: 5.2)

"When Grace takes boxes of old buttons from a building her grandfather bought, she starts a fad at school that draws her closer to one friend, but further from another." - Pub.



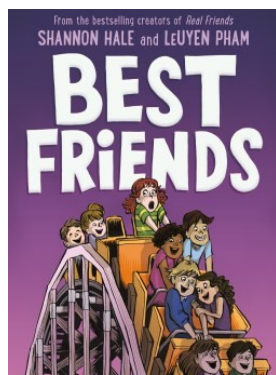
## Harriet the Spy

by Louise Fitzhugh, c1964 (IL: 5-8, RL: 4.5)

"Using her keen observation skills, 11-year-old Harriet M. Welsch writes down in her notebook what she considers the truth about everyone in and around her New York City neighborhood. When she loses track of her notebook, it ends up in the wrong hands, and before she can stop them, her friends read the sometimes awful things she's observed and written about each of them. How can Harriet find a way to keep her integrity and also put her life and her friendships back together?" - Pub.

# Mental Health and Well-Being: Friendship and School Life

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## **Best Friends**

by Shannon Hale, c2019 (IL: 3-6, RL: 4.6) (graphic novel)  
 "Sixth grade is supposed to be perfect. Shannon's got a sure spot in the in-crowd called The Group, and her best friend is their leader. Jen, the most popular girl in school. But the rules are always changing, and Shannon has to scramble to keep up. She never knows which TV shows are cool, what songs to listen to, and which boys she's allowed to talk to. Who makes these rules, anyway? And does Shannon have to follow them? - Follett



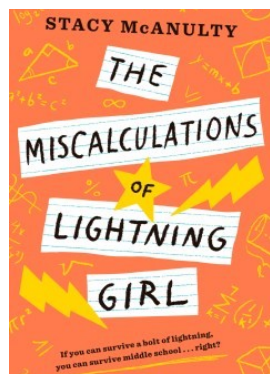
## **Series: Emmie & Friends**

by Terri Libenson, c2017-2019 (IL: 3-6, 5-8)  
 (graphic novels)

"All the crushes, humiliations, boredom, and drama of middle school are compressed into one surprising day in this extraordinary novel. Perfect for fans of Raina Telmeier and Jennifer L. Holm." - Pub.

### Titles:

*Invisible Emmie* (RL: 4.2)      *Just Jaime* (RL: 4.6)  
*Positively Izzy* (RL: 3.8)      *Becoming Breanna*



## **The Miscalculations of Lightning Girl** \*LRC has 12

by Stacy McAnulty, c2018 (IL: 3-6, 4-7; RL: 3.7)

"A lightning strike made Lucy, twelve, a math genius but, after years of homeschooling, her grandmother enrolls her in middle school and she learns that life is more than numbers." - Follett



## **Tight**

by Torrey Maldonado, c2018 (IL: 5-8, RL: 4.8)

"After his quick-tempered father gets in a fight and is sent back to jail, sixth-grader Bryan, known for being quiet and thoughtful, snaps and follows new friend Mike into trouble." - Follett



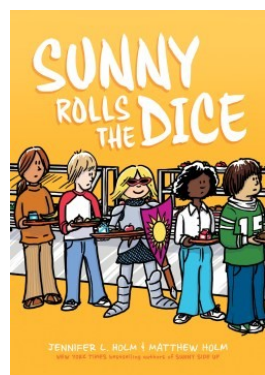
# Mental Health and Well-Being: Friendship and School Life

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**The Next Great Paulie Fink** \*LRC has 36  
by Ali Benjamin, c2020 (IL: 3-6, 4-7; RL: 4.9)

"Led by new student Caitlyn, seventh-graders at a tiny rural school in Vermont create a reality-show inspired competition to determine who will replace the school's legendary class clown, Paulie Fink." - Follett



**Sunny Rolls the Dice**

by Jennifer L. Holm, c2019 (IL: 3-6, 4-7; RL: 3.7)  
(graphic novel)

"Sunny's just made it to middle school . . . and it's making her life very confusing. All her best friend Deb wants to talk about is fashion, boys, makeup, boys, and being cool. Sunny's not against any of these things, but she also doesn't understand why suddenly everything revolves around them. She's much more comfortable when she's in her basement, playing Dungeons & Dragons with a bunch of new friends. Because when you're sword fighting and spider-slaying, it's hard to worry about..." - Follett



**Wonder** \*LRC has 33

by R. J. Palacio, c2012, 2017 (IL: 3.6, 4-7; RL: 5.1)

"Ten-year-old Auggie Pullman, who was born with extreme facial abnormalities and was not expected to survive, goes from being home-schooled to entering fifth grade at a private middle school in Manhattan, which entails enduring the taunts and fear of his classmates as he struggles to be seen as just another student." - Follett



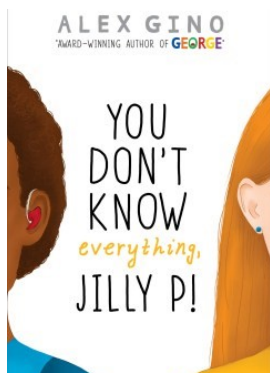
**Hurricane Child**

by Kacen Callender, c2019 (IL: 3-6, 4-7; RL: 5.3)

"Born on Water Island in the Virgin Islands during a hurricane, which is considered bad luck, twelve-year-old Caroline falls in love with another girl--and together they set out in a hurricane to find Caroline's missing mother." - Follett

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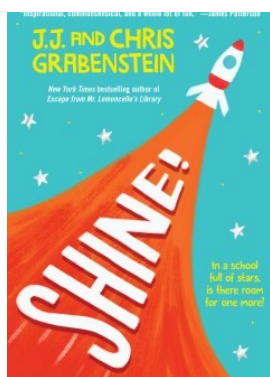
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## **You Don't Know Everything, Jilly P!**

by Alex Gino, c2018 (IL: 3-6, 4-7; RL: 4.3)

"...when Jilly's sister, Emma, is born deaf, she realizes...the world is going to treat Jilly, who is white and hearing, differently from Emma, just as it will treat them both differently from their Black cousins. A big fantasy reader, Jilly makes a connection online with another fantasy fan, Derek, who is a Deaf, Black ASL user. She goes to Derek for help with Emma but doesn't always know the best way or time to ask for it. As she and Derek meet in person, have some really fun conversations, and become friends, Jilly makes some mistakes...but comes to understand that it's up to her..." - *Foll.*



## **Shine!**

by J.J. Grabenstein, c2019 (IL: 3-6, 4-6; RL: 4.7)

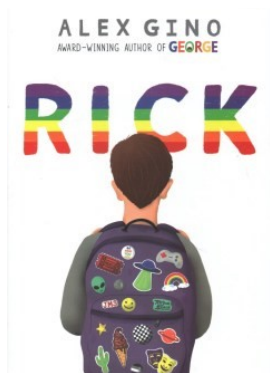
"Who do you want to be?" asks Mr. Van Deusen. "And not when you grow up. Right here, right now." Shine on! might be the catchphrase of twelve-year-old Piper's hero--astronaut, astronomer, and television host Nellie Dumont Frisse--but Piper knows the truth: some people are born to shine, and she's just not one of them. That fact has never been clearer than now, since her dad's new job has landed them both at Chumley Prep, a posh private school where everyone seems to be the best at something and where Piper definitely doesn't fit in." - *Pub.*



## **Dear Sweet Pea**

by Julie Murphy, c2019 (IL: 3-6, 4-8; RL: 5.5)

"Thirteen-year-old Patricia, widely known as Sweet Pea, navigates her parents' unconventional divorce and finds herself in the unlikely role of her town's advice columnist." - *Follett*



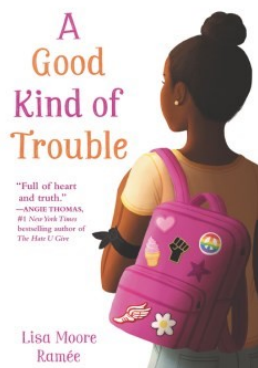
## **Rick**

by Alex Gino, c2020 (IL: 3-6, 3-7)

"Eleven-year-old Rick Ramsey has generally gone along with everybody, just not making waves, even though he is increasingly uncomfortable with his father's jokes about girls, and his best friend's explicit talk about sex; but now in middle school he discovers the Rainbow Spectrum club, where kids of many genders and identities can express themselves—and maybe among them he can find new friends and discover his own identity, which may just be to opt out of sex altogether." - *Follett*

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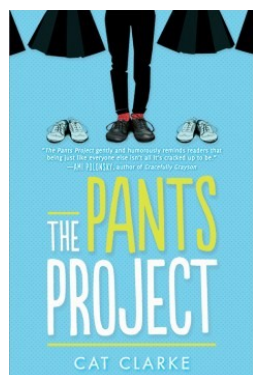
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## A Good Kind of Trouble

by Lisa Moore Ramée, c2019 (IL: 3-6, 4-8; RL: 4.5)

"Twelve-year-old Shayla is allergic to trouble. All she wants to do is to follow the rules. (Oh, and she'd also like to make it through seventh grade with her best friendships intact, learn to run track, and have a cute boy see past her giant forehead.) But in junior high, it's like all the rules have changed. Now she's suddenly questioning who her best friends are and some people at school are saying she's not black enough. Wait, what? Shay's sister, Hana, is involved in Black Lives Matter, but Shay doesn't think that's for her. After experiencing a powerful protest, though, Shay decides some rules are worth breaking."



## The Pants Project \*LRC has 12

by Cat Clarke, c2017 (IL: 5-8, 4-6; RL: 4.7)

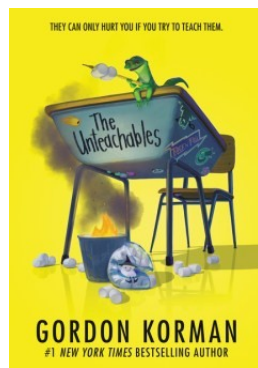
"Eleven-year-old Liv fights to change the middle school dress code requiring girls to wear a skirt and, along the way, finds the courage to tell his moms he is meant to be a boy." - Follett



## Ungifted \*LRC has 24

by Gordon Korman, c2012 (IL: 5-8, RL: 5.2)

"When Donovan Curtis pulls a major prank at his middle school, he thinks he's finally gone too far. But thanks to a mix-up by one of the administrators, instead of getting in trouble, Donovan is sent to the Academy of Scholastic Distinction, a special program for gifted and talented students ... But as the students and teachers of ASD grow to realize that Donovan may not be good at math or science (or just about anything), he shows that his gifts may be exactly what the ASD students never knew they needed." - Pub.



