



George Stephenson
High School

Well-Being Bulletin

Thank-you! You are Amazing!

Welcome to Week 7 of George Stephenson High School's Well Being Bulletin. We hope that you are all safe and well. We have been overwhelmed with letters and poems coming in for the Westmoor Resident's Association for the amazing people that live in our local sheltered accommodation. We would like to share just some of them with you! Thank you to everyone that has worked so hard on this – if you would like to be involved please send your letters/ drawings by post in a bag to: c/o Mrs C Patrick, George Stephenson High School, Southgate, Killingworth, Newcastle-upon-Tyne, NE12 6SA or e-mail: kindness@gshs.org.uk

Acts Of Kindness Letters and Poems

I'm trapped,
I feel like glass,
every time something bad happens I break,
Every where I go I'm strapped,
I feel strapped to the world like grass,
If I do a single thing wrong people say that is a mistake.
My feelings are everywhere,
One point I'm happy,
The other point I'm sad,
When this is over I'm going to repair,
Repair the all unhappy,
And fix the all bad.

Kaitlyn Year 8



Emma Year 8

Life in Lockdown Poem

L Long school days without my friends

I I really miss playing out

F For a while it will be like this

E Everything changed overnight

I It's a strange world

N No seeing classmates

L Learning our school work at home

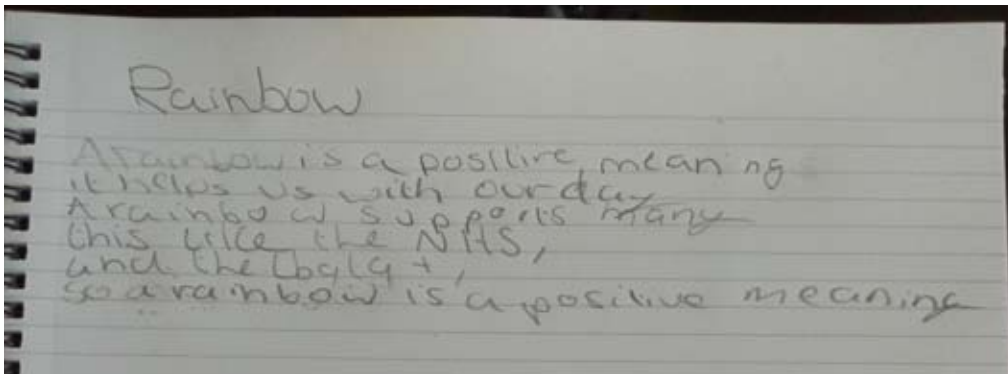
O Online socialising to keep in touch

- C Coronavirus has mean't we all stay indoors
- K Keeping us from friends and family
- D Doing what we can to keep busy
- O One day we will see each other again
- W Wanting that day to come very soon
- N Now we stay happy, safe and well in our virtual worlds

