

# POSTER AND POETRY CONTEST

*in honor of a Season for Nonviolence*



## THE *Art* OF HUMANITY JANUARY 30 to APRIL 4

*"You must be the change you wish to see in this world."*

- Mahatma Gandhi

Submit an original poem or an original poster for one of the following themes:

- Overcoming Challenges
- Resolving Conflict Peacefully
- Supporting Each Other in the Spirit of Togetherness
- Infinite Hope

Posters must be at least 8.5" x 11"

Poems must be 150 words or less

\*Prizes will be awarded to the top 8 posters and poems at the elementary, middle, and high school level. Top 5 staff entries will also be awarded. Questions should be directed to the Office for Diversity, Equity, and Inclusion at [DEI@mail.ubschools.com](mailto:DEI@mail.ubschools.com).

**ENTRIES RECEIVED IN 2023 BELOW**



**Scarlett Whitsel** – Grade 5  
Thoroughgood ES

**A Burning Hope**

My heart is set  
I'm ready to go  
Yet inside I tell myself no

Remembering all the bad things people have said  
I second guess all I stand for  
They said I'd never make it  
That I was too weak  
Yet here I am

No one is to tell me  
Who I am  
Or what I'm worth  
I control my future  
My fate  
And my soul  
And no one could ever change that

Hope burns bright in my heart  
All the hatred fades away like the morning rain  
Unsure of what is ahead of me  
It may be wondrous it may be scary  
But that was a risk that I must take  
I gather my courage and walk, out the door.

**Claire Graves** – Grade 5  
Thoroughgood ES

**You!**

You have a blooming Gift that's given to You  
I know you feel like you have a million things to do  
But this gift is on its way flying through the air  
And it's up to you to give it love and care  
Faith, Hard work and even defeat  
Are all the things that you will need to complete  
You can bring it to your life and do extraordinary things  
Maybe it's sports, or writing or you like to sing!  
Whatever it is do not bolt like lightning and be scared  
Face the challenges and surround yourself with those who care.  
Remember you have a gift that's given to you  
Breathe in deep and push on through  
For someday soon these gifts inside will come true!

**Natalie Sicignano** – Grade 5  
*Thoroughgood ES*

**Forever, together**

Alone again  
Every day  
A sits along  
No one asks her to pay with them  
Like a cat in a fish tank  
Everyone thinks she is weird  
Alone playing in the dirt  
The wind picks up  
The dirt dances through the air  
Her art flew away  
Like a bird that lost her flock  
I think for a while  
Should I go over  
What will people think  
Am I and answer  
She looks over  
I look away  
I talk to my friends  
Not the weird ones  
But Should I  
She looks sad  
I decide to walk over  
Want to play I ask  
She says sure  
We play  
New best friend  
People look at me weird  
I don't care  
Forever, friends

**Cannon Furlong** – Grade 5  
Thoroughgood ES

**The More Powerful Choice**

I sometimes ask myself a simple “Why,”  
Why all this violent hate,  
When your voice  
Is the more powerful choice  
Yet we see people choose fist, or gun  
If it’s important to you, then why not just take  
The Precious time to change an opinion or two,  
Do something that does more than death Who We  
Are sometimes is not who we should be,  
But who we should be is also who can be, we just  
Have to find the will  
Be the gentle giant, the bull who doesn’t use its horns  
It’s in all of us  
Everybody can make a change if only we  
Could find it in ourselves to do it.

**Yue-Ting Chen** – Grade 3  
Old Donation School

**Acrostic Poem: Supporting each other**

Say encouraging words  
Until they feel better.  
Point out weak spots, and  
Provide feedback  
Openly and sincerely  
Rather than ignoring  
The work of others.  
In the meantime,  
Never stop helping other people, because  
Gratitude changes the earth.

Others appreciate  
The result of support.  
Help is essential in life, for  
Everyday it exists somewhere, even  
Right now.  
Support is the key to success.

Imagine a world of support, with  
Smiles all around.

There shall be assistance  
Here, there, and everywhere,  
Even during the hardest times.

Spend some time to help your friends, and  
Patience will guide you  
In the classroom, in the school, in the world.  
Read and review others' results;  
It will make them better.  
Together, we become stronger.

**Camille Czahor** – 6<sup>th</sup> Grade  
Old Donation School

**Finally, Narcissus Wilts**

The few happy years  
A field of perfect daffodils  
Now turned to constant turmoil and tears  
Turns out weeds were in the window box upon the sills

Daffodil and Hydrangea's war  
A rose, a bluebell, and a marigold set in between  
Daffodil is a self centered flower, for himself apart he tore  
The lovely blue hydrangea, her petals falling and losing their sheen

She should have wilted, but she hasn't yet.  
How?! She is at her wit's end, nearly dying many times,  
But, I know that she is full of determination, for it is set  
That she will never give up, as she thinks of nothing but the protection of the sprouts from his crimes.

Although a frail, nervous flower, she might as well be a sycamore,  
For no matter the mindgames the pathetic little Narcissus flower may try, she will hold strong,  
Rejuvenate and keep them safe forevermore.

**Neel Singh** – Grade 8  
Old Donation School

**Infinite Hope**

Infinite hope,  
A beacon bright  
Shining through the darkest night,  
A guiding star,  
A steady hand  
Leading us to a promised land.

It whispers in our ears each day,  
That things will always be okay,  
That troubles come and troubles go,  
But hope remains,  
A constant flow.

