

This edition's theme is Kindness

Kindness is a language that everyone understands, it goes beyond culture, race and age. It goes beyond the ordinary person and becomes a powerful force capable of changing lives and healing our conflicted world. Kindness is like the softest guide- one who only desires to help those who deserve its assistance.

Unfortunately, during our lives many of us will be victims of misplaced kindness, whether that is in a relationship, where the person doesn't appreciate your value, or where you are taken unawares or led astray by a fraudster on the phone. The only important thing is how we rise above it, again and again- above the people who mislead you in order to grow as the person you are proud to be.

On 20th March, five Year 12 students were able to participate in a course run by Lessons from Auschwitz, in which they were fortunate and privileged enough to have the opportunity to visit Auschwitz-Birkenau in Poland. The Holocaust was the murder of approximately six million Jewish men, women and children by Nazi Germany and its collaborators during the Second World War. There were in total six death camps, all of which were in Polish territory, all of which were strategically located near large Jewish populations and on main transport routes. The main purpose of these camps was murder, and not many people survived.

In June 1947, The Auschwitz- Birkenau Museum and Memorial were created, and run by a committee of survivors to remember those who suffered during the Holocaust. In recent years, visitor numbers have increased dramatically, by approximately 250,000 each year. Despite the controversy of visiting a death site such as this, it is essential that future generations are educated about such a horrific period in history, to ensure that we as a human race, will never allow such atrocities to be committed again. Such cruelty is the absolute antithesis of kindness. It will be our responsibility to make sure it can never happen again.

This is why community and kindness are so crucial for everyone. It is more than a group of people- it is a way to inspire and demonstrate many acts of kindness for all. Around our school, there are many ways to show kindness; whether it is as simple as holding the door open for a person or thanking a teacher for their amazing lessons. When we expand our thoughts to bigger pictures- we can experience and value all the amazing clubs that promote kindness that there are on offer in our school - whether it is the Sustainability club that promotes kindness to our planet or Interact that promotes kindness to our local and global communities. Interact helps to raise money and bring attention to many issues, organising school events and helping to contribute back to the world- they help everyone by sharing all of their own kindness.

To inspire others is one of the most beautiful opportunities that kindness provides. When we choose it, we help to improve the days of others and when we witness acts of kindness, we are reminded of the goodness that exists in the world and are encouraged to pay it forward. Just like the movie 'Pay it Forward', where a young boy's simple idea of helping three people who must go on to help three of their own, shows the transformative power of kindness.

So let's use our lives to show the power of kindness, to spread compassion and empathy wherever we decide to go. For it is love and assistance that make the world a better place.



Be Kind to Yourself: Abigail Cullen 13AG

Kindness

Kindness is a treasure.
It's a rare gem that
Should never be cracked,
Broken or split.
People die for kindness,
But only some are blessed
To have it,
To hold it,
To keep it.

Without kindness
Our world would fall,
Like blood on a knife
Or a ticking time-bomb
Waiting to let out its depravity.

Kindness is infectious.
It's a smile, a yawn.
It's precious, it's graceful,
It's worth having.

Kindness gains respect,
It gains power.
Watch your power grow,
Your happiness too.
Watch your kindness pay off
Watch as you become
A treasure, a gem.

Chloe Westover 9F



Happy World

Once a day lives get lost,
Why don't we ask the boss.
Does he think it's good, does he think it's bad
Well for all we know, it makes others sad.
This can be stopped, this can be challenged,
We can restore the world's balance.
First we recycle, then we reuse,
Let's make it end up on the News.
We can fight and we can wrestle,
Let's band together on one big vessel.

Freddie Walden 9G

Kindness is great

Kindness is great,
Whether a stranger or a mate,
Donating some food,
Can bring up a mood.

Being kind is great,
Helping a friend who is running late.
Sharing an umbrella when the sky is open,
Or babysitting for a mother who is broken.

To skip the rhyme,
Being kind takes no time,
So just think before you say,
Whatever you do will come back one day.

Rob Rees 9L



A Helping Hand: Abigail Farmer 11W



Ella Lewis 9C

The Change

I was alone.

Engulfed by the worries of the outside world.

Then they smiled.

I was alone.

Trapped by the fears of social media.

Then they smiled.

I was alone.

Anxious by the opinion of others.

Then they smiled, and it all changed.

Mikey Sale 9H

Kindness is Rare

These days it's rare to find someone who knows what kindness is,

To some people it's like a fairy tale bliss,

But to most it's just another thing to miss.

To some people it will make their day bright,

You don't have to be some fantasy story knight,

You just have to go out and treat someone right.

If you go to the right place,

And put a smile on someone's face,

Some might look at you and grimace,

But the right people will treat you with grace.

George Hope 9W



A mindful word or caring touch

Our thoughts and actions speak so much

To be kind is to be pure at heart

Our puzzle has a missing part

So find that piece and bring it back

Refill what we deeply lack

This world could sorely use a soul

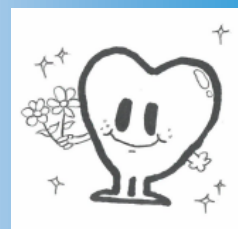
To help it heal and become whole

But if you have the eyes to see

The paradise this place could be

Keep them open, keep them bright

And lead the others to the light.



Lindsey Atkins 9O

Kindness

Our world is full of darkness and a little bit dull,
So we need to make sure we are all full of love.
A little kindness here and a little kindness there
Can go a long way and make someone's day.

If your head is in a spin from a long day at work,
Just give someone a grin and let the magic slowly work.

Take a look around and notice how no one's a jerk,
Well that's just a perk of taking away someone else's hurt.

Rosie Freeman 9G

The Art of Kindness

A single drop of kindness unleashes a tide of joy
A wave of empathy stretches far beyond the sea
So let this act come from you – a word, a gift, a smile
In time you'll see the impact drown sorrows deep beneath

A blaze of inspiration to burn the fear away
An untamed mind on fire, from a compliment or helping hand
For the bright power of kindness knows no bounds
Its raging flames burn on, to extinguish sorrow and regret

A strong support to lean on, in rocky times of dread
A forest of eternal love and care, where silence means only peace
The abundant goodness within us all, waiting to be unleashed
Sits still amongst the nature, its true potential unknown

Then blow away the clouds of dismay, act for those around you
A tremendous lightning strike of triumph, the difference in a thunderous storm
The impacts of this simple act affect more than just a few
But the source is nothing major, the source is me or you.

George Collett 9Z



The Face of Kindness: Nell Smith 11Z

Kindness

Kindness inspires.

It's the sun and rain to a wilting plant

It nurtures creativity and love

Kindness heals.

It's a balm to a stinging heart

It gives copiously without fail

Kindness helps.

It's an extended hand to a falling dream

It has no limits to reach

Kindness inspires.

It's a boomerang thrown well

It returns and gives again

Kindness costs little

And gives a lot.

Scarlett Neal 9F