Ben - Year 7

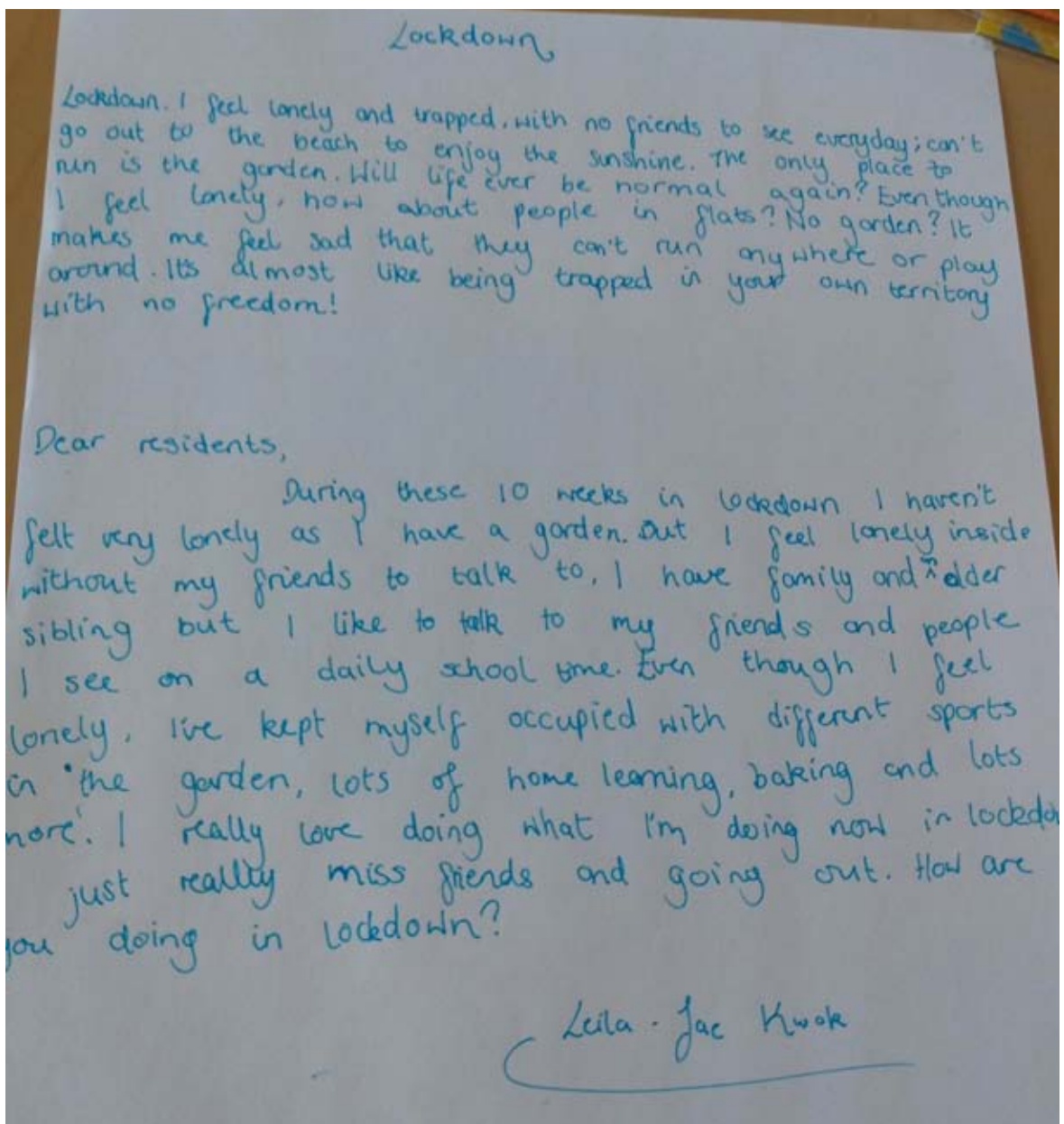


Macy Artwork Year 7



It is short but has a big meaning!

Chelsea Year 7



Leila-Jae Year 7

Lockdown poem

LIFE HAS BEEN TURNED UPSIDE DOWN

OUR LOVED ONE WE ARE UNABLE TO VISIT

COUNTING DOWN THE DAYS

KIDS ARE HAPPY THAT THEY'RE NOT IN SCHOOL

DROPPING OF SUPPLIES TO THOSE VULNERABLE

OVERCOMING THE CHALLENGE OF BEING ALONE

WE STAND TOGETHER AS ONE

NHS IS AMAZING

Kyle Year 7

A pandemic has forced us away from the cacophony of our regular, outside world. It has made us take shelter inside the confines of our homes, scared, waiting for the tide to turn over. And while it is lonely with the best minds trying to figure out a way to halt a never-before-seen illness our self-proclaimed isolation has also given us enough time to reflect, ponder and simply see what we often overlook

self-proclaimed

described as or proclaimed to be such by oneself, without endorsement by others.