## The Unteachables \*LRC has 12

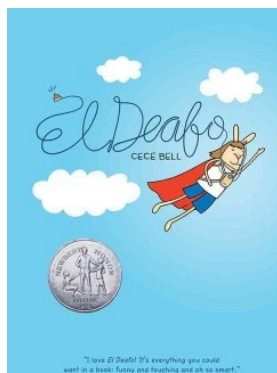
by Gordon Korman c2019 (IL: 3-6, 4-7; RL: 5.1)

"The Unteachables' never thought they'd find a teacher who had a worse attitude than they did. And Mr. Kermit never thought he would actually care about teaching again. Over the course of a school year, though, room 117 will experience mayhem, destruction-and maybe even a shot at redemption" - Follett



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## El Deafo \*LRC has 12

by Cece Bell, c2014 (IL: 3-6, 4-7; RL: 3.3)

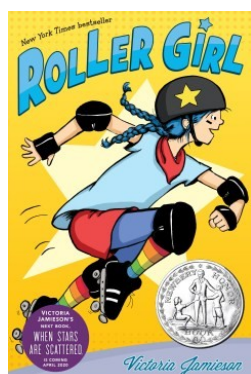
"Going to school and making new friends can be tough. But going to school and making new friends while wearing a bulky hearing aid strapped to your chest? That requires superpowers. In this funny, poignant graphic novel memoir, author/illustrator Cece Bell chronicles her hearing loss at a young age and her subsequent experiences with the Phonic Ear, a very powerful—and very awkward—hearing aid." - Pub.



## The New Kid \*LRC has 36

by Jerry Craft, c2019 (IL: 5-8, 4-7; RL: 3.6)  
(graphic novel)

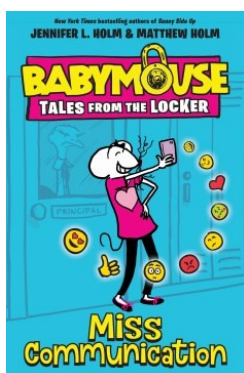
"Seventh grader Jordan Banks loves nothing more than drawing cartoons about his life. But instead of sending him to the art school of his dreams, his parents enroll him in a prestigious private school known for its academics, where Jordan is one of the few kids of color in his entire grade. As he makes the daily trip from his Washington Heights apartment to the upscale Riverdale Academy Day School, Jordan soon finds himself torn between two worlds—and not really fitting into either one." - Follett



## Roller Girl \*LRC has 12

by Victoria Jamieson, c2015 (IL: 5-8, 4-8; RL: 3.1)  
(graphic novel)

"For most of her twelve years, Astrid has done everything with her best friend Nicole. But after Astrid falls in love with roller derby and signs up for derby camp, Nicole decides to go to dance camp instead. And so begins the most difficult summer of Astrid's life as she struggles to keep up with the older girls at camp, hang on to the friend she feels slipping away, and cautiously embark on a new friendship." - Pub.



## Miss Communication (Series: Babymouse: Tales From the Locker)

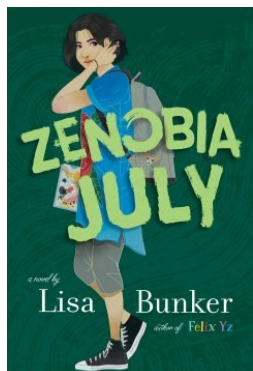
by Jennifer Holm, c2018 (IL: 3-6, RL: 5.7) \*graphic novel

"Everyone at middle school has a cell phone. Babymouse just has to get one, too. But having a phone is a lot of work! Building up a following on SoFamous, learning text lingo, keeping up with all the important koala videos... Babymouse is ready to tear her whiskers out. Why does it suddenly feel like she has no friends? Somehow, Babymouse needs to figure out how to stop worrying and love her smartphone..." - Pub.



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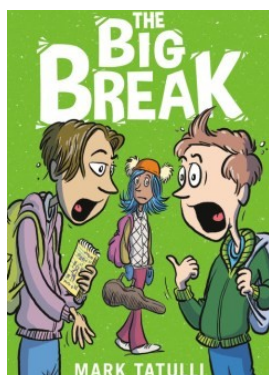
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## Zenobia July

by Lisa Bunker, c2019 (IL: 5-8, RL 5.8)

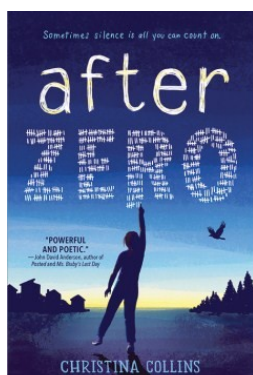
"A bold, heartfelt story about a trans girl solving a cyber mystery and coming into her own. Zenobia July is starting a new life. She used to live in Arizona with her father; now she's in Maine with her aunts. She used to spend most of her time behind a computer screen, improving her impressive coding and hacking skills; now she's coming out of her shell and discovering a community of friends at Monarch Middle School. People used to tell her she was a boy; now she's able to live openly as the girl she always knew she was." - Pub.



## The Big Break

by Mark Tatulli, c2020 (IL: 3-6, 3-7)  
(graphic novel)

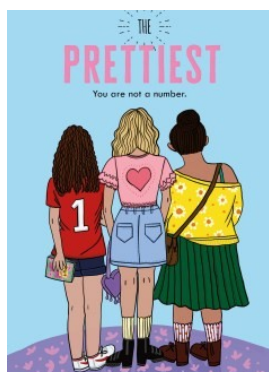
"Russ's friendship with Andrew disintegrates when Russ gets a girlfriend, leaving the video they are making without an ending, but a close encounter with the legendary Jersey Devil brings them back together." - Follett



## After Zero

by Christina Collins, c2018 (IL: 3-6, 4-7; RL: 4.5)

"When Elise leaves homeschooling for public school, she copes by speaking as little as possible, but soon her silence becomes an impediment to friendship and to dealing with family secrets." - Follett



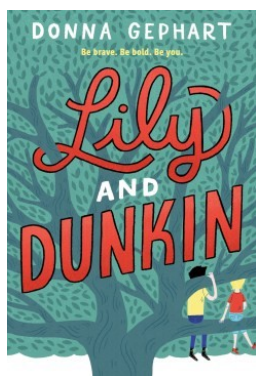
## The Prettiest

by Brigit Young, c2020 (IL: 3-6; 4-8)

"When a list appears online ranking the top fifty prettiest girls in the eighth grade, everything turns upside down. Eve Hoffman, ranked number one, can't ignore how everyone is suddenly talking about her looks. Sophie, the most popular girl in school, feels lower than ever when she's bullied for being ranked number two. Nessa Flores-Brady didn't even make the list, but she doesn't care—or does she? The three girls band together to find out who made the list but their journey doesn't lead them where they expect." - Follett

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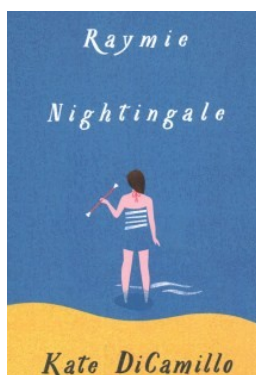
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## Lily and Dunkin

by Donna Gephart, c2016 (IL: 5-8, RL: 4.3)

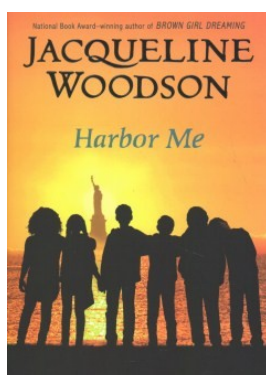
"Lily Jo McGrother, born Timothy McGrother, is a girl. But being a girl is not so easy when you look like a boy. Especially when you're in the eighth-grade. Norbert Dorfman, nicknamed Dunkin Dorfman, is bipolar and has just moved from the New Jersey town he's called home for the past thirteen years. This would be hard enough, but the fact that he is also hiding from a painful secret makes it even worse. One summer morning, Lily Jo McGrother meets Dunkin Dorfman, and their lives forever change." - Follett



## Raymie Nightingale

by Kate DiCamillo, c2018 (IL: 5-8, 4-7)

"Hoping that if she wins a local beauty pageant her father will come home, Raymie practices twirling a baton and performing good deeds as she is drawn into an unlikely friendship with a drama queen and a saboteur." - Follett



## Harbor Me \*LRC has 12

by Jacqueline Woodson, c2018 (IL: 5-8, RL: 4.1)

"It all starts when six kids have to meet for a weekly chat--by themselves, with no adults to listen in. There, in the room they soon dub the ARTT Room (short for "A Room to Talk"), they discover it's safe to talk about what's bothering them--everything from Esteban's father's deportation and Haley's father's incarceration to Amari's fears of racial profiling and Ashton's adjustment to his changing family fortunes. When the six are together, they can express the feelings and fears they have to hide from the rest of the world. And together, they can grow braver..." - Pub.



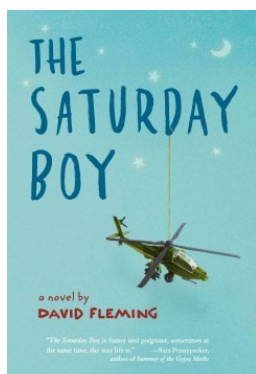
## 12 before 13

by Lisa Greenwald, c2018 (IL: 5-8, RL: 4.1)

"Inspired by the success of their first birthday bucket list, Ari and her BFF Kaylan set twelve new goals for the next school year. And number one is "keep our friendship strong." But after a life-changing summer at camp, Ari feels torn between Kaylan and her camp friends. And as she faces down everything from boys to bat mitzvahs, Ari needs to figure out how to be her best self--before her friends come together at her thirteenth birthday party." - Pub.

