

### MY TRUTH (A HAIKU)

You think you know me  
I hide the truth with a smile  
You don't see the fear.

### ESCAPE (AN ACROSTIC)

Escape to me means quiet  
Sheltering inside  
Cosy and warm  
A book, a blanket, a hot chocolate  
Peace away from the noise of the world  
Escape to me means quiet.

### THE LOOP OF NOODLES

Life's like a noodle, long and winding,  
Twists and turns in every finding,  
Cooked to perfection in its own time,  
A journey of taste, a rhythm, a rhyme.

Sometimes we're soft, flexible and fine,  
Other times we're tough, in a tangled line,  
In hot water or cold, we find our way,  
In the pot of existence, we simmer and sway.

From a simple thread to a careful design,  
Life's a noodle, unique and so divine,  
We slurp up moments, with flavour we cope,  
For life's a journey, like a noodle of hope.

By Muddathir Hassan (13)

### THROUGH THE EYES OF A REFUGEE

You don't know where I've come from,  
You don't know where I've been,  
You don't know what I've been through,  
You don't know what I've seen,  
You don't know how I got here,  
Or how I survived the war,  
You don't know about the many fallen people that I saw,  
You don't really know,  
You don't understand,  
Why people hurt you just to gain land,  
You don't know about the hatred and the spite,  
You don't really know because I pretend that I'm alright.

By Holly Druce (11)

### I AM A MAN

The voices fill my head,  
Racing fast through my mind,  
I want it to stop,  
But I am a man, I don't talk about things.  
Where do I go?  
Who do I see?  
Why is there nobody there for me?  
But I am a man, I don't talk about things.  
Frightened to show weakness,  
Ashamed to cry,  
Why is my head telling me to die?  
But, I am a man, I don't talk about things.  
The pain in my head is so hurtful to me,  
But the pain on my face, no one can see,  
Happy and jolly, the joker in the crowd,  
But I am a man, I don't talk about things.  
Family and friends are still there 'til the end,  
They can see I suffer in silence,  
But their love can't take away the pain,  
But I am a man, I don't talk about things.  
Someone, please help me think,  
I need to know I am not weak.  
Emotions and fears should be there to be seen,  
But I am a man, I don't talk about things.

By Michael Shepherd (13)