

POETRY RECITATION CONTEST 2020



ENGLISH-SPEAKING UNION

discovering voices



CONTENTS

WELCOME FROM ESO CHILE CHAIRMAN		THE PROGRAMME	9
VENUE & DATES	3	WORKSHOP	11
	••••	General Overview	••
COMPETITION STRUCTURE	4	Date & Venue	
COMPETITION RULES	4	Registration	
Registration & Deadlines	••••	POEMS	12
Eligibility	••••	3rd Grade	
Rules		4th Grade)
ROOM LAYOUT	5	5th Grade	
PRIZES	6	6th Grade	
GUIDANCE FOR ADJUDICATORS	₇	7th Grade	
		8th Grade	•
General Overview		•••••••••••••••••••••••••••••••••••••••	,
Training Session			
2019 PRC Rubric			



Welcome

Dear Schools,

It gives me great pleasure to introduce the 2020 *Poetry Recitation Contest* Handbook. Clearly things are going to be different this year, starting with the <u>virtual nature</u> of our gatherings.

I am delighted to invite your school to participate on this amazing activity. The Poetry Recitation Contest, now in its 9th year, is one of the most important poetry competitions in Chile. Seen as the first step towards public speaking, this event encourages younger students to recite their chosen poem before a live audience, thus providing them with the opportunity to develop their self-esteem while practicing English.

At ESU Chile, we firmly believe in the importance of English at school level. We are an international, not-for-profit organization that works with around 50 member schools – both public and private – and look to boost their pupils' confidence and communication skills in the English language. Click here for membership details.

With this handbook we look to provide the heads of English, as well as other interested teachers, at our member schools with information on the *Poetry Recitation Contest*. In providing a comprehensive overview of the rules and guidelines, we hope it will serve as an important tool when you come to select and prepare you pupils.

As in previous years, our selection of poems to be recited is based on a theme and this year the theme is "Hope!"

I'm sure you are more familiar with delivering virtual events than me, but this year the live part of our event will be held on our ZOOM platform. This Handbook sets out the new 2-stage process, with the first round requiring all pupils to **submit their poem as a video**. Then, after evaluation by our team of judges, the best will be invited to **recite their poems "live"** in a mass ZOOM event. All the details are here!

Although we will not be gathering there this year, I would like to recognize our long-time hosts, *St. George's College*, whose unflagging support has been key in consolidating the *Poetry Recitation Contest* in the national calendar.

I would also like to thank our sponsors, *Mind builder* and *Books & Bits*, for their continued support and for sharing our belief in the importance of English. Finally, I would like to thank ESU Chile's volunteers, who always play a key role in our activities.

Enjoy yourselves!

Jonathan Callund

Chairman

The English-Speaking Union Chile







Venue

This year, the 2020 Poetry Recitation Contest will be virtual. Participants will have the opportunity to practice and video their presentations from the comfort of their own homes.

Participants, their families, friends and teachers, will all have the opportunity to view all entries as well as virtual viewing of the final presentations.

The ESU 2020 Poetry Recitation Contest for Santiago Region will take place on 29th October for 3°-5° and for 6°-8° on 30th October 2020.

Dates

The ESU 2020 Poetry Recitation Contest will take place on 29th and 30th October, 2020.

Schools must register their participants for the interschool competition by Monday 5th October 2020.

Interschool Participant Winners must send their MP4 format video presentation to the ESU Poetry Chairperson, via email <u>esu_poetry@esu.cl</u> for the ESU competition by Monday 19th October 2020.

Schools contacts and their participants for the regional competition will have access to view all digital presentations after Friday 23rd October 2020.