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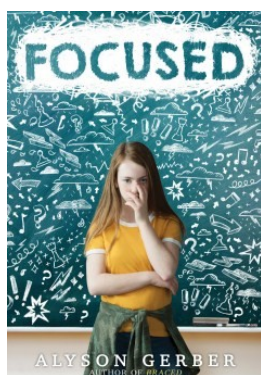
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## The Saturday Boy

by David Fleming, c2013 (IL: 5-8, RL: 4.6)

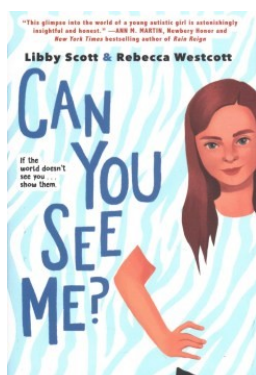
"Every school day seems to bring more trouble to eleven-year-old Derek, whose former best friend bullies him, while at home he deals with the long absence of his father, a Blackhawk helicopter pilot, and his mother's sudden moodiness." - Follett



## Focused

by Alyson Gerber, c2019 (IL: 3-6, 5-8; RL: 4.6)

"Twelve-year-old Clea wants to do her homework, follow instructions, pay attention in school, and play chess on the school team, but somehow she cannot focus on whatever is in front of her, and the other kids at school are starting to notice and make fun of her; when her worried parents take her to be tested she finds out that she has ADHD (only without the hyperactivity) - and with help from the psychiatrist who seems to really understand her she is determined to learn how to focus" - Follett



## Can You See Me?

by Libby Scott, c2020 (IL: 3-6, 4-7; RL: 4.6)

"Eleven-year-old Tally is starting sixth grade at Kingswood Academy and she really wants to fit in, which means somehow hiding her autism, hypersensitivity to touch, and true self, and trying to act "normal" like her former best friend, Layla, who is distancing herself from Tally and her fourteen-year-old sister, Nell, who is always angry with Tally for being different; but as she records her thoughts and anxieties in her coping diary, Tally begins to wonder--what is "normal" anyway?"



## Five Things About Ava Andrews

by Margaret Dilloway, c2020 (IL: 3-6, 4-7)

"Eleven-year-old Ava Andrews has a Technicolor interior with a gray shell. On the inside, she bubbles with ideas and plans. On the outside, everyone except her best friend, Zelia, thinks she doesn't talk or, worse, is stuck-up. What nobody knows is that Ava has invisible disabilities: anxiety and a heart condition. Ava hopes middle school will be a fresh start, but when Zelia moves across the country and Ava's Nana Linda pushes her to speak up about social issues, she withdraws further. So Ava is shocked when ..." - Follett



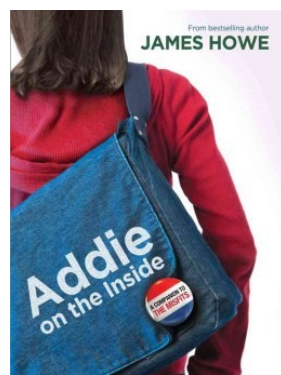
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**What Lane?** by Torrey Maldonado, c2020 (IL: 5-8)

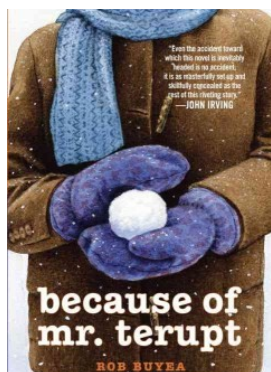
"Biracial sixth-grader Stephen questions the limitations society puts on him after he notices the way strangers treat him when he hangs out with his white friends and learns about the Black Lives Matter movement." - Follett



**Addie on the Inside**

by James Howe, c2011 (IL: 5-8, RL: 5.0)

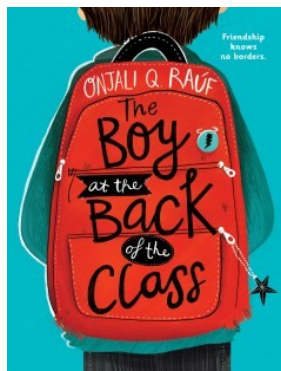
"Outspoken thirteen-year-old Addie Carle learns about love, loss, and staying true to herself as she navigates seventh grade, enjoys a visit from her grandmother, fights with her boyfriend, and endures gossip and meanness from her former best friend." - Follett



**Because of Mr. Terupt** \*LRC has 60

by Rob Buyea, c2010 (IL: 3-6, 4-6; RL: 4.1)

"It's the start of fifth grade for seven kids at Snow Hill School ... Only Mr. Terupt, their new and energetic teacher, seems to know how to deal with them all. He makes the classroom a fun place, even if he doesn't let them get away with much...until the snowy winter day when an accident changes everything-and everyone." - Pub.



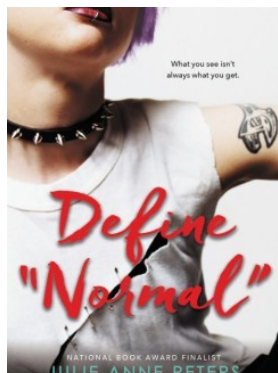
**The Boy at the Back of the Class** \*LRC has 24

by Pippa Curnick, c2019 (IL: 3-6, 4-6; RL: 5.4)

"When quiet, nine-year-old Ahmet arrives in their classroom, a boy and his friends fail to draw him out but try a new plan after learning he is a Syrian refugee." - Follett

# Mental Health and Well-Being: Friendship and School Life

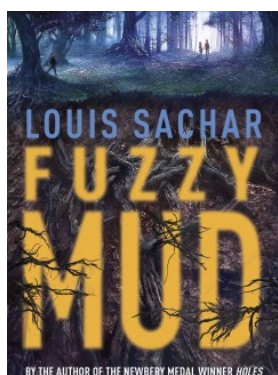
Compiled by Joan Pearce



## Define Normal \*LRC has 24

by Julie Anne Peters, c2000 (IL: 6-8, 7-10; RL: 5.3)

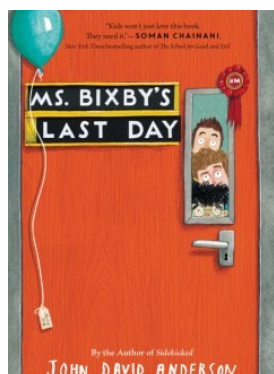
"Overachiever Antonia is eager to participate in the new peer counselling program at school - until she learns the person she's supposed to counsel is Jasmine Luther. Jazz is anything but Antonia's peer. She's a punk, a druggie, a gang hanger. But as their peer counselling sessions progress, Antonia and Jazz discover that they have more in common than they could ever have imagined. When Antonia's life begins to unravel, she finds Jazz may be her only aid." - Pub.



## Fuzzy Mud

by Louis Sachar, c2015, (IL: 5-8, RL: 5.0)

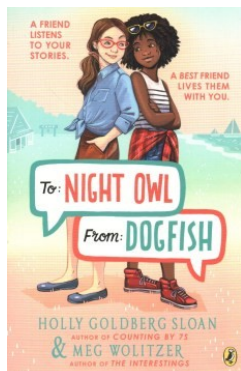
"Two middle-grade kids take a shortcut home from school and discover what looks like fuzzy mud but is actually a substance with the potential to wreak havoc on the entire world" - Follett



## Ms. Bixby's Last Day \*LRC has 31

by John David Anderson, c2016 (IL: 3-6, 4-7; RL: 5.2)

"Ms. Bixby unexpectedly announces that she is very sick and won't be able to finish the school year, and Topher, Brand and Steve come up with a plan to tell her how much she means to them." - Follett



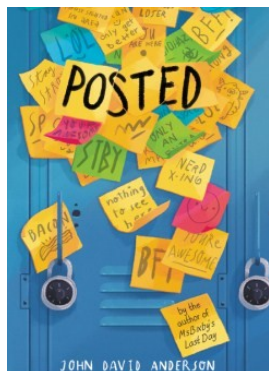
## To Night Owl from Dogfish

by Holly Goldberg Sloan, c2020 (IL: 3-6, 4-7; RL: 5.6)

"Unhappy about being sent to the same summer camp after their fathers start dating, Bett and Avery, eleven, eventually begin scheming to get the couple back together after a break-up. Told entirely through emails." - Follett

# Mental Health and Well-Being: Friendship and School Life

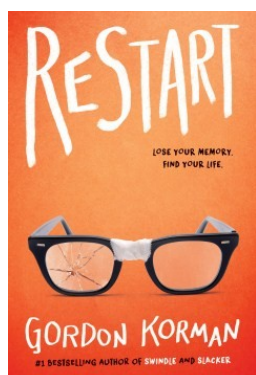
Compiled by Joan Pearce



## **Posted** \*LRC has 24

by John David Anderson, c2018 (IL: 5-8, RL: 5.1)

"[A] humorous, poignant, and original contemporary story about bullying, broken friendships, social media, and the failures of communication between kids... When cell phones are banned at Branton Middle School, Frost and his friends Deedee, Wolf, and Bench come up with a new way to communicate: leaving sticky notes for each other all around the school. It catches on, and soon all the kids in school are leaving notes--though for every kind and friendly one, there is a cutting and cruel one as well." - Pub



## **Restart** \*LRC has 24

by Gordon Korman, c2017 (IL: 3-6, 4.7; RL: 5.1)

"Chase does not remember falling off the roof, in fact he does not remember anything about himself, and when he gets back to middle school he begins to learn who he was through the reactions of the other kids--trouble is, he really is not sure he likes the Chase that is being revealed, but can he take the opportunity amnesia has provided and restart his life?" - Follett



## **Farah Rocks Fifth Grade**

by Susan Muaddi Darraj, c2020 (IL: 3-6, RL: 4.8)

"Fifth-grader Farah Hajjar and her best friend Allie Liu are hoping to go to the Magnet Academy for their middle school years, instead of Harbortown Elementary/Middle School; but when new girl Dana Denver starts tormenting Farah and her younger brother, Samir, she decides she can not leave Samir to face the bully alone, especially since the adults and even Allie do not seem to be taking the matter seriously --so Farah comes up with a plan, one which involves lying to those closest to her. - Follett



## **Not if I Can Help It**

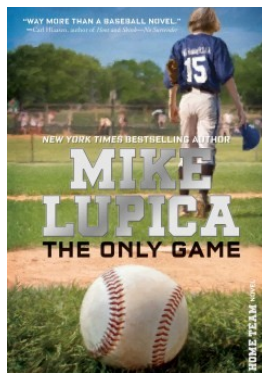
by Carolyn Mackler, c2019 (IL: 3-6, 4-6; RL: 5.4)

"Willa lives on the upper West Side of Manhattan with her divorced father and her younger brother and attends fifth grade with her best friend Ruby, and she likes things to be a certain way, because it makes life manageable even with her Sensory Processing Disorder; she certainly does not like surprises, and her father has just thrown her a big one: he has been dating Ruby's mother, and suddenly Willa's life seems to be spiraling out of her control--and part of the trouble is that she cannot even explain why she thinks this is a horrible idea, when everyone else thinks that it is wonderful" - Follett



# Mental Health and Well-Being: Friendship and School Life

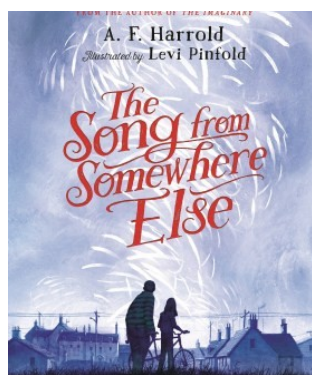
Compiled by Joan Pearce



## The Only Game \*LRC has 12

by Mike Lupica, c2015 (IL: 3-6, 4-6; RL: 5.5)

