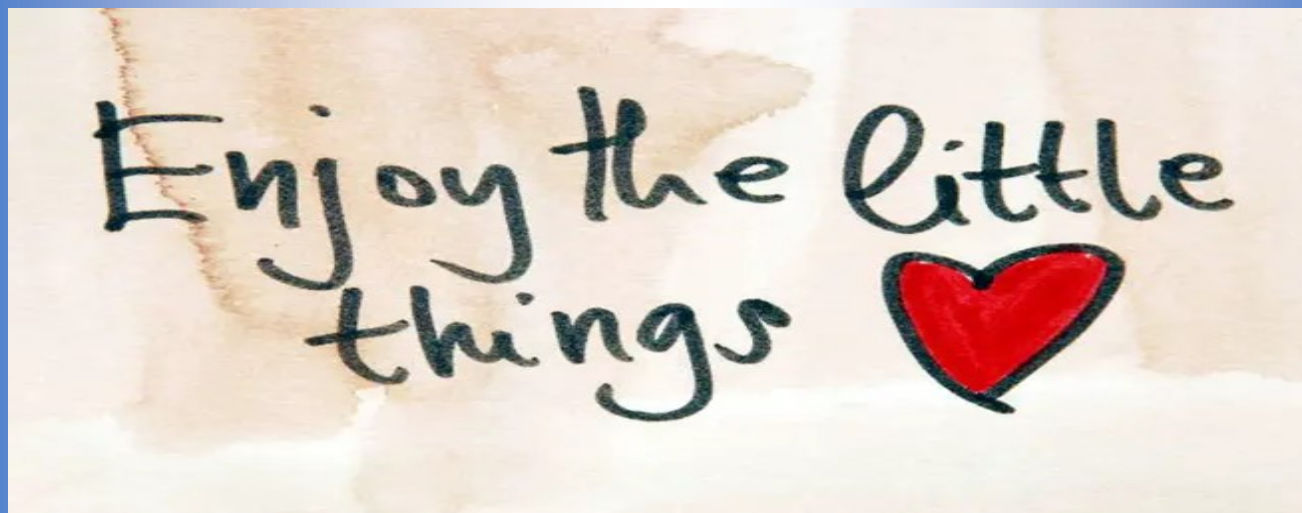




This edition's theme is... Appreciation



The dictionary definition of appreciation is '*recognition and enjoyment of the good qualities of someone or something.*' It is the act of recognising or understanding that something is valuable, important, and being grateful for it. We often fail to notice the blessings in our lives. We don't recognise them properly, forget them, or simply take them for granted. Focusing on the little things in life means we can turn to what nurtures and sustains us in our lives and everything that brings us even the smallest amount of pleasure. Once you take a moment to appreciate an act of kindness coming from someone you love or a person you don't even know, you'll become more aware of belonging to a community of people who care about each other.

On 8th March this year we all came together to celebrate International Women's Day with all the women who we value and appreciate in our lives. This could be mums, sisters, friends, carers or even women we don't know, yet admire. The day is a focal point in the Women Rights Movement, bringing attention to issues such as gender equality, reproductive rights and violence against women. The day was created by Clara Zetkin who was the leader of the 'Women Office' for the Social Democratic Party in Germany. She advocated for the day once a year until it was officially put on the calendar as the global day of women's appreciation.

So why should we be more appreciative? Well, considering the world around us and how other countries, such as Ukraine, do not have the luxury of peace and other countries less fortunate than us are deprived of food and essential materials, we have so much to appreciate. In the UK we have free education which provides us with many opportunities that young people in different countries do not have along with free healthcare that many countries do not offer. In Sudan, for example, young women are not allowed to go to school. Inspirational young women like Malala Yousafzai remind us all to consider ourselves lucky.