Competition Structure

- Participants will be broken up into six age-related categories (3rd grade, 4th grade, 5th grade, 6th grade, 7th grade and 8th grade).
- Each category is divided into two heats, with each heat taking place in a separate virtual breakout room.
- The contest takes place over two days:
 - Students from 3rd to 5th grade will participate on 29th October from 9.00 to 12.30.
 - Students from 6th to 8th grade will participate on 30th October from 9.00 to 12.30.
- Schools will select a maximum of 2 students per category to represent them at the competition. The students will compete in the same heat. Students can represent their school only every other year to encourage more school wide participation.
- The two best students from each heat will advance to the final that takes place virtually via Zoom on 29th and 30th October.
- In order to select their participants, schools are invited to conduct their own internal competition. We encourage teachers to organize said competition as it is a great opportunity to get your candidates familiar with the format of the competition (*This year digital* video presentations).
- In each category, there will be a prize for the 1^{st} , 2^{nd} , 3^{rd} and 4^{th} place.
- The overall winning school will be awarded a trophy, which will stay with the school until the next Poetry Recitation Contest takes place.

Competition Rules

Registration & Deadlines.

- Schools must register their participants for the ESU Chile inter-school competition by Monday, 5th October, 2020.
- To register, click <u>here</u>.

Eligibility

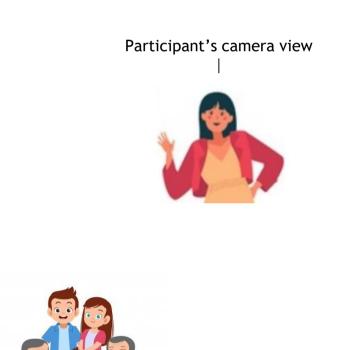
- Due to time constraints, schools may send two students per level (3rd-8th grade) to participate in the contest.
- Each student must choose a different poem from this booklet for their grade level.

Rules

- Students should recite the poem, demonstrating their understanding. The poem should NOT be acted out.
- The poem must be memorized. Students may not use any form of notes.
- No visual aids or props of any kind may be used when delivering the poem.
- Before presenting their poems, students must say their name, the title and author of the poem. They should NOT say their school name.
- All poems have the same level of difficulty.
- Recited poems will be judged according to the Poetry Recitation Contest Rubric.
- There will also be an overall winning school who will be awarded with a trophy, which will stay with the school until the next Poetry Recitation Contest takes place.
- In order to choose the winning school, students will be awarded the following points:
 - 1st place 5 points
 - 2nd place 3 points
 - 3rd place 1 point
- In the case of a draw, the school with most 1st place finishes will be awarded the trophy.

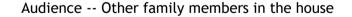
Room Layout → Digital Camera View

- The participants will stand in front of a solid color backdrop (no ornamentations)
 with lighting that keeps face out of any shadows.
- One Camera view framed to include participant from waist to head.
- No full body only torso viewed no zooming in or out, just one camera view point.
- Participants should view their MP4 format presentation, to be sure there are no visual glitches and audio is at appropriate level, then send via email to esu_poetry@esu.cl
- The judges' panel will view digital presentations virtually and send their scoring results directly to the ESU Poetry Chairperson, esu_poetry@esu.cl





Camera person -- recording the performance



Judges watching presentations online:







Prizes

- There will be prizes for the winner, the runnerup, the third-place and the fourth-place performer in each category.
- There will be a certificate of participation for each contestant.
- There will be a trophy for the best overall school.
 This trophy will remain with the school until the following Poetry Recitation Competition takes place.
- There will also be other mini competitions throughout the day with a variety of prizes.

Please take note...

- School uniform or any clothing with the school insignia may NOT be worn.
- Speakers should wear formal clothes. (NO jeans/ t-shirts/trainers/etc.)
- Teachers may not prompt the participant or coach them in any way during their performance.
- Participants, teachers, and parents from each school are encouraged to view all digital presentations of their participants as well as others when links are made available.





Guidance for Adjudicators

General Overview

Participants and spectators must be confident in the competence of the adjudicators if they are to accept their decisions and take their advice on board. For that reason, adjudications should be as professional as possible at all stages of the competition.

Training Session

After registration of participants is complete, adjudicators will be selected and sent additional online training materials. On the day of the final heats competition an **informational meeting** for all judges will take place at **9.00** online via Zoom.