Brandon Year 8



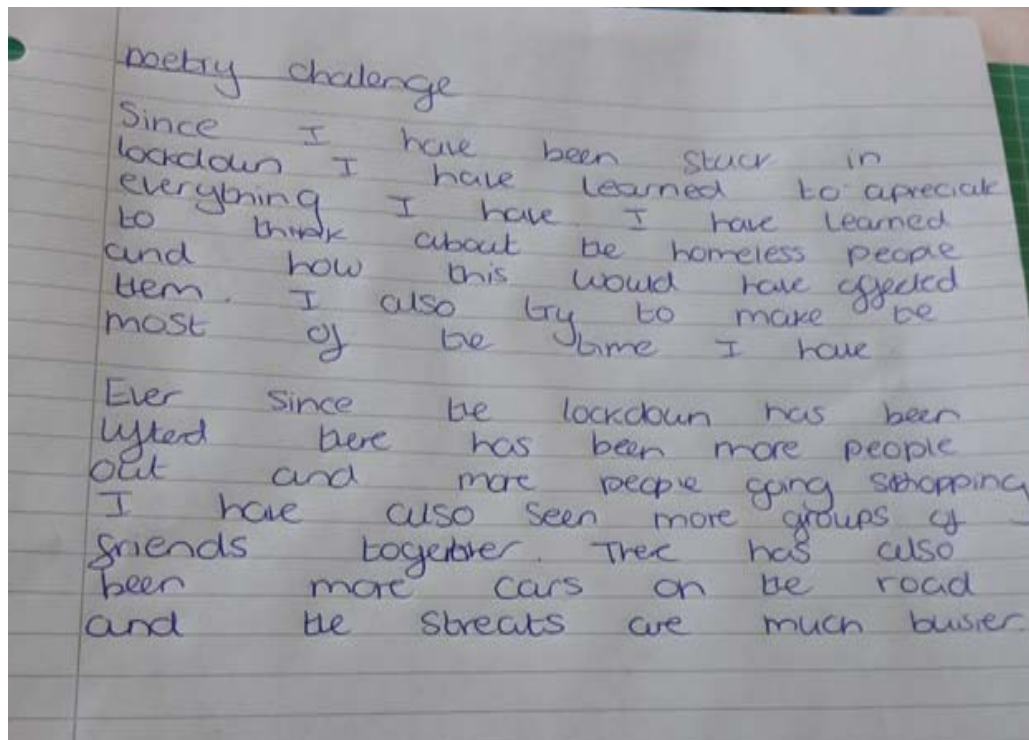
The Patrick Family

During quarantine I have spent a lot of time with my family but I am looking forward to seeing and speaking to all my friends when lockdown is over. At school I learnt lots although a lot of the work is revision.

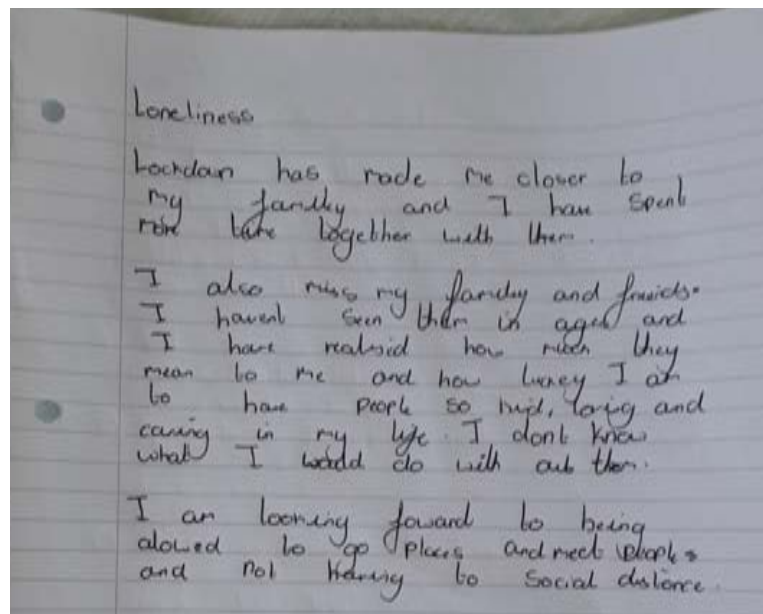
I am lucky because lockdown has not been very lonely for me, I have family and pets for company but some people are all alone and can't visit other people.

I hope everyone is doing well.

Arabella Year 7



Emily Year 8



Katie Year 8

Lockdown Poem

Lonely:

Lonely is a word representing so much,
To tell feelings inside that senses cannot touch.

Lonely can be a tear running down someone's cheek,
Lonely can be the silence when sorrows are too deep to deep to speak.

Lonely can haunt an empty room that laughter did once roam,
Lonely can discomfort you even in the grounds of your own home.

Lonely will not listen to a broken heart,
Lonely will torment until new love shatters it apart.