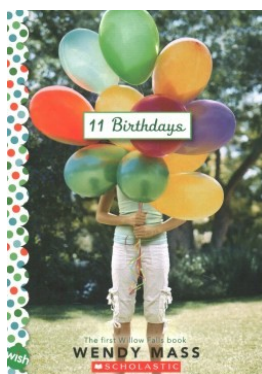
"Sixth grade is supposed to be the year that Jack Callahan leads his team to a record-shattering season and the Little League World Series, but after the death of his brother he loses interest in baseball and only Cassie, star of the girls' softball team, seems to understand." - Follett



## The Song from Somewhere Else \*LRC has 12

by A. F. Harrold, c2017 (IL: 3-6, 4-6; RL: 5.3)

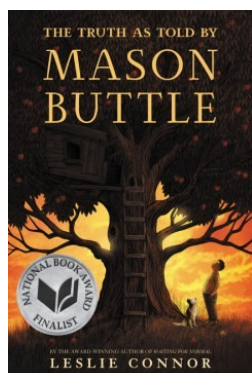
"Saved from bullies by the class misfit, Nick, Frank is drawn to Nick's house by strange music, discovers he has incredible secrets that bring danger, and decides to help him as he helped her." - Follett



## 11 Birthdays

by Wendy Mass, c2009 (IL: 3-6, RL: 4.1)

"After celebrating their first nine same-day birthdays together, Amanda and Leo, having fallen out on their tenth and not speaking to each other for the last year, prepare to celebrate their eleventh birthday separately but peculiar things begin to happen as the day of their birthday begins to repeat itself over and over again." - Follett



## The Truth as Told by Mason Buttle \*LRC has 12

by Leslie Connor, c2018 (IL: 3-6, RL: 2.7)

"Mason Buttle is the biggest, sweatiest kid in his grade, and everyone knows he can barely read or write. Mason's learning disabilities are compounded by grief. Fifteen months ago, Mason's best friend, Benny Kilmartin, turned up dead in the Buttle family's orchard. An investigation drags on, and Mason, honest as the day is long, can't understand why Lieutenant Baird won't believe the story Mason has told about that day..." - Follett

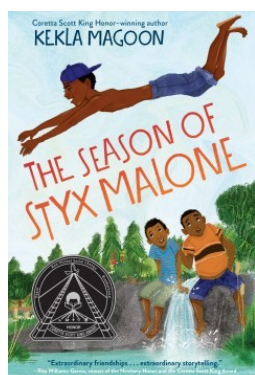
# Mental Health and Well-Being: Friendship and School Life

Compiled by Joan Pearce



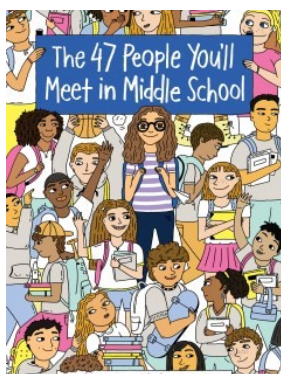
**The Tornado** \*LRC has 12  
by Jake Burt, c2019 (IL: 5-8, 4-7I; RL: 5.9)

"For Bell Kirby, school is about sketching and avoiding a bully who happens to be the principal's son, until new student Daelynn arrives and turns everything upside-down." - Follett



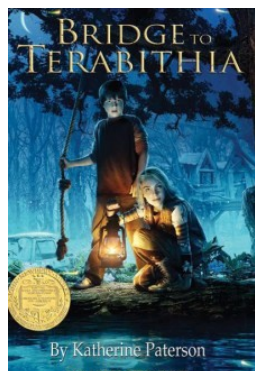
**The Season of Styx Malone** \*LRC has 12  
by Kekla Magoon, c2018 (IL: 3-6, 4-7; RL: 3.8)

"Caleb Franklin and his younger brother, Bobby Gene, spend an extraordinary summer their new, older neighbor, Styx Malone, a foster boy from the city." - Follett



**The 47 People You'll Meet in Middle School**  
by Kristin Mahoney, c2019 (IL: 3-6, 4-7; RL: 4.7)

"Discover the ins and outs of middle school in this guide from an older sister to her younger sister. From tackling a new building to meeting new people like the assistant principal, the class pet, the Huggers, the renegade, the tomato kid, your old best friend's new best friend, this is a must-read for everyone starting middle school." - Pub.

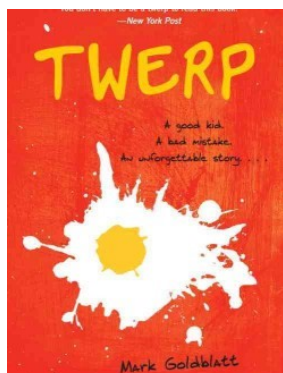


**Bridge to Terabithia** \*LRC has 12  
by Katherine Paterson, c1977 (IL: 5-8, RL: 4.6)

" Jess Aarons, a ten-year-old boy in rural Virginia, finds a beloved and unexpected friend in Leslie, the new girl at school, with whom he creates a secret kingdom in the woods and from whom he learns lifelong lessons when tragedy strikes." - Follett

# Mental Health and Well-Being: Friendship and School Life

Compiled by Joan Pearce



## Twerp

by Mark Goldblatt, c2014 (IL: 3-6, 6-8; RL: 4.5)

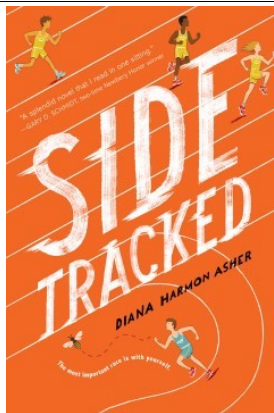
"Julian Twerski isn't a bully. He's just made a big mistake. So when he returns to school after a weeklong suspension, his English teacher offers him a deal: if he keeps a journal and writes about the terrible incident that got him and his friends suspended, he can get out of writing a report on Shakespeare. Julian jumps at the chance. And so begins his account of life in sixth grade--blowing up homemade fireworks, writing a love letter for his best friend (with disastrous results), and worrying whether he's still the fastest kid in school. Lurking in the background, though, is the one story he can't...." - Pub.



## The Secret Language of Girls

by Frances O'Roark Dowell, c2004 (IL: 3-6, 4-6; RL: 4.9)

"Marylin and Kate have been friends since nursery school, but when Marylin becomes a middle school cheerleader and Kate begins to develop other interests, their relationship is put to the test." - Follett



## Sidetracked

by Diana Harmon Asher, c2017 (RL: 3-6, 4.7; IL: 4.4)

"Seventh-grader Joseph Friedman is friendless and puny, with ADD to boot. He spends most of his time avoiding the class bully and hiding out in the Resource Room. But the Resource Room teacher encourages (i.e., practically forces) him to join the school cross country team, and he meets Heather, a new student who's tough and athletic and refuses to be pushed around by anybody." - Pub.



## Strange Birds: a Field Guide to Ruffling Feathers

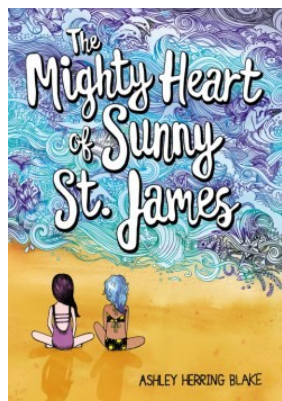
by Celia C. Pérez, c2020 (IL: 5-8, RL: 5.3)

"After Ofelia, Aster, Cat, and Lane fail to persuade a local girls club to change an outdated tradition, they form an alternative group that shakes up their sleepy Florida town. Includes tips for beginning birders, characteristics of crystals, a cookie recipe, tips for aspiring journalists, directions for creating badges, and facts about the killing of birds for fashion." - Follett



# Mental Health and Well-Being: Friendship and School Life

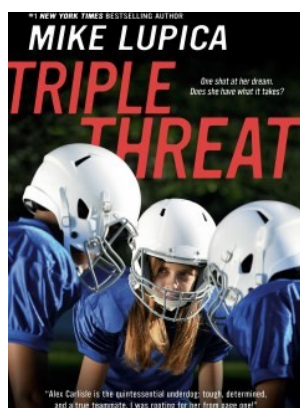
Compiled by Joan Pearce



## The Mighty Heart of Sunny St. James

by Ashley Herring Blake, c2019 (IL: 3-6, 4-7; RL: 4.3)

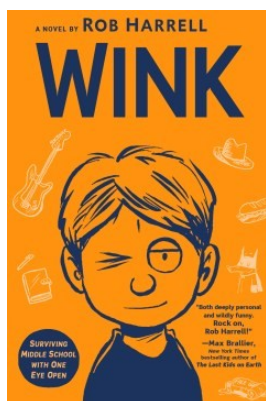
"Twelve-year-old Sunny St. James must navigate heart surgery, reconnections with a lost mother, the betrayal of a former best friend, first kisses, and emerging feelings for another girl." - Follett



## Triple Threat

by Mike Lupica, c2020 (IL: 5-8, RL: 5.0)

"Twelve-year-old Alex Carlisle loves football almost as much as she loves her father but when she joins the Orville Middle School football team, not all of the boys, or parents, are pleased." - Follett



## Wink: Surviving Middle School With One Eye Open

by Rob Harrell, c2020 (IL: 3-6, 4-7)

"Ross Maloy just wants to be a normal seventh grader. He doesn't want to lose his hair, or wear a weird hat, or deal with the disappearing friends who don't know what to say to 'the cancer kid.'" But with his recent diagnosis of a rare eye cancer, blending in is off the table. Based on Rob Harrell's real life experience, and packed with comic panels and spot art, this incredibly personal and poignant novel is an unforgettable, heartbreaking, hilarious, and uplifting story of survival and finding the music, magic, and laughter in life's weirdness." - Pub.