2020 Poetry Recitation Contest Rubric

Student							
Poem							
Author							
Judges: Please mark students from 5 (Outstanding) to 1 (Developing)	5 Outstanding	4 Very Good	3 Average	2 Needs Improvement	1 Developing		
Memorization: 5 points							
Accurate: No errors or glaring pauses. If the student avoid errors and long pau (not to be confused with internet freezing dropping of connection)	ses?	Only one small error			Five or more errors= omit words, reverse order of words or phrases		
Diction: 15 points							
Projection and Clarity: Poem is easily heard with clear words (not mumbled). Does the student enunciate or speak loudly enough for you to hear?	No errors	Only one small enunciation issue	enunciation issues	Three or four enunciation issues or overall issues with specific errors	General overall enunciation issues		
Correct Pronunciation : Are the words pronounced properly?	No errors	Only one pronunciation issue	Two pronunciation issues	Three or four pronunciation issues	Five or more pronunciation issues		
Rhythm/Stress/Meter/Tonality Are thes elements observed in the recitation?	e ^{No errors}	Only one issue with rhythm or tone	Two issues with rhythm or tone	issues with	Five or more issues with rhythm or tone		
Interpretation: 15 points							
Understanding: Shows understanding through phrasing, intonation, and appropriate expressions of emotion. Doe the student's use of emotion and expresenhance the recitation of the poem? Student should not act out the poem.		Spoke with a wide variety of intonation using five or more facial expressions and hand gestures	intonation using three or four	Spoke monotone or robotic used only one or two facial or hand gestures	Spoke with very little emotion in their voice inflections or body gestures		
Communication: Does the student exprethe emotion described in the poem?	ess No errors	Expressed a wide variety of emotions	Displayed some emotion throughout	Only one or two examples of change of tone	Tone or emotion was missing throughout		
Preparation: Displays rehearsal and preparation. Follows directions and guidelines provided by ESU.	No errors	One small issue	Two small issues	Three or four issues	General overall issues		
Body Language 5 points							
Confidence: Student is confident, relaxed and makes eye contact. How at ease is to student?		U 1	Relaxed body but very little eye contact		Stiff or body swaying		
Total Score General Comments:							

THE PROGRAMME

Poetry Recitation Contest Order of the Day

10.00 - 10.30	Welcome
10.30 - 11.00	Final Competition Heats Part 1
11.00 - 11.15	Break
11.15 - 11.35	Final Competition Heats Part 2
11.35 - 12.00	Musical Intermission and Contest
12.00 - 12.15	Award Ceremony





Workshop

General Overview

To help our teachers prepare their students for the Poetry Recitation Contest, we invite them to attend our annual teacher development workshop led by English language expert, Jennifer Haugh.

This workshop has been created for 3rd to 8th grade teachers who want to help their students learn how to recite poetry out loud. Using acting techniques for theater in verse, teachers will discover how to uncover the hidden clues the authors give us in their poems, in order to communicate their work better.

The workshop will focus on three main areas:

- Introduction to Procedures/Overview, Comprehensive memorization.
- Classroom Engagement, specific activities regarding poem structure, interpretation, and developing effective communication.
- Presentation Etiquette, Body language

Jennifer Haugh has dedicated over 20 years to education as a teacher, leader, and learner. Energized by teaching middle schoolers and the vision of secondary English education, she believes in an active, student-focused curriculum that promotes feedback, showcases student work, and upholds a school's values. Since earning an MA in Education -Curriculum and Instruction (University of Phoenix, CO USA), her leadership experiences include co-chairing accreditation and evaluation committees; co-designing K-12 professional development and shared belief work; and leading differentiation, literacy, and curriculum design workshops. Most recently, Jennifer received a Student-Centered Instructional Coaching Certificate (University of Wisconsin-Madison, USA). She enjoys learning from others through mentoring, co-teaching, supervising student teachers, and facilitating professional learning communities.