Hope you and your family are well,

Lauren Year 8

Lockdown Poem

The lonely soul wanders
Alone in the walks of life
No other soul as his companion
The lonely soul wanders

Alone in the daybreak
He does his duties
In the walks of life
The lonely soul wanders

Alone in the life
He meets many other souls
Who comes to be
Unfit for the lonely soul
The lonely soul wanders

As the days pass by
The lonely soul became
More lonely, with no other
souls as his companion
The lonely soul wanders

Alone in the walks of life
The lonely soul decides
Not to die, but to face
Life in all its hardships
The lonely soul wanders

Lee Year 8

Lockdown Poem

Act on your actions for what you do,

Care for what people give you and be thoughtful,

Treat other like you want to be treated,

Others may treat you differently but don't get mad tell some one,

Forget the past and think of your future,

Kindness is a lovely this to do,

Instead of being bad be kind and thoughtful for a change,

Never give up on your dreams,

Determination and think positive,

Never say Never when your down,

Everyday is special to make it last,

Say your determined and your never gonna give up,

Say your sorry when you have done something bad to someone and Never do it again.

Liam Year 8

Lockdown is...a stressing time.

Lockdown is a progressing time.

Lockdown is when you have to stay home.

This is what i call a poem.

Lockdown makes you feel safe.

Lockdown make you feel unsafe.

Naia Year 8

The Comment by Patrick Dolan

There is a long line to get some coffee and one mean comment could ruin the whole day.

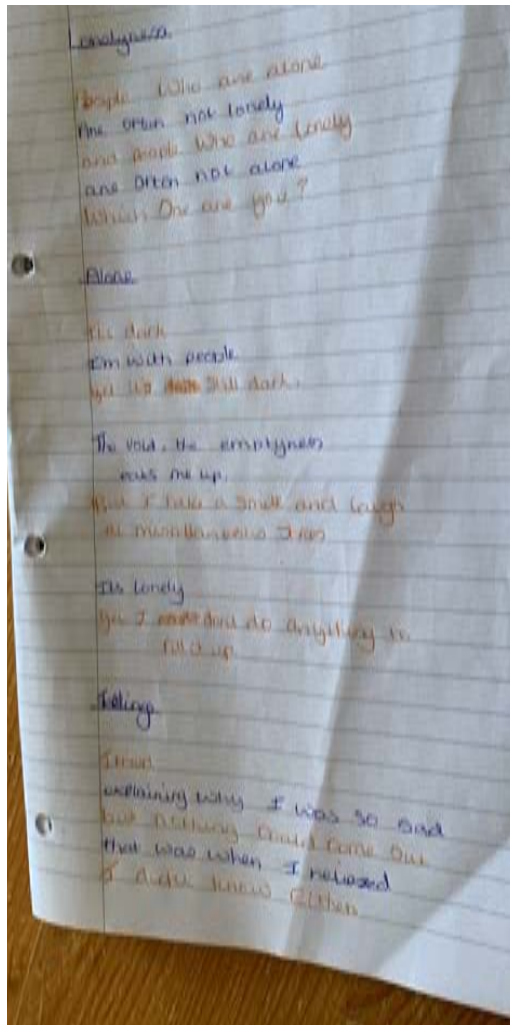
After you walk away that comment will stay with them for the rest of the week.

This is mean and can cause loss of confidence when they speak. What happens if they are having a hard time at work and home they would be feeling bleak.

But if you think to say a nice comment it could turn that pear day upside down.

The sound of a compliment can be nice and can encourage to ask for advice.

So think of one compliment a day or just something nice to say.



Megan Year 7

Lockdown Life – by Alex Goode age 13

Roses are red, violets are blue,
I'm sure you hate the lockdown as much as I do!

Friends and family are a no-go zone,
But at least we can speak to them on the phone.

Its spring, its sunny and we've been told where we can't go,
But at least we can look out and see new things grow.

We can look at old photos and re-read old books,
We can remember good times and laugh at old looks.

It can be boring and lonely not being able to go out,
You can be anxious, frustrated and want to shout.

Its normal and OK to not feel alright,
And be worried about our current world plight.

Our scientists are working all hours God sends,
To make this virus come to an end.

I hope it comes soon, as I'm sick of this,
And we can again see all the people we miss.

The lockdown has now started gradually lifting,
And people's thoughts are gradually drifting.

Drifting towards happier times ahead,
To when we can do something better instead.

If you have carers that are coming in,
I hope they are kind and arrive with a grin.

I hope they look after you and make you some tea,
And have time to talk about how nice life can be.

I hope our wishes for the future come true,
And life is good again for me and you.

Alex Year 8