



This edition's theme is... Acceptance

Save The Dates!



The dictionary definition of acceptance states that acceptance is *'the acknowledgement of the present reality.'* Acceptance is not resigning, it is not giving up or caving in, and it is not saying something is good enough and will have to do. Very often, the terms acceptance and tolerance can be confused and not used accurately. The world recognises that they are different enough to honour them individually on two separate days every year.

In 1996, the United Nations General Assembly proclaimed 16th November as **International Day for Tolerance** to encourage the whole world to respect and appreciate the rich variety of our world's cultures, our forms of expression and ways of being human.

Acceptance branches off tolerance but includes the agreement of ideas and beliefs. Whereas tolerance implies putting up with ideas or beliefs that you may not necessarily believe in, acceptance means celebrating them.

January 20th is the **International Day of Acceptance**. This day celebrates all of the things that the International Symbol of Acceptance stands for while also honouring the late founder, Annie Hopkins, who died on this day in 2009, aged only 25. The international symbol that Annie created encourages society to accept people with disabilities as equals and a symbol that people with disabilities accept their challenges and even embrace them. Annie felt that by replacing the wheel with a heart, the stigma of the wheelchair is also removed, and it can be a symbol for people with any disability or impairment. It represents the person, not society's perception of them.

When we think about acceptance, what is it that we think about? Is it the way we view our body image? Is it the way we view our race? Is it the way we view our sexuality? Is it the way we view those with disabilities? Is acceptance the way we view ourselves?

With the rise of social media in our ever-changing society, now, more than ever, we are expected to conform and not stand out. This is not a true, accurate expression of our individuality! We are all individuals and we all deserve the right to express our individuality freely and for that to be accepted in our society. Self-acceptance is very important for many reasons including the acceptance of mental limitations, not just physical. Accepting our bodies and physical features is just as important as accepting mental limitations. Social media has led us to compare ourselves with unrealistic, and often not real standards. These are virtually impossible to measure up to and to compare ourselves with these is not only unhealthy, but extremely detrimental to our mental health. Our society is being to move towards being more accepting of people's differences. For example, Vogue introduced the first plus sized model, Ashley Graham, in 2017 on their cover with seven other women.

Acceptance is a part of everybody's lives. As people, we need to learn to be more accepting of others and embrace what makes us different. So, as the year of 2022 draws to a close, reflect for a minute. What can we do to be more accepting of others? How can we be kinder to the people around us? More importantly, what can we do to be more accepting of ourselves? How can we alter the way we view ourselves? Do we need to change the light in which we perceive ourselves, and become more accepting of our present reality?

By The Sixth Form Gazette Editorial Team

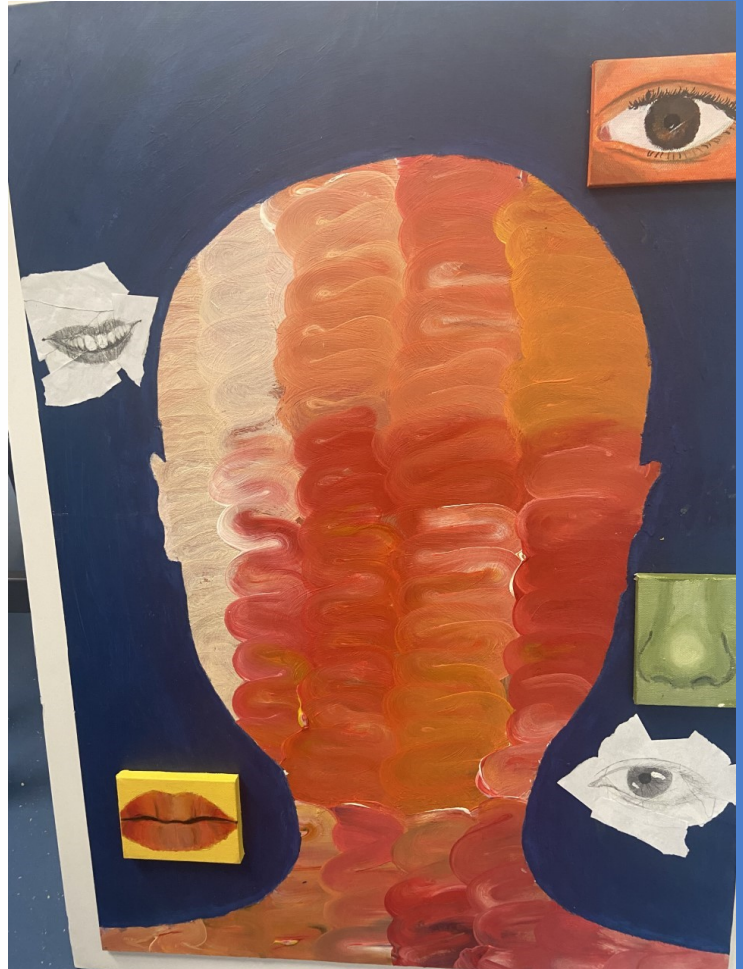
Do You Accept Who You Are?