Workshop Topic 2 = **Classroom Engagement**Tuesday, 1st. September - 4:30pm By **ZOOM**Interested teachers should confirm their attendance here



Poems

3rd Grade

Keep A Poem In Your Pocket
By Beatrice Schenk de Regniers

Keep a poem in your pocket
And a picture in your head
And you'll never feel lonely
At night when you're in bed.
The little poem will sing to you
The little picture bring to you
A dozen dreams to dance to you
At night when you're in bed.
So - Keep a picture in your pocket
And a poem in your head
And you'll never feel lonely
At night when you are in bed.

My Hope: If I Were A Dog For Just One Day By Amy Ludwig Van Derwater

I'd catch a Frisbee chew a bone chase my neighbor's fluffy cat explore the forest on my own Roll in dead things drink from toilets chew my sister's favorite shoes beg for meatloaf wrestle cuddle pretend I understood the news stretch and yawn find my bed turn in circles round and round curl my tail to touch my head fall asleep without a sound.

The Metaphor Family By Lill Pluta

My brother is a dragon. My mom's a teddy bear. I am a shaggy sheepdog, With a ton of tangled hair.

My father is a monkey. His hope, to make us laugh, especially my sister, who is a tall giraffe.

We are a busy family, with many things to do. Our home is always happy, but sometimes it's a zoo.

Super Samson Simpson By Jack Prelutsky

I am Super Samson Simpson, I am superlatively strong, I like to carry elephants, I do it all day long.

I pick up half a dozen and hoist them in the air, it's really somewhat simple, for I have strength to spare.

My muscles are enormous, they bulge from top to toe, and when I carry elephants, they ripple to and fro.

But I am not the strongest in the Simpson family, for when I carry elephants, my grandma carries me.

*Trouble*By David Keppel

Better never trouble Trouble Until Trouble troubles you; For you only make your trouble Double-trouble when you do; And the trouble-like a bubble-That you're troubling about, May be nothing but a cipher With it'

Our Magnificent WorldBy Shilow

Adventures in creation
And discovery
Understanding who you are
And choosing who you want to be
Dreams for a magnificent world
Enjoying the journey
Playing with destiny
Shaping reality
Believing in the infinite
And eternal beauty
Pulsing through all things

Poems 4th Grade

Zoom GloomBy Kenn Nesbitt

Distance learning. What a bore. Our school's been closed a month or more. I'm stuck at home. I'm in my room, and meeting with my class on Zoom. There's no more lunchroom. No PE. Just studying and tests for me. There's no more recess. No more ball. Just staring at my bedroom wall. The playground's closed—the swings, the slideand everybody's stuck inside. We can't go out and play with friends. I hope that, pretty soon, this ends. I know it's only for a while, but here's a thought that makes me smile: Although it might not sound so cool, I just can't wait to go to school.

maggie and milly and molly and may By e. e. cummings

maggie and milly and molly and may went down to the beach(to play one day) and maggie discovered a shell that sang so sweetly she couldn't remember her troubles, and milly befriended a stranded star whose rays five languid fingers were; and molly was chased by a horrible thing which raced sideways while blowing bubbles: and may came home with a smooth round stone as small as a world and as large as alone. For whatever we lose(like a you or a me) it's always ourselves we find in the sea

Silver By Walter de la Mare

Slowly, silently, now the moon
Walks the night in her silver shoon;
This way, and that, she peers, and sees
Silver fruit upon silver trees;
One by one the casements catch
Her beams beneath the silvery thatch;
Couched in his kennel, like a log,
With paws of silver sleeps the dog;
From their shadowy cote the white breasts peep
Of doves in a silver-feathered sleep;
A harvest mouse goes scampering by,
With silver claws and a silver eye;
And moveless fish in the water gleam,
By silver reeds in a silver stream.

A Pocket Poem By Bobbi Katz

With a poem in your pocket, and a pocket in your pants, you can rock with new rhythms.

You can skip.
You can dance.
And wherever you go,
and whatever you do,
that poem in your pocket is going there, too.

You could misplace your homework.
You could lose your left shoe.
But that poem in your pocket will be part of you.

