



This edition's theme is... Optimism



The dictionary definition of optimism is '*hopefulness and confidence about the future or the success of something.*' It is the act of being hopeful about future events and emphasizing the good parts in any situation. People who are optimistic may believe they can overcome any obstacle in life and have a bright and positive outlook on the world and the opportunities they are given.

Sometimes in life, it may be difficult to be optimistic about a situation you are in, and people who are pessimistic may catastrophize or jump to conclusions. However, it is important to show and value optimism in our lives by keeping hope and confidence in our future and viewing what pessimists may see as setbacks as learning experiences instead. By having an optimistic outlook, people are able to transform their outlook on their lives and bring more positive opportunities their way.

In the month of June we all get the opportunity to come together and celebrate Pride Month, when we can recognize and admire those within the LGBTQ+ community. This could be anyone around you, ranging from family to friends to people we don't know. Pride Month is largely credited to Brenda Howard, who organised and led the first ever Pride parade to commemorate the one-year anniversary of the Stonewall uprising. This month is perfect for showing how having optimism in our futures and our goals can result in promising results which we can look back on and be grateful for in years to come.

These promising results can even be seen globally. Over recent years, humans have begun to do more and more for our planet to stop the world from deteriorating further. This can be seen in the Government's promise to establish a legally binding national commitment which aims to cut greenhouse gas emissions to zero by 2050. Even an expedition to the sub-Antarctic island of South Georgia led by the British Antarctic Survey brought some optimistic news, as they counted 55 Antarctic blue whales during the 2020 expedition. They described this as "unprecedented", saying it is "clear that protection from whaling has worked." So many people all around the world are showing that the optimism of the human race will hopefully save our beautiful planet Earth.

So how can you begin to become more optimistic? Positive thinking has always been a powerful tool when it comes to changing your mindset. Ensuring you have positive thinking and are generally optimistic can be really important in maintaining health physical and mental wellbeing. You can ensure this by checking in on yourself and surrounding yourself with positive people, as putting yourself first is the most important step to optimism. Protecting yourself from the negativity of others and the stress of the past is also something you can do to make sure you are living an optimistic life. Being grateful for the things you do have control over and actively changing that which stops you from achieving your goals are crucial for you to feel content every day.

Optimism is not about being forceful with positivity, it's about wanting the best out of your life and for the people you care about. It's an act of kindness to yourself to be optimistic, and in the end, it can be life-changing to see the success lying ahead in your future. By starting to see things from an optimistic point of view, we can all start to become a little more optimistic.

By the Sixth Form Gazette Editorial Team

A Poem About Optimism

By Lily Webb 90

I'm hopeful about the future,
I try not to dwell on the past.
What's done is done,
Nothing will ever last.

I try my best to be positive,
As it makes life more fun.
It allows you to truly live,
And makes everything seem good.

It's hard to be optimistic,
Especially when you're sad.
Try to be strong and remind yourself,
That not everything can be bad.



Look for the Green Shoots By Daniel Spencer 12SLT

Be Optimistic!

By Tom King 9L

One day, you will chase your dreams
Positive mindset, the greatest you can be!
Test yourself more and more; keep pushing.
Imagine the feeling of your success
Make the world a better place for all.
Imagine when your dreams come true
Stand proud with your head held high.
More can always be achieved!



Happy! By Thomas Wild
12JMK

Green Light by Liam Bradley 12MW

Dos and Don'ts

By Henry Moseley 9C

Do be hopeful.	Never look back
Do be positive.	Don't be unbearable
Do be extraordinary.	Don't be negative
Always look forward.	Don't be hopeless

I am hopeful that...

By Oskar Fiedorowicz 9H

I am hopeful that in the future
I can remain happy during hard times.
I am optimistic that in the future
I can get a good job and have a good life.
I am certain that in the future
I will always keep a positive attitude.

The Day I Became an Optimist

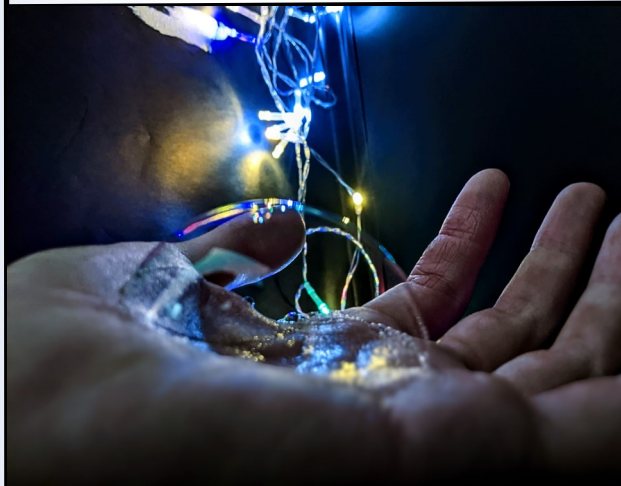
By Chloe Honeywell 9B

The day I became an optimist
I walked with a spring in my step,
I smiled to everyone I saw,
I decided to make my dreams a reality.
The day I became an optimist
I cooked breakfast for my mum,
I walked the dog, and told myself
"I can do this!"
Ever since I became an optimist
I haven't thought about what I want to be.
Instead, I think about **who** I want to be.
I want to be a person who wakes up
With a smile across their face.
Greeting everyone I see with a "hello"
And a smile.

Move On

By Lacey Deamer-Jones 9Z

Open your eyes
Positive things are coming!
Things may be hard now, but
It will get better!
Move on
In the midst of difficult times.
Stay happy;
Move on.



Let the Light in By
Daniel Oldfield 12JMK

Look Forward

By Joshua Chibge 9H

Look forward.
Look forward to a brighter tomorrow.
Look forward to the new coming sun.
Look forward no matter your current situation.
Look forward.
Look back.
Look back on blunders you made.
Look back to learn what you could do better.
Look back to what has happened.
Look back.
Look around.
Look around at the world.
Look around for the answers.
Look around at the things that make you, you.
Look around.
Being optimistic isn't about being happy all the time.
It is about being open, hopeful of new ideas, the future,
And learning from your past and your surroundings.

The Positive Side of Things

By Vanessa Krasimirova-Korovacka 9W

Optimism is looking on the positive side of things.

Looking forward to new things

And not dwelling on the past!

Optimism is looking on the positive side of things.

Letting your negative thoughts drift away

And make your optimistic thoughts stay!

Optimism is looking on the positive side of things.

Learning from your past mistakes

And letting go of your worries!

Optimism is looking on the positive side of things.

As positivity fills from within

And the disasters become a distant memory.



What a Wonderful World By Chloe Pilcher 9G

Your New Friend

By Kezia Edwards 9F

I have never been optimistic before.

My friend is,

But how?

I have never focused on the future before.

My friend does,

But how?

I have never been hopeful before.

My friend is,

But how?

My friend taught me what I could have done in the past

And I feel hopeful now.

Are you wondering how?

My friend taught me how to focus on the future

And I feel positive now.

Are you wondering how?

If you want to know

How,

Optimism is your new friend now.

Optimism taught me how,

Optimism can teach you too.

Learn about optimism now,

So you know what to do!

Optimism

By Louie Thomas 9G

Only you can choose what you want to be.

Personally, I'm optimistic!

Today is the day that you can choose,

It is the day you will see your true self!

Maybe it will be your best day,

It will leave you optimistic forever!

So be an optimist like me,

Many people are pessimists – but
you don't have to be!

The theme for the
Autumn Term
Edition is **Loyalty**.
Listen out for the
Assembly on entry
details.