There are people all around you every day who make a difference in your life whether you notice it or not. This could be family, friends or even pets. However we all know that time with our loved ones isn't infinite which is why it's so important to appreciate every second we have with them. Gestures, like gifts or favours, are parts of our everyday lives. Collectively, we have all done something to help another, like bringing the shopping in or paying someone a compliment, and we have all given someone a gift, whether that's a birthday present or just something you thought they would like. Gestures connect us as people. They start relationships, friendships, and romance. A small gesture can change someone's day, or it can help someone feel just a little bit less negative. We see gestures all the time, inside school and outside, and often we take them for granted. Appreciation can help us to spend just a little extra time passing on those gestures and helping one another, and so, passing on that appreciation. Appreciating and living in the moment can lead to fulfilment in our lives. As the pressures of school and our personal lives increase, being able to step-back and take some time for yourself should be prioritised.

Appreciation is something that should be present in our everyday lives no matter what form it takes. If we all took just 5 minutes out of our day to appreciate the little things, collectively we could make the world and our school community a happier and brighter place.

By the Sixth Form Gazette Editorial Team

Memories

Appreciating the people you love, the
Presence of them making you happy.
Positive feeling when you're with them,
Remembering memories for years to come
Every memory you have,
Creating more and more
Irrepressible memories.
Amazing friends,
Taking them for granted
Is all too easy, and we
Only have regrets when they're gone.
Never forgetting our happiness.

Freya Dishart—9F



Iko Kraan 9G: "Eyes Wide Open"



James Corbett 9F: "Enrapt by the Raptor"

We Don't Know How Lucky We Are

Accept what you are told,
Especially from the old.
Even the slightest glimmer
Can make someone feel like a winner.
Smiles go a long way
Just one could make someone's day.
We don't know how lucky we are,
To have a family, a home, a car
To be able to hear soft sounds lingering,
Water dripping, birds singing.
So make sure all your actions are gleaming!

Ben Fisher – 9F

My Family

I will appreciate my family all my life
Because my parents help me with every-
thing.
They give me everything I need and want.
They help me with school and at home
They help my brother too!

Alex Dorobantu-Pirvu—9W

How to Appreciate

To appreciate
Is to love.
To love
Is to be grateful.
To be grateful
Is to be kind.
To be kind
Is to be polite.
To be polite
Is to have manners.
This is how to appreciate,
Follow this guide and you will be great!

Charlotte Fennell—9W

Friendship

A good friend who is
Part of my life,
Perfect and
Really loyal.
Everything that you do makes me laugh,
Crying over the smallest things.
Imagining a life without you is torture,
Always having you around feels like a
fortune.
Trust is important:
It's having secrets we don't share.
Out of everyone I know,
No one could be like you.

Plamena Zhelyakova— 9C

Family and Friends

I appreciate my family
Who are considerate towards me.
I appreciate my friends
Who are great and always respect me.
Thank you mum and dad,
My brothers and my sister,
I appreciate you with my all! **Erin McDonald – 9B**



**Olivia Kirkham-Evans 9O: "Sweet
Simplicity"**

Appreciation is Free

I think of my family,
I think of my friends,
Where would I be without them?
My world would just end.
Glass half empty?
Glass half full?
The world is your oyster
Beautiful or dull?
Let's appreciate all we have
Everything we own
All the flowers that have been planted
All the seeds that have been sown.
Appreciation is great
Appreciation is free
Appreciation is something we could all do more of
Starting with you and me. **Naomi Gillard—11C**



Victoria Lubin 90: "Love is like a Butterfly"



" Reach for the Stars" by Daniel Spencer 12SLT inspired by Slinkachu.



"The World Around Us" by Daniel Oldfield and Daniel Adams 12JMK inspired by Slinkachu

Oh Sweet Delight

Appreciation, oh sweet delight
 Like sunshine that brings warmth and light
 It fills the heart with love and grace
 And paints a smile on every face.
 When we express appreciation
 We uplift others with admiration
 We acknowledge their efforts and care
 And show that we truly do care
 Whether it's a simple thank you
 Or a heartfelt gesture or two
 We show appreciation for deeds done
 And let them know they're second to none
 Appreciation is a mighty force
 That keeps relationships on course
 It's a gentle nudge of inspiration
 That fosters growth and celebration
 So let us be quick to appreciate
 All the good around us, small or great
 For in this simple act of praise
 We create a world of love and grace. Charlotte Burge—11G

**The theme of the Summer Term
 Edition is Optimism.**

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