And nothing can take it.
And nothing can break it.
That poem in your pocket
Becomes part of you!

Humble and Grumble By Eldred Herbert

Humble and Grumble were identical twins, And Humble was ever so meek; Grumble did nothing but grumble all day, Some may even call him a freak.

Humble was happy and everyone's friend, Grumble was jealous of course; Humble was happy to follow the Lord, But Grumble, an immoral source.

Humble was never seen wearing a frown, And Grumble, ne'er seen with a smile; Humble won friends by just being himself, But, Grumble, he won them by guile.

So Grumble, please follow Humble, your twin.

Poems 5th Grade

The Place Where the Sidewalk Ends By Shel Silverstein

There is a place where the sidewalk ends and before the street begins, and there the grass grows soft and white, and there the sun burns crimson bright, and there the moon-bird rests from his flight to cool in the peppermint wind.

Let us leave this place where the smoke blows black and the dark street winds and bends.

Past the pits where the asphalt flowers grow we shall walk with a walk that is measured and slow and watch where the chalk-white arrows go to the place where the sidewalk ends.

Yes we'll walk with a walk that is measured and slow, and we'll go where the chalk-white arrows go, for the children, they mark, and the children, they know, the place where the sidewalk ends.

*In Good Time*By Abimbola T. Alabi

Life can seem an endless maze, The twists and turns, lulls and delays, But things always fall into place. In good time.

Friends will sometimes go away. Some may disappoint or others betray, But new ones will come to stay. In good time.

The hurt of getting something wrong, And the lesson it often brings along Are there, you see, to make you strong. In good time.

Kindness freely given away, Unnoticed now, will somehow find its way Back to you and come to stay. In good time.

Efforts seem not to pay to plan? Forge on friend, doing the best you can. Fortune will find the deserving man. In good time.

Life can be tough, there's no doubt, But hope is the thing we can't do without. Right things with joy will come about. In good time.

Hope By Louisa Jensen

Hope is a special something we cannot live without. We can all have hope but we must not doubt. We hope things will get better when everything goes wrong. Hope gives us what we need, it helps us to be strong. It keeps us going when we're tired, and helps us to be strong. It keeps us going when we're tired, and helps us when we fall. If we hope for what we already have, then that's not hope at all. But hope for what we can't yet see is patient, calm and waiting. Our minds must be controlled and quiet, all painful thoughts abating. All of live has purpose when we have something to believe. The gift of hope is a life-giving gift We hope one day to achieve.

Be Glad Your Nose Is on Your Face By Jack Prelutsky

Be glad your nose is on your face, not pasted on some other place, for if it were where it is not, you might dislike your nose a lot. Imagine if your precious nose were sandwiched in between your toes, that clearly would not be a treat, for you'd be forced to smell your feet. Your nose would be a source of dread were it attached atop your head, it soon would drive you to despair, forever tickled by your hair. Within your ear, your nose would be an absolute catastrophe, for when you were obliged to sneeze, your brain would rattle from the breeze. Your nose, instead, through thick and thin, remains between your eyes and chin, not pasted on some other place-be glad your nose is on your face!

What is success? By Ralph Waldo Emerson

What is success?
To laugh often and much;
To win the respect of intelligent people and the affection of children;
To earn the appreciation of honest critics and endure the betrayal of false friends;
To appreciate beauty;
To find the best in others;
To leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition;
To know even one life has breathed easier because you have lived;
This is to have succeeded.

Poems 6th Grade

*As Is Life*By Albi Demeza

It's strange the things you remember And the things you seem to forget. It's a jamboree of all sorts, A patchwork of joys and regrets.

You remember the days when you mess up, The days when sadness brings tears, But you forget all those small happy moments When it's laughter that brings you to tears.

If only we could be happy forever, To look forward, not think of the past, Our lives would be full of elation, With sadness a ghost of the past.

A Poem of Hope By Catherine Pulsifer

When life is getting you down, and you need a little hope. Look deep down inside yourself, and you'll find the way to cope.