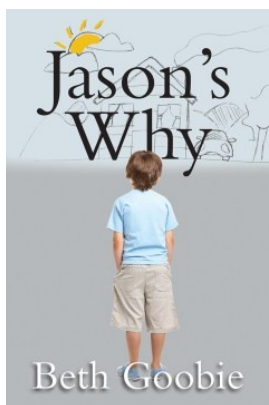
## Squint

by Chad Morris, c2018 (IL: 3-6, 5-7; RL: 4.1)

"Flint Minett has keratoconus, an eye disease, but desperately wants to win a comic book art contest so that he and his new friend McKell Panganiban will be better accepted at middle school." - Follett

# Mental Health and Well-Being: Friendship and School Life

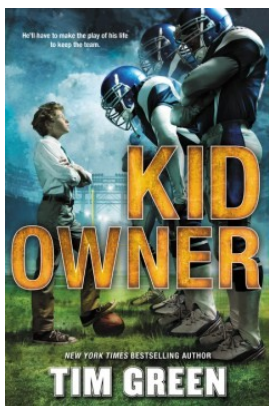
Compiled by Joan Pearce



## Jason's Why

by Beth Goobie, c2013 (IL: 3-6, 3-5; RL: 2.8)

"A nine-year-old boy sent to a group home by his mother, who can't handle him any longer, learns to trust the people around him, and to talk about his fears despite his concern that his mother might not take him back." - Follett



## Kid Owner

by Tim Green, c2015 (IL: 5-8, 4-7; RL: 5.0)

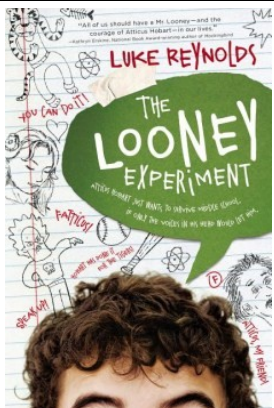
"When Ryan learns his estranged father left him the Dallas Cowboys in his will, it is all Ryan can do to keep his dad's other son from snatching the team away." - Pub.



## Look Both Ways

by Jason Reynolds, c2020 (IL: 5-8; RL: 4.8)

"A collection of ten short stories that all take place on the same day about kids walking home from school." - Pub.



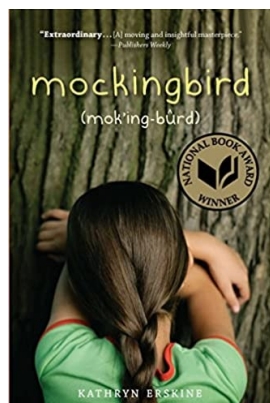
## The Looney Experiment

by Luke Reynolds c2016 (IL: 5-8, 4-7)

"Atticus Hobart couldn't feel lower. He's in love with a girl who doesn't know he exists, he is the class bully's personal punching bag, and to top it all off, his dad has just left the family. Into this drama steps Mr. Looney, a 77-year-old substitute English teacher with a most unconventional approach to teaching. But Atticus soon discovers there's more to Mr. Looney's methods than he first thought. And as Atticus begins to unlock the truths within his own name, he finds that his hyper-imagination can help him forge his own voice, and maybe—just maybe—discover that the power to face his problems was inside him all along." - Follett

# Mental Health and Well-Being: Friendship and School Life

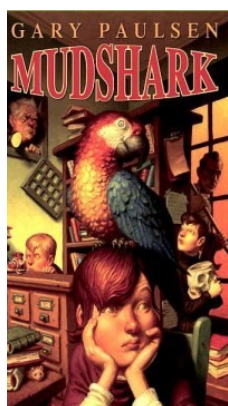
Compiled by Joan Pearce



## Mockingbird

by Kathryn Erskine, c2010 (IL: 5-8, 4-6; RL: 3.6)

"Caitlin has Asperger's. The world according to her is black and white; anything in between is confusing. Before, when things got confusing, Caitlin went to her older brother, Devon, for help. But Devon was killed in a school shooting, and Caitlin's dad is so distraught that he is just not helpful. Caitlin wants everything to go back to the way things were, but she doesn't know how to do that. Then she comes across the word closure - and she realizes this is what she needs. And in her search for it, Caitlin discovers that the world may not be so black and white after all." - Pub.



## Mudshark

by Gary Paulsen, c2009 (IL: 3-6, 4-7; RL: 6.3)

"Principal Wagner confidently deals with a faculty washroom crisis, a psychic parrot, and a terrorizing gerbil, but when sixty-five erasers go missing, he enlists the help of the school's best problem solver and lost item locator, twelve-year-old Lyle Williams, also known as Mudshark." - Pub.



## Other Words for Home

by Jasmine Warga, c2019 (IL: 5-8, 4-7; RL: 5.3)

"Jude never thought she'd be leaving her beloved older brother and father behind, all the way across the ocean in Syria. But when things in her hometown start becoming volatile, Jude and her mother are sent to live in Cincinnati with relatives...But this life also brings unexpected surprises—there are new friends, a whole new family, and a school musical that Jude just might try out for. Maybe America, too, is a place where Jude can be seen as she really is." - Pub.



## The Secret Language of Girls

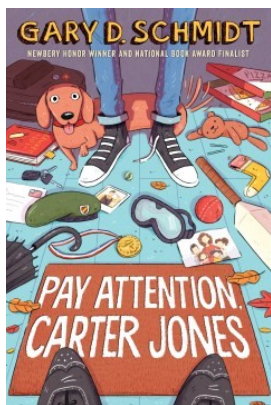
by Frances Dowell, c2004 (IL: 3-6, 4-6; RL: 4.9)

"Marylin and Kate have been friends since nursery school, but when Marylin becomes a middle school cheerleader and Kate begins to develop other interests, their relationship is put to the test." - Follett



# Mental Health and Well-Being: Friendship and School Life

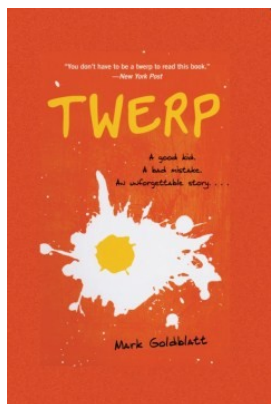
Compiled by Joan Pearce



## Pay Attention Carter Jones

by Gary Schmidt, c2019 (IL: 5-8, 4-6; RL: 4.5)

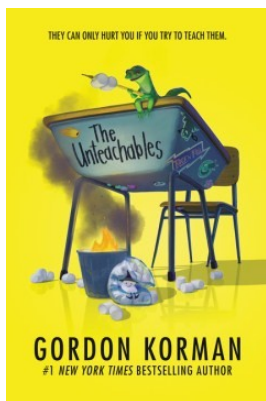
"Carter Jones is astonished early one morning when he finds a real English butler, bowler hat and all, on the doorstep - one who stays to help the Jones family, which is a little bit broken. In addition to figuring out middle school, Carter has to adjust to the unwelcome presence of this new know-it-all adult in his life and navigate the butler's notions of decorum. And ultimately, when his burden of grief and anger from the past can no longer be ignored, Carter learns that a burden becomes lighter when it is shared."  
- Follett



## Twerp

by Mark Goldblatt, c2014 (IL: 3-6, 6-8; RL: 5.0)

"In Queens, New York, in 1969, twelve-year-old Julian Twerski writes a journal for his English teacher in which he explores his friendships and how they are effected by girls, a new student who may be as fast as Julian, and especially an incident of bullying." - Follett



## The Unteachables \*LRC has 12

by Gordon Korman, c2019 (IL: 3-6; RL: 5.1)

"'The Unteachables' never thought they'd find a teacher who had a worse attitude than they did. And Mr. Kermit never thought he would actually care about teaching again. Over the course of a school year, though, room 117 will experience mayhem, destruction—and maybe even a shot at redemption." - Follett



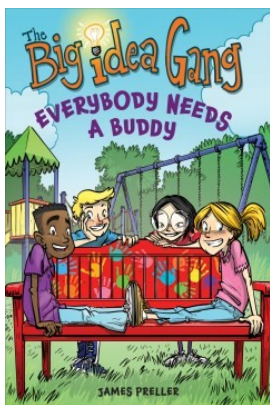
## When Friendship Followed Me Home

by Paul Griffin, c2016 (IL: 5-8; RL: 4.1)

"Seventh-grader Ben, always an outsider, is led into a deep friendship with Halley, who is being treated for cancer, by the special dog he and his adoptive mother take in." - Follett

# Mental Health and Well-Being: Friendship and School Life

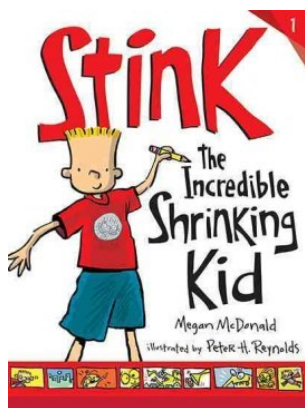
Compiled by Joan Pearce



## **Everybody Needs a Buddy**

by James Preller, c2019 (IL: K-3, 2-4; RL: 3.5)

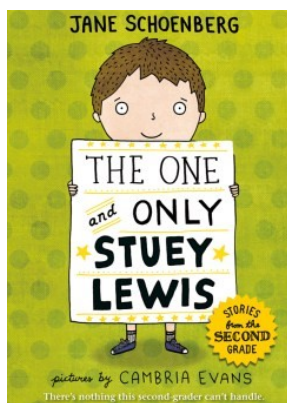
"Third-graders Deon, Kym, Lizzy, and Connor, armed with Miss Zips' persuasive tips, set out to convince the PTA to use their cash surplus to put a 'buddy bench' on the playground." - Follett



## **Stink, the Incredible Shrinking Kid**

by Megan McDonald, c2013 (IL: K-3, 1-2, 2-4; RL: 2.9)

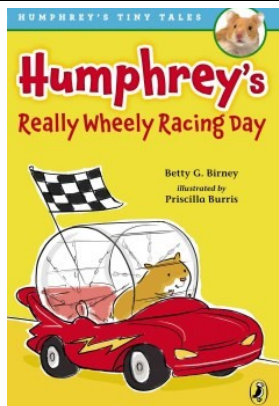
"The shortest kid in the second grade, James Moody, also known as Stink, learns all about the shortest president of the United States, James Madison, when they celebrate Presidents' Day at school." - Follett



## **The One and Only Stuey Lewis: Stories from Second Grade**

by Jane Shoenberg, c2011 (IL: K-3; RL: 2.9)

"So what if Stuey isn't the world's best reader, is only allowed to trick or treat around one block, doesn't get to play on his soccer dream team, and has to put up with the most annoying girl on the planet. Somehow Stuey always makes life work and when he puts his mind to it, he can survive anything—even second grade." - Pub.



## **Humphrey's Really Wheely Racing Day** \*LRC has 12

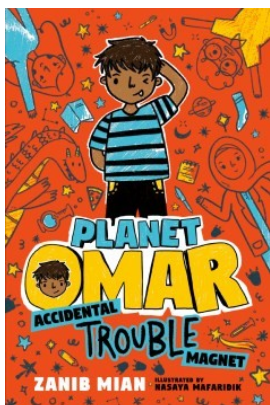
by Betty Birney, c2014 (IL: K-3; RL: 3.1)

"Humphrey is one happy hamster. He lives in Room 26 at Longfellow School. He has a big comfy cage with a wheel perfect for spinning and a room full of friends. But when Humphrey goes to Mandy's house one weekend, he learns that her hamster has something Humphrey has never seen before—a hamster car!