Acceptance is important.
Do you accept who you are?
What you look like,
How tall you are
or how you smile?
No matter how long you stare into the mirror,
Change in front of the mirror to judge yourself,
Cover all mirrors in your home, bedroom, bathroom,
Do you accept who you are?

Someone in your class with blue eyes,
red hair, freckles and blue glasses,
Would do the same you do.
They stare into the mirror,
Cover all mirrors and judge themselves.
They wonder if people like their smile,
Like how tall they are
and like what they look like, but,
No one accepts them for who they are.

Give them a chance and you'll see,
No matter what smile they give or how they be,
They'll hide their worries just like you.
If you accept them for who they are,
No matter how good their smile is
or how tall they are.
Do you accept who you are?

Kezia Edwards 9F



Impressions by Daniel Spencer 12SLT



Welcome by Emilia Vale 12RCC

Celebrate Others

Anbody should be accepted, they are perfect how they currently are,
Characteristics, ethnicity, looks, you can see them from afar,
Celebrate others, everybody is unique in their own different ways
Even just a simple smile can improve somebody's day.
People deserve to be accepted for who they want to be,
Their differences make others' lives happier, you and me.
Altogether with acceptance, we can travel far,
Nice behaviour, new friends, continue to take the journey far.
Created as different people but together in their own space,
Enriching our lives and making the world a better place.

Liam Harvey 9C

Racism

He wasn't accepted
Because of his race.
You should have seen
The looks on their faces:
Smug and sinister glares
Scowls, gestures and laughs.
Can anyone really believe that
Racism is a thing of the past?

Morgan Bennett 9G

Acceptance

Everyone deserves acceptance.
From Asians, white, coloured,
From women to men,
From straight to LGBTQ+,
Everyone deserves to be loved, to be
treated equally,
No hatred for certain groups,
No dislike and disregard for different
religions,
Acceptance brings happiness, for you and
for everyone,
Everyone deserves to get treated the
same
From famous people to obscurities, rich
to poor,
From young to old,
No one wishes to be an outcast, nor do
you, so ...
Everyone deserves acceptance.

Jakub Daniewski 9G

What is Acceptance?

Hope is acceptance
Love is acceptance

If we accepted each other
The world could be great!
If we involved others
The world would be great!

If we didn't accept each other
The world would be boring ...
If we didn't accept each other,
The world would be lifeless ...

Hope is acceptance
Love is acceptance
The world needs more;
Hope, Love and Acceptance

Freddie Gallagher 9M

If Only

If only I could grasp negativity and darkness
And keep it hidden from people
So their lives could be filled with happiness and hope

If only I could hold the world's hands
And guide every group of people
So that they can find love and safety

If only I could reach the stars
And show the people below that they are able
To shine just as brightly

If only everyone could be accepted

Charlotte Fennell 9W

The Mirror

The walk down the ever-stretching hall, worsens step by step
The judge at the end, staring into my soul
As I reach closer, the sound of my heavy heart echoes in the hall
I stare at myself solemnly
My eyes reaching deep inside

Finally I can see my beauty
Finally I can push the hate aside
A new found confidence, brewing inside

Caitlin Simper 9W



All the Colours of the Rainbow by Amberley Taylor 12EG

Hate

Hate,
Such a small word,
For such a big thing.
Before you say something rude or absurd,
Do you even think?

You speak,
Words of wisdom, power and fear,
Spewing your hatred to whoever's near.
Your words pass to others like boats to a pier.

You may think, no, I'm just melodramatic,
Let's look at it in a way more pragmatic,
Think of it as you being called a slur,
Eventually all the hatred begins to blur,
You then doubt yourself and giving up seems a
tempting lure.

Acceptance.
Hate is a prequel,
Make acceptance a sequel.
Show others love, respect, kindness.
Your words could be the key to their happiness.

Lena Wrzyszc 9G

The Truth

They taught us tolerance,
A word so entangled in deceit,
Millions of hidden motives,
For hate there is no receipt.
They wrote books,
Overflowing with values,
Emotions sometimes so overwhelming,
We forget to speak the truth.
They spoke of equality,
A scale they themselves tipped,
Scandals in the news,
So bad our standards dipped,
But they forget acceptance,
The truth is made upon it.

Imogen Lee 9F

Being Different

Accepting others is crucial
I don't mind if you are clever or not
Or if you are a migrant or refugee
You would be perfect for me

Your personality is perfect, whatever it would be
You might be beautiful or not
Your uniqueness is more important
Because being different makes you special

Being religious or not
Either way you are unique
Never change for anyone
Accepting is the most important thing you can be

May Wood 9M

Accepting Me

Accepting me for who I am
Creating a bond of respect
Contemplating if I should fit in
Even though I am different
Please let me be me
Let me be who I am
Acknowledging my feelings
Never denying me for who I am
Can you please accept me
Even though I am different?

Freya Dishart 9F

**The theme of the Spring Term
Edition is 'Appreciation'.**

**Listen out for the
Assembly on entry
deadline details.**