When life is getting you down, and you need a little love. Go to the person whom you are the closest, as the rest they are above.

When life is getting you down, and all you need is a laugh. Find the friend that makes you smile, might even be one you wrath.

When life is getting you down, don't allow it so. Change the way you think of life, and life will be better, you know.

When life is getting you down, don't sit and mope Take action and always have hope.

When life is getting you down, take time to pray Don't allow yourself to frown, God will help you see the blessings of the day.

When The Clouds Cover The Sky Written Anonymously by Selffa.com

When the clouds cover the sky, and the rain begins to pour from a height.

When it gets all dark outside,
And you just wish you could stay at home and hide.
A silver lining suddenly forms around the cloud,
And almost immediately the quiet turns into loud.
The sun peeks right through and the rainbow makes its entrance, It is the most beautiful sight, it is the perfect time for romance.
Love is suddenly back in the air,
It is smiling through heaven with pride and flare.
While the darkness is no where now,
It is taken over by light and the earth is smiling again.
For no darkness is here to stay forever,
Sooner or later light will surely arrive however.

The Lorax (Excerpt)
By Dr. Seuss

At the far end of town where the Grickle-grass grows and the wind smells slow-and-sour when it blows and no birds ever sing excepting old crows is the Street of the Lifted Lorax.

And deep in the Grickle-grass, some people say, if you look deep enough you can still see, today, where the Lorax once stood just as long as it could before somebody lifted the Lorax away ...

Now that you're here, the word of the Lorax seems perfectly clear.
UNLESS someone like you cares a whole awful lot, nothing is going to get better. It's not.

SO... Catch! Calls the Once-ler. He lets something fall. It's a Truffula Seed. It's the last one of all! You're in charge of the last of the Truffula Seeds. And Truffula Trees are what everyone needs.

Plant a new Truffula. Treat it with care. Give it clean water. And feed it fresh air. Grow a forest. Protect it from axes that hack. Then, the Lorax and all of his friends may come back.

Somewhere Along The Stony Way
Written Anonymously by Selffa.com

Somewhere along the stony way, Lies a hidden hope of yesterday. You probably never noticed it in the past, But they are joys forever to last. They will show up when you least expect them to, And they will reward you with bliss experienced by only a fortunate few.

If you hope there won't be fear,
If you hope, there won't be tears,
Hope is a word that believes us to do things,
Hope is a word that propels everything,
Hope keeps us going till the end,
Hope gives us the inner strength.

I Dreamed That I Was Flying By Kevin Nesbitt

I dreamed that I was in my room when much to my surprise, I found that if I flapped my arms it made me start to rise.

I waved my arms a little more and floated off the ground, I rose up to the ceiling and I had a look around.

I flapped around my bedroom then decided what I'd do: I opened up my window, waved my arms, and out I flew!

I flew around the city with surprising grace and ease. I sailed along the rooftops and I soared among the trees I chased a pair of pigeons 'round the playground in the park. I raced beside a robin and cavorted with a lark.

And when I tired of flying and decided I should rest, I joined a sleeping eagle for a nap inside his nest.

I woke confused this morning, and I had to scratch my head, for underneath my covers I found feathers in my bed.

Poems 7th Grade

Small Yet Luminous
By Shilow

I get lost I get found I am bound to a heartbeat In the warmth In a hold I am strong within the wind of change Where do the stars go in the city Won't you take me away Take me where I can lay Without the worries of the world I will come back renewed And we will share what we learned We will dance under showers of stardust Everybody gets so worked up I thought I had control But no, I am not immune I still feel so small under the moon Small yet luminous

7th Grade

The Rider By Naomi Shihab Nye

A boy told me
if he roller-skated fast enough
his loneliness couldn't catch up to him,
the best reason I ever heard
for trying to be a champion.
What I wonder tonight
pedaling hard down King William Street
is if it translates to bicycles.
A victory! To leave your loneliness
panting behind you on some street corner
while you float free into a cloud of
sudden azaleas,
pink petals that have never felt loneliness,
no matter how slowly they fell.