Humphrey wants one, too, but school is not usually the place for toys. Then his teacher talks about bringing in something special for a project. Is Humphrey getting a really wheely surprise?" - Follett

# Mental Health and Well-Being: Friendship and School Life

Compiled by Joan Pearce



## Accidental Trouble Magnet

### Planet Omar, Book 1

by Zanib Mian, c2020 (IL: 3-6; RL: 4.3)

"Imaginative Omar goes through the ups and downs of starting a new school and making new friends with the help of his wonderful (and silly) Muslim family." - Pub.

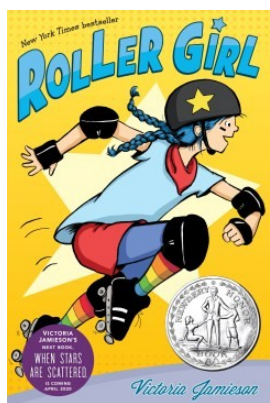


## Guts \*LRC has 12

by Raina Telgemeier, c2019 (IL: 3-6; RL: 3.6)

Graphic Novel

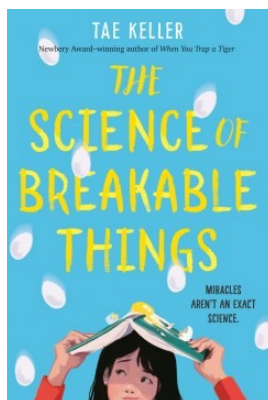
"Raina wakes up one night with a terrible upset stomach. Her mom has one, too, so it's probably just a bug...It soon becomes clear that Raina's tummy trouble isn't going away... and it coincides with her worries about food, school, and changing friendships. What's going on? Raina Telgemeier once again brings us a thoughtful, charming, and funny true story about growing up and gathering the courage to face—and conquer—her fears." - Pub.



## Roller Girl \*LRC has 12

by Victoria Jamieson, c2015 (IL: 5-8, 4-8; RL: 3.1)

"For most of her twelve years, Astrid has done everything with her best friend Nicole. But after Astrid falls in love with roller derby and signs up for derby camp, Nicole decides to go to dance camp instead. And so begins the most difficult summer of Astrid's life as she struggles to keep up with the older girls at camp, hang on to the friend she feels slipping away, and cautiously embark on a new friendship." - Pub.



## The Science of Unbreakable Things

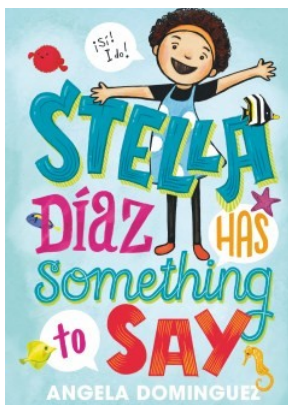
by Tae Keller, c2018 (IL: 3-6, 4-7; RL: 5.6)

"Middle schooler Natalie's year-long assignment to answer a question using the scientific process leads to truths about her mother's depression and her own cultural identity. - Follett



# Mental Health and Well-Being: Friendship and School Life

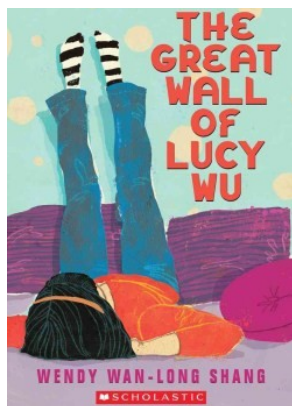
Compiled by Joan Pearce



## Stella Díaz Has Something to Say

by Angela Dominguez, c2018 (IL: 3-6, 2-5; RL: 4.2)

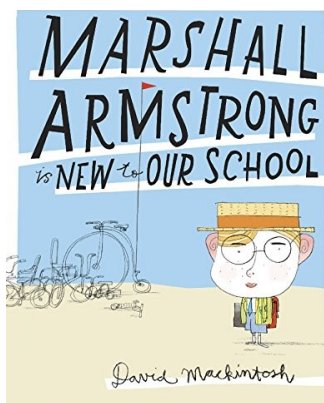
"...Stella loves spending time with her mom and brother and her best friend Jenny. Trouble is, Jenny is in another class this year, and Stella feels very lonely. When a new boy arrives in Stella's class, she really wants to be his friend, but sometimes Stella accidentally speaks Spanish instead of English and pronounces words wrong, which makes her turn roja. Plus, she has to speak in front of her whole class for a big presentation at school! But she better get over her fears soon, because Stella Díaz has something to say!" - Pub.



## The Great Wall of Lucy Wu

by Wendy Wan-Long Shang, c2011 (IL: 3-6, 4-6; RL: 4.6)

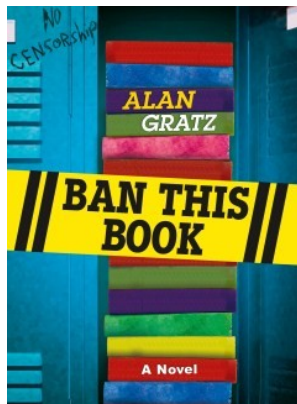
"Eleven-year-old aspiring basketball star and interior designer Lucy Wu is excited about finally having her own bedroom, until she learns that her great-aunt is coming to visit and Lucy will have to share a room with her for several months, shattering her plans for a perfect sixth-grade year." - Follett



## Marshall Armstrong is New to Our School

by David Mackintosh, c2012 (IL: 3-6)

"Quirky, witty and brilliant, Marshall Armstrong is new to school and he definitely stands out from the crowd; but will he find it easy to make friends? A highly original take on a perennially popular theme from an exciting talent." - Pub.



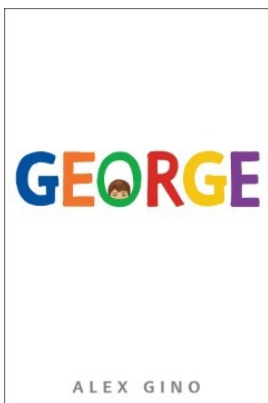
## Ban This Book \*LRC has 24

by Alan Gratz, c2017 (IL: 3-6, 4-6; RL: 3.9)

"...a fourth grader fights back when *From the Mixed-Up Files of Mrs. Basil E. Frankweiler* by E. L. Konigsburg is challenged by a well-meaning parent and taken off the shelves of her school library. Amy Anne is shy and soft-spoken, but don't mess with her when it comes to her favorite book in the whole world. Amy Anne and her lieutenants wage a battle for the books that will make you laugh and pump your fists as they start a secret banned books locker library, make up ridiculous reasons to ban every single book in the library to make a point, and take a stand against censorship." - Pub.

# Mental Health and Well-Being: Friendship and School Life

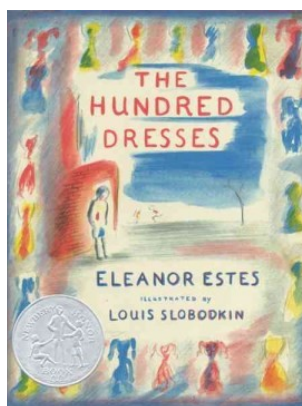
Compiled by Joan Pearce



## George \*LRC has 12

by Alex Gino, c2015 (IL: 3-6, 4-6; RL: 5.0)

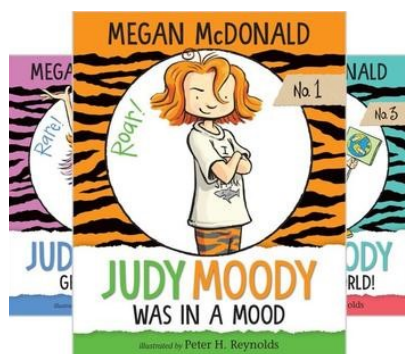
"When people look at George, they think they see a boy. But she knows she's not a boy. She knows she's a girl. George thinks she'll have to keep this a secret forever. Then her teacher announces that their class play is going to be Charlotte's Web. George really, really, REALLY wants to play Charlotte. But the teacher says she can't even try out for the part...because she's a boy. With the help of her best friend, Kelly, George comes up with a plan. Not just so she can be Charlotte - but so everyone can know who she is, once and for all." - Pub.



## The Hundred Dresses \*LRC has 12

by Eleanor Estes, c1944, 2004 (IL: 3-6; RL: 5.4)

"Wanda Petronski, a little Polish girl in an American school, is laughed at because she always wears a faded blue dress, until her classmates learn a lesson." - Pub.



## Judy Moody

by Megan McDonald, c2020 (IL: 3-6; RL: 2.3-3.9)

"Judy Moody rules! From bad moods to saving the world, from solving mysteries to predicting the future, Judy's many memories - and moods - will provide hours of entertainment." - Follett



## The Landry News \*LRC has 12

by Andrew Clements, c1999 (IL: 3-6, 4-6; RL: 6.1)

"A fifth-grader starts a newspaper with an editorial that prompts her burnt-out classroom teacher to really begin teaching again, but he is later threatened with disciplinary action as a result." - Follett

# Mental Health and Well-Being: Friendship and School Life

Compiled by Joan Pearce



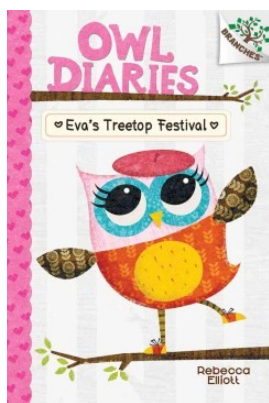
**No Fixed Address** \*LRC has 48  
by Susan Nielsen, c2020 (IL: 5-8, 4-7)

"Twelve-year-old Felix's appearance on a television game show reveals that he and his mother have been homeless for a while, but also restores some of his faith in other people." - Follett



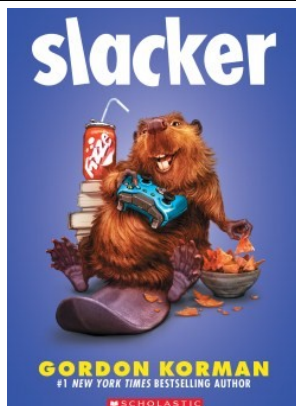
**No More Dead Dogs** \*LRC has 12  
by Gordon Korman, c2017 (IL: 3-6, 5-7; RL: 4.9)

"Eighth-grade football hero Wallace Wallace is sentenced to detention for attending rehearsals of the school play where, in spite of himself, he becomes wrapped up in the production and begins to suggest changes that improve not only the play but his life as well." - Follett