Laughter Is A Gift by Catherine Pulsifer

Laughter is a gift
It doesn't mean your fit
But it will soften any tension
It could be considered stress prevention.

Find a reason to laugh Just look at funny giraffes Watch a funny show A transformation you will go.

Read a silly book And laugh so others will look Or watch some children play They always find a yea!

The most wasted of all days Is one where laughter is delayed. When life gets you down Please don't frown.

So take this wonderful gift And don't ever be miffed Laughter makes living For us to be giving.

Hope
By Sri Chinmoy

Hope Knows no fear. Hope dares to blossom Even inside the abysmal abyss. Hope secretly feeds And strengthens Promise.

Hope passes beyond, Far beyond The abyss of despair.

Let us not underestimate the power of hope. No matter how fleeting its life, It offers to us the most convincing And fulfilling power.

Yesterday's failures Must be forgotten. Tomorrow's new hope And new fulfilment Must be cherished.

Hope is not a momentary flicker. Hope is Eternity's slow, steady, Illumining and fulfilling height.

Hope is sweet.
Hope is illumining.
Hope is fulfilling.
Hope can be everlasting.
Therefore, do not give up hope
Even in the sunset of your life.

<u>Dream</u> By Edgar Allan Poe

Take this kiss upon the brow!

And, in parting from you now,
Thus much let me avow —
You are not wrong, who deem
That my days have been a dream;
Yet if hope has flown away
In a night, or in a day,
In a vision, or in none,
Is it therefore the less gone?
All that we see or seem
Is but a dream within a dream.

I stand amid the roar
Of a surf-tormented shore,
And I hold within my hand
Grains of the golden sand —
How few! Yet how they creep
Through my fingers to the deep,
While I weep — while I weep!
O God! Can I not grasp
Them with a tighter clasp?
O God! can I not save
One from the pitiless wave?
Is all that we see or seem
But a dream within a dream?

Poems 8th Grade

The Old Oak Tree
By Erica M.L., (2017 age 13)

Sometimes at night I get up from my bed. I go outside and I lay down my head.

On these cool fall nights, I lay in peace Under the shelter of the old oak tree.

Leaning my head against its bark. Looking up at the sky, things aren't so dark.

I can feel it... the oak is living, breathing. The leaves are alive... its heart is beating...

I listen closer and wonder what it's seen With its wise old bark and its leaves of green.

It cradles me closer. The leaves whisper to me, So I sit there and listen to the old oak tree.

Gazing at the dark night sky, The expanse of stars is breathtaking. I sigh.

Out there is a universe much greater than I, But the place where I belong is where I reside.

One day I'll explore it. I'll touch every star, And I'll find my way back to where you are.

One day I'll go out there, oh the things I will see. Until then...I'll stay under the old oak tree.

Safe in its arms, I lay. The night is still. It loves me, holds me, and always will.

Hush. It whispers. I close my eyes, And I begin to drift as the moon does rise.

Hush says the tree. Everything is all right. I let myself slip away on that cool fall night.

And I dream... I am far, somewhere up in the sky,

Exploring the universe that is greater than I...

Living, breathing, she whispers to me, So I lay hopeful, and dream

Under the old oak tree.

*I Know Why the Caged Bird Sings*By Maya Angelou

A free bird leaps on the back Of the wind and floats downstream Till the current ends and dips his wing In the orange suns rays And dares to claim the sky.

But a BIRD that stalks down his narrow cage Can seldom see through his bars of rage His wings are clipped and his feet are tied So he opens his throat to sing.

The caged bird sings with a fearful trill Of things unknown but longed for still And his tune is heard on the distant hill for The caged bird sings of freedom.

The free bird thinks of another breeze
And the trade winds soft through
The sighing trees
And the fat worms waiting on a dawn-bright
Lawn and he names the sky his own.

But a caged BIRD stands on the grave of dreams His shadow shouts on a nightmare scream His wings are clipped and his feet are tied So he opens his throat to sing.

The caged bird sings with A fearful trill of things unknown But longed for still and his Tune is heard on the distant hill For the caged bird sings of freedom. Television by Roald Dahl

The most important thing we've learned, So far as children are concerned, Is never, NEVER, NEVER let Them near your television set -- Or better still, just don't install The idiotic thing at all.

But did you ever stop to think, To wonder just exactly what This does to your beloved tot?

IT ROTS THE SENSE IN THE HEAD!
IT KILLS IMAGINATION DEAD!
IT CLOGS AND CLUTTERS UP THE MIND!
IT MAKES A CHILD SO DULL AND BLIND
HE CAN NO LONGER UNDERSTAND
A FANTASY, A FAIRYLAND!
HIS BRAIN BECOMES AS SOFT AS CHEESE!
HIS POWERS OF THINKING RUST AND FREEZE!
HE CANNOT THINK -- HE ONLY SEES!

'Before this monster was invented How did they keep themselves contented?'

THEY ... USED ... TO ... READ! They'd READ and READ, AND READ and READ, and then proceed To READ some more. Great Scott! Gadzooks! One half their lives was reading books!

The nursery shelves held books galore! Books cluttered up the nursery floor! And in the bedroom, by the bed, More books were waiting to be read! Such wondrous, fine, fantastic tales Of dragons, gypsies, queens, and whales And treasure isles, and distant shores.

Oh, books, what books they used to know, Those children living long ago!
So please, oh please, we beg, we pray, Go throw your TV set away,
And in its place you can install
A lovely bookshelf on the wall.
Then fill the shelves with lots of books, Ignoring all the dirty looks.

They'll now begin to feel the need Of having something to read.

And once they start -- oh boy, oh boy!
You watch the slowly growing joy
That fills their hearts. They'll grow so keen
They'll wonder what they'd ever seen
In that ridiculous machine,
That nauseating, foul, unclean,
Repulsive television screen!
And later, each and every kid
Will love you more for what you did.

Help My Soul To Rise
By Greta Zwaan

In the wilderness of depression my heart has sunk so low, I long for a solution but I don't know where to go. I have this guilty complex, as if the fault were mine, As if somehow I'd ventured through a "no admittance" sign.

I feel I ought not be here, I've better things to do, Yet I can't seem to focus, I'm simply muddling through. My tears are always present, appearing just at will, I feel nobody loves me, my world is oh, so still.

In crowds I feel an outcast, as if I don't belong, I cannot speak to strangers within a noisy throng. My mind is all confusion, my heart is full of fear, I can't find any solace, what am I doing here?

With haste I rush for shelter far from this mob, this crowd, No matter what the function, they're all so terribly loud. Back to my silent enclave, to loneliness and pain, To sort out troubled feelings that surface once again.

How do I cast this burden? Find peace to fill my soul? Where do I get my answers? How do I find control? Can someone please direct me? Can someone give me hope? Within this darkened valley I can no longer cope.

The world's so dark and dreary, I may decide to leave, I've tried but I can't conquer, I just cannot achieve. If you could feel compassion, if you would be my friend, Perhaps I'd seek renewal, perhaps my world won't end.

I need you to stand by me, but not to criticize, Give me a firm foundation, please. Help my soul to rise.

Hopes and Dreams By Kym Erickson

You're the driver of your destiny, Passenger of none, In control and looking forward Of things that must be done.

You're the captain of your ship, Destination unknown, Plans to help you get there And freedom to bring you home.

You're the pilot of your airplane; Fly as high as you can. Life is what you make it, So follow your plan.

Hopes and dreams not yet reached, Motivation on display. A journey full of ups and downs, Experience gained each day.

Direction is always forward; Backwards remains the same. Discover your authentic self, And have a willingness to change.

Enhance each quality given.
Develop talents you were blessed.
Transform your heart into one of gold,
And believe in more than yourself.

Mistakes are made; we move on. We get back on our feet. I'm here to support you always Should you ever need me.

For every start there is a finish. For every beginning there is an end. Hold onto your accomplishments, And even tighter to your friends.