**Eva's Treetop Festival** \*LRC has 12  
**Owl Diaries, Book 1**  
by Rebecca Elliot, c2015 (IL: K-3, 1-3; RL: 3.3)

"Having a Bloomtastic Festival at school to celebrate spring is a great idea—but Eva Wingdale, a young owl, discovers that it is also a lot of work, and there is nothing wrong with asking her friends for help." - Follett



**Slacker** \*LRC has 35  
by Gordon Korman, c2017 (IL: 3-6, 4-7; RL: 5.2)

"When eighth-grader Cameron Boxer creates the Positive Action Group at school he intends it as a diversion to fool his parents, teachers, and sister into letting him continue to concentrate on his video-gaming—but before he knows it other kids are taking it seriously, and soon he finds himself president of the P.A.G., and involved in community service, so the boy who never cared about anything is now the center of everything, whether he likes it or not." - Follett



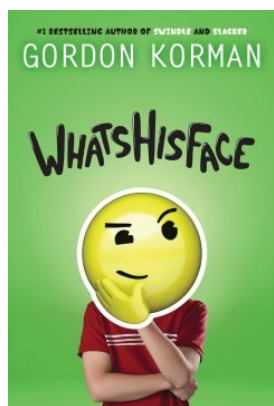
# Mental Health and Well-Being: Friendship and School Life

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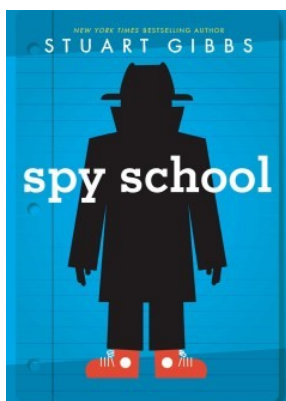
**Waylon! One Awesome Thing** \*LRC has 12  
by Sara Pennypacker, c2016 (IL: 3-6, 2-5; RL: 4.6)

"Waylon has lots of ideas for making life more awesome through science, like teleportation, human gills and attracting cupcakes by controlling gravity. But it's impossible for him to concentrate on his inventions when he's experiencing his own personal Big Bang. Arlo Brody is dividing the his year group into two groups. Waylon would rather be friends with everyone. Just when it looks as though Waylon's universe is exploding, something happens to bring it all together again, and it is, without a doubt, One Awesome Thing." - Pub.



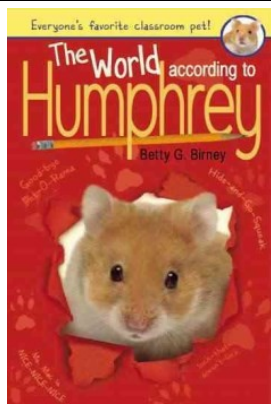
**Whatshisface** \*LRC has 12  
by Gordon Korman, c2018 (IL: 3-6, 4-7; RL: 5.0)

"When 12-year-old Cooper Vega moves for the third time in five years, he receives a state-of-the-art smartphone to help him stay in touch with old friends. He's had phones before, but this one is buggy and unpredictable. When a boy named Roderick Northrop communicates with him through the phone, Cooper realizes that his phone isn't buggy at all; the thing is haunted." - Pub.



**Spy School** \*LRC has 12  
by Stuart Gibbs, c2012 (IL: 5-8, 4-7; RL: 5.3)

"Ben Ripley may only be in middle school, but he's already pegged his dream job: C.I.A. or bust. Unfortunately for him, his personality doesn't exactly scream "secret agent." In fact, Ben is so awkward, he can barely get to school and back without a mishap. Because of his innate nerdiness, Ben is not surprised when he is recruited for a magnet school with a focus on science—but he's entirely shocked to discover that the school is actually a front for a junior C.I.A. academy. Could the C.I.A. really want *him*? - Pub.

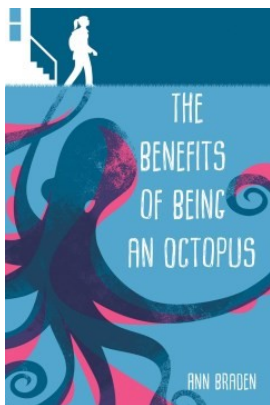


**The World According to Humphrey** \*LRC has 12  
**Humphrey the Hampster, book 1**  
by Betty Birney, c2004 (IL: 3-6; RL: 4.2)

"Humphrey, pet hamster at Longfellow School, learns that he has an important role to play in helping his classmates and teacher. " - Follett

# Mental Health and Well-Being: Friendship and School Life

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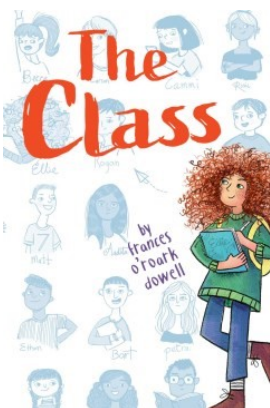


## The Benefits of Being an Octopus

by Ann Braden, c2018 (IL: 3-6, 4-7; RL: 4.9)

"Seventh-grader Zoey Albro focuses on caring for three younger siblings and avoiding rich classmates at school until her fascination with octopuses gets her on the debate team and she begins to speak out."

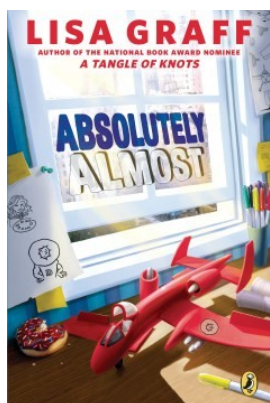
- Follett



## The Class

by Frances O'Roark Dowell, c2020 (IL: 3-6; RL: 6.2)

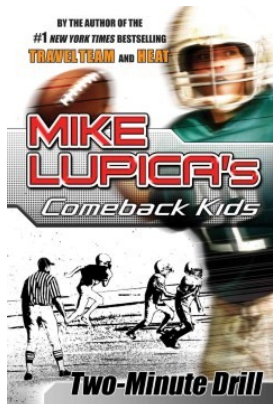
"Twenty kids. Twenty points of view. One rambunctious, brilliantly conceived novel...Sixth grade is a MOST confusing time. Best friends aren't friends anymore. Worst enemies suddenly want to be partners in crime. And classmates you thought you knew have all sorts of surprising stuff going on. The kids in Mrs. Herrera's class are dealing with all this and more..." - Pub.



## Absolutely Almost

by Lisa Graff, c2015 (IL: 3-6, 4-6; RL: 4.7)

"Ten-year-old Albie has never been the smartest, tallest, best at gym, greatest artist, or most musical in his class, as his parents keep reminding him, but new nanny, Calista, helps him uncover his strengths and take pride in himself." - Follett



## Two-Minute Drill

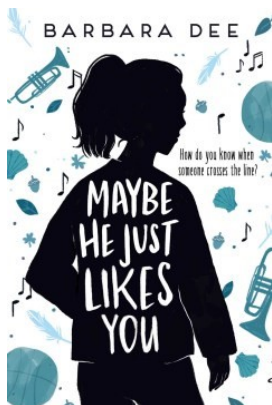
by Mike Lupica, c2007, 2013 (IL: 3-6, 4-6; RL: 5.1)

"Chris Conlan is the coolest kid in sixth grade—the golden-armed quarterback of the football team, and the boy all the others look up to. Scott Parry is the new kid, the boy with the huge brain, but with feet that trip over themselves daily. These two boys may seem like an odd couple, but each has a secret that draws them together as friends, and proves that the will to succeed is even more important than raw talent."

- Pub.

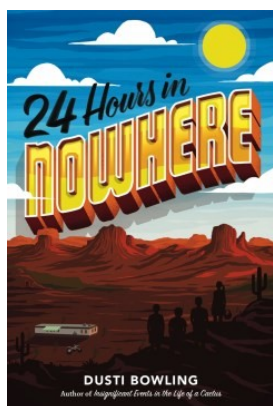
# Mental Health and Well-Being: Friendship and School Life

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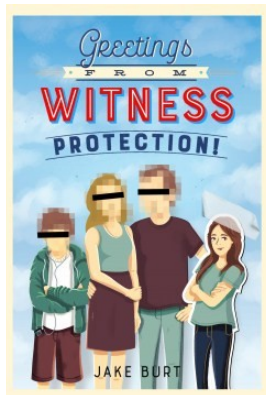
**Maybe He Just Likes You** \*LRC has 12  
by Barbara Dee, c2019 (IL: 5-8, 4-8; RL: 4.2)

"When boys in her class start touching seventh-grader Mila and making her feel uncomfortable, she does not want to tell her friends or mother until she reaches her breaking point." - Follett



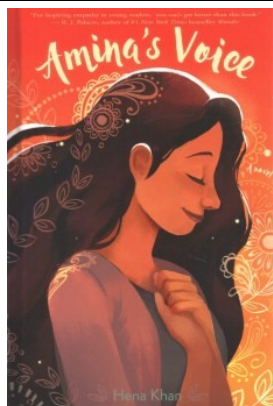
**24 Hours in Nowhere**  
by Dusti Bowling, c2018 (IL: 5-8; RL: 4.2)

"Thirteen-year-old Gus, having been saved from the bullying of Bo Taylor by Rossi Scott who agreed to trade her dirt bike in exchange for Gus being left alone, agrees to go into Dead Frenchman Mine with Rossi and two other kids to find a piece of gold to buy the bike back; and, while on their adventure, the four bond over how hard life is in their small town of Nowhere, Arizona." - Follett



**Greetings from Witness Protection**  
by Jake Burt, c2017 (IL: 5-8, 4-7; RL: 5.1)

"Thirteen-year-old Nikki Demere is an orphan and a kleptomaniac, making her the perfect girl to portray the Trevors' daughter in witness protection, but she soon learns that the biggest threat to her new family's security comes from her own past." - Follett



**Amina's Voice**  
by Hena Khan, c2018 (IL: 3-6, 4-6; RL: 4.6)

"A Pakistani-American Muslim girl struggles to stay true to her family's vibrant culture while simultaneously blending in at school after tragedy strikes her community." - Pub.



# Mental Health and Well-Being: Friendship and School Life

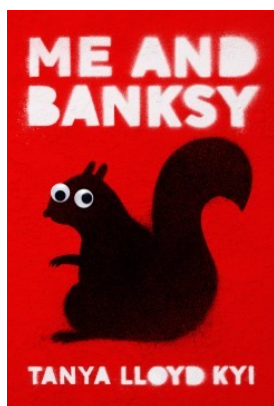
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## Everything I Know About You

by Barbara Dee, c2019 (IL: 4-8, 5-7; RL: 4.5)

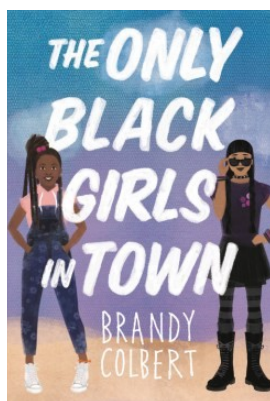
"Misfit Tally is forced to room with queen bee Ava on the seventh grade's extended field trip to Washington, D.C., and discovers several surprising things about her roommate, including the possibility of an eating disorder." - Follett



## Me and Banksy

by Tanya Lloyd Kyi, c2020 (IL: 3-6, 4-7; RL: 3.8)

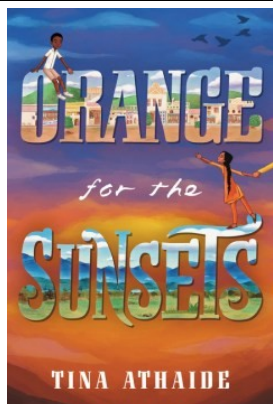
"When someone hacks into her school's security videos and broadcasts students at embarrassing moments, Dominica expresses her anger through grafitti, and then wonders if she might use her artistic talent to do something about the problem." - Follett



## Greetings from Witness Protection

by Jake Burt, c2020 (IL: 3-6, 4-7; RL: 3.5)

"In a predominately white California beach town, the only two black seventh-graders, Alberta and Edie, find hidden journals that uncover family secrets and speak to race relations in the past." - Follett



## Orange for the Sunsets

by Tina Athaide, c2019 (IL: 3-6, 4-7; RL: 4.6)

"Asha and her best friend, Yesofu, never cared about the differences between them...But when Idi Amin announces that Indians have ninety days to leave the country, suddenly those differences are the only things that people in Entebbe can see...Now as neighbors leave and soldiers line the streets, the two friends find that nothing seems sure—not even their friendship. Tensions between Indians and Africans intensify and the deadline to leave is fast approaching. Could the bravest thing of all be to let each other go? - Pub.

# Mental Health and Well-Being: Friendship and School Life

Compiled by Joan Pearce



## Nowhere Boy

by Katherine Marsh, c2020 (IL: 5-8; RL: 5.4)

"Fourteen-year-old Ahmed, a Syrian refugee, and thirteen-year-old Max, an American boy, are bound by a secret that sets them on the adventure of a lifetime." - Follett

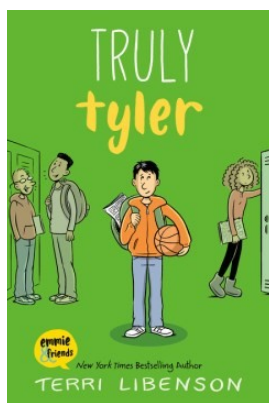


## Making Friends

by Kristen Gudsnuik, c2021 (IL: 3-6; RL: 3.6)

Graphic Novel

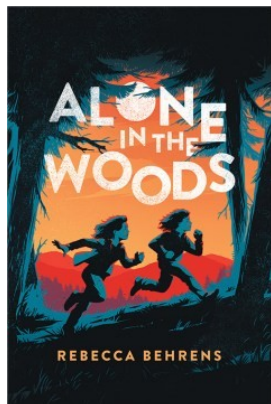
"Dany's sketchbook is at it again, but this time it's not Dany's doing! Dany and Madison are living a new reality. Rather than best friends, the pair now believe they are twins--and that isn't the only part of their lives that has been completely rewritten...Dany and Madison start sleuthing and discover that someone has drastically altered the universe! Can the pair put things back the way they were, or is this magic beyond their control?" - Follett



## Truly Tyler

by Terri Libenson, c2021 (IL: 3+-6; RL: 4.1)

"Ever since Tyler started getting into art and hanging out with Emmie, his friends and teammates have been giving him a hard time. He wonders why can't he nerd out on drawing and play ball. Emmie is psyched that she gets to work on a comics project with her crush, Tyler. But she gets the feeling that his friends don't think she's cool enough. Maybe it's time for a total reinvention." - Pub.



## Alone in the Woods

by Rebecca, c2020 (IL: 3-6; RL: 6.4)

"...a thrilling survival story about two former best friends who must work together to stay alive after getting lost in a remote national forest." - Pub.

# Mental Health and Well-Being: Friendship and School Life

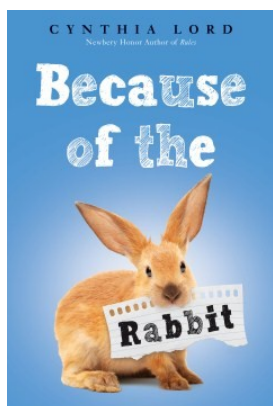
Compiled by Joan Pearce



## So Done

by Paula Chase, c2019 (IL: 5-8, 6-8; RL: 5.8)

"When best friends Metai and Jamila are reunited after a summer apart, their friendship threatens to combust from the pressure of secrets, middle school, and looming auditions for a potentially life-changing new talented-and-gifted program." - Follett



## Because of the Rabbit

by Cynthia Lord, c2019 (IL: 3-6, 3-7; RL: 4.3)

"On the last night of summer, Emma and her Maine game warden father rescue a small domestic rabbit stuck in a fence; the very next day Emma starts fifth grade after years of being home schooled, excited and apprehensive about making new friends, but she is paired with Jack, a hyperactive boy, who does not seem to fit in with anyone—except that they share a love of animals, which draws them together, because of the rabbit." -Follett



## We're Not From Here \*LRC has 12

by Geoff Rodkey, c2019 (IL: 3-6, 5-8; RL: 5.0)

"After a year on Mars, a young boy and his family migrate to the planet Choom, but the inhabitants of Choom, the Zhuri, who look like giant mosquitoes, don't really like humans and it up to the boy and his family to change their minds if they hope to survive." - Follett



## The Gilded Girl

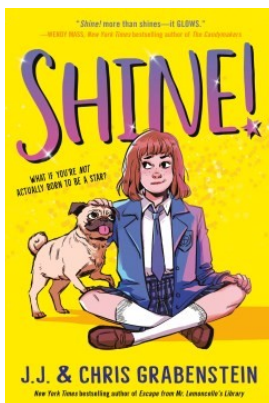
by Alyssa Colman, c2021 (IL: 3-6, 5-7; RL: 5.4)

"Rendered penniless by her father's untimely death, a girl in an alternate-world early 20th-century New York, where only the elite are permitted to wield magic, forms a pact with a servant girl to prevent their magic from being suppressed." - Pub.



# Mental Health and Well-Being: Friendship and School Life

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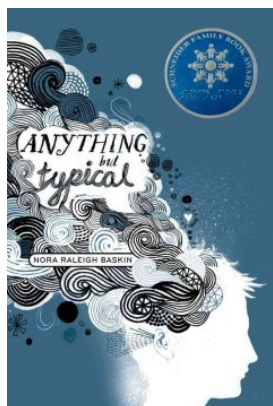


## Shine! \*LRC has 12

by Barbara Dee, c2021 (IL: 3-6, 4-6; RL: 4.7)

"Shine on! might be the catchphrase of twelve-year-old Piper's hero—astronaut, astronomer, and television host Nellie Dumont Frisse—but Piper knows the truth: some people are born to shine, and she's just not one of them. That fact has never been clearer than now, when her dad's new job has landed them both at Chumley Prep, a posh private school where *everyone* seems to be the best at something and where Piper *definitely* doesn't fit in."

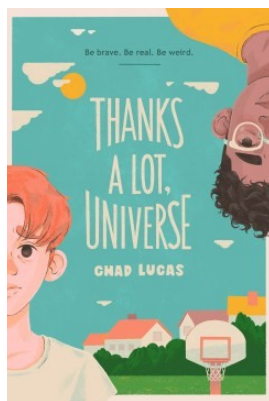
- Pub.



## Anything But Typical

by Nora Raleigh Baskin, c2009 (IL: 5-8, 4-7 RL: 4.1)

"Dealing with autism, sixth-grader Jason finds comfort in communicating with others on the computer through his collection of short stories, but when he meets the girl of his dreams and their friendship becomes more serious, Jason fears what she will think of him when they make their plans to meet face-to-face." - Pub.



## Thanks A Lot, Universe

by Chad Lucas, c2021 (IL: 5-8; RL: 4-8)

"Brian has always been anxious, whether at home, or in class, or on the basketball court . . . but after he and his brother are placed in foster care, Brian starts having panic attacks . . . Ezra wants to help, but he worries if he's too nice to Brian, his friends will realize that he has a crush on him . . . But when Brian and his brother run away, Ezra has no choice but to take the leap and reach out. Both boys have to decide if they're willing to risk sharing parts of themselves they'd rather hide."

- Follett



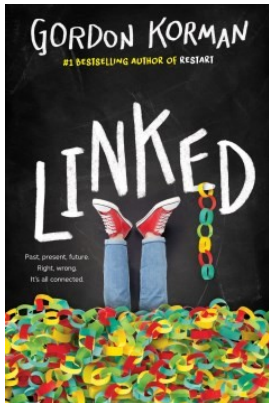
## Best At It

by Hena Khan, c2019 (IL: 5-8, 3-7; RL: 4.0)

"Twelve-year-old Rahul Kapoor, an Indian-American boy growing up in small-town Indiana, struggles to come to terms with his identity, including that he may be gay." - Follett

# Mental Health and Well-Being: Friendship and School Life

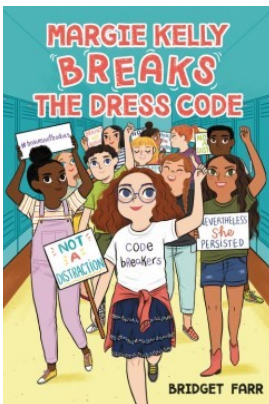
Compiled by Joan Pearce



## Linked

by Gordon Korman, c2021 (IL: 5-8, 4-8; RL: 4.0)

"Link, Michael, and Dana live in a quiet town. But it's woken up very quickly when someone sneaks into school and vandalizes it with a swastika...because Dana's the only Jewish girl in the whole town, everyone's treating her more like an outsider than ever...The closer Link, Michael, and Dana get to the truth, the more there is to face-not just the crimes of the present, but the crimes of the past. - Pub.



## Anything But Typical

by Nora Raleigh Baskin, c2021 (IL: 3-6, 4-6; RL: 6.5)

"A timely and thought-provoking novel about one girl's fight against gender inequality at her middle school and the lessons about her own privilege she learns along the way." - Pub.