It fills our hearts with boundless love,  
And lifts us up when push comes to shove,  
It gives us the strength to face our fears,  
And helps us wipe away our tears.

With every dawn,  
A new chance born,  
To rise above the trials worn,  
To seize the day,  
And make it bright,  
With infinite hope,  
A shining light.

So let us cling to hope each day,  
And let it guide us on our way,  
For with this gift,  
We cannot fail,  
With infinite hope,  
We shall prevail.



**Tessa Blincoe** – Grade 6  
*Old Donation School*

**Overcame**

I have climbed as high as I possibly can  
To fight and be free  
Until I find who I am  
The mountain is steep  
And the wound is still deep  
As I continue this quest  
I will never take a rest  
But my head will stay up high  
While I'm looking towards the sky  
Now the peak will soon be near  
I have lost all of my fear  
The quest is done  
The mountain is climbed  
I'm far from the ground  
And myself I have found

**Gabriela Torres** – Grade 6  
Princess Anne Middle School

**The Art of Humanity**

You may want to give up  
You may not want to try  
But overcoming challenges is a gift you need to survive  
You may be scared  
You might not be as strong  
But all you need is a smile and courage to move along  
People may break your spirit  
Things might seem hard  
Just keep a positive attitude and your head held high  
Sticking up for others  
\*Working together as a team  
You can always conquer anything  
Everyone struggles in life  
But knowing how to problem solve will shine your own light  
Even adults have problems  
You can go to them too  
It never hurts for advice on what you should do  
Everyday's a new challenge  
Everyday's a new start  
As long as you overcome your challenges  
You can always follow your heart

**Max Hunter** – 6<sup>th</sup> Grade  
Plaza Middle School

**Strong Soul**

When you are lost  
In a park  
Hope will help you  
Find your way in the dark

When you fall down  
In the sand  
Determination will make you  
Stand

When you trip on your shoe  
In a race  
Courage will keep you  
Going at a steady pace

When you are along  
In your house  
Love will find you  
And fill your home with a spouse

When someone falls down  
On the ground  
Your kindness will show them  
that friendship can be found

When you are sick  
In the hospital, fate unseen  
Death will take you  
But Faith in God will intervene  
To ease your suffering

For a Kind Act always comes back  
And a Strong Soul NEVER gives up

**Kathryn Graham** – 10<sup>th</sup> grade  
Landstown HS

(Untitled)

Feeling sad is all okay  
Tomorrow's gonna be a new day  
Counting my days  
Until I don't wake up in this haze  
Watching the clock  
As my seconds tick tock  
My mental health is not okay  
It's going down the drain  
Like the rain  
From the previous day  
They don't understand this pain  
Of feeling the burden in vain  
The anxiety i feel  
Is hitting me like steel  
Haven't been eating  
Didn't feel much like needing  
Don't wanna get out of this bed  
There's too much running through my head  
Days flow to nights  
Yet i sit here with these blinding lights  
The road to recovery is rough  
But i got this, im tough

***Icarus Gwenyth Landaker*** – 12<sup>th</sup> grade  
*Princess Anne High School*

**In This World**

Let's pretend,  
Just for a moment,  
The opposite is true.  
Where I am you  
And you are I;  
That girl's a guy,  
And hello is goodbye.

In this world,  
People are not many,  
And we disagree to agree  
On nothing,  
Which means everything,  
Like how one and two make three.

But,  
In this world,  
If we can't decide  
Dark from light,  
Or Left from right,  
Then, how do we not fight?

We talk.  
That's it.  
We discuss  
Instead of debate,  
We think  
before we act,  
We choose  
Peace,  
Not war  
Because we dislike  
What violence stands for.

In this world  
The wrong live with right,  
We bark instead of bite,  
So everyone gets a word,  
Even when it sounds absurd.

So, In this world  
You get along with me  
And I can get along with you  
Because in this world  
The opposite is true

**Devynn Sawyer** – 9<sup>th</sup> grade  
Ocean Lakes High School

**Hope**

Cold, bitter night  
Stinging ice pelts your skin,  
Braving the storm of  
    Neverending twilight,  
To push against the straining  
    winds,  
    of suffering, pain  
and deep sorrow,  
    How easy it is  
    To fall back in the snow,  
Wanting to give up,  
    Yet in agony, one persists,  
When others would resist,  
    The will to go on,  
Push through and stay strong,  
    How?  
    Why?  
What's the point to keep  
    moving?  
It's too old, too hard,  
    Too difficult a climb,  
But the hear suspends  
a single thread,  
    Clinging to a core  
    of pure light,  
full of passion, pleasure,  
    yearnings, and dreams  
    A firing hope,  
    Resilient flame,  
    No matter the struggle,  
    loss, or pain  
That light will never go away,  
It's will to burn,  
    It's infinite light,  
Eternal aflame,  
    A blazing shine,  
    Forever embedded,  
That urge to go on,  
Grasping tight to your chest,  
It's what makes you so strong.

**Annabelle Holcomb** – 9<sup>th</sup> grade  
Tallwood High School

**“Together”**

We are each other’s half  
Our voices made to be heard  
We seek out others like us  
So everyone knows our word

We hold each other’s hand in unity  
Because we are so clever  
Without one another, we can’t succeed  
We are one together, hand in hand forever

We support one another because we are sisters  
We strive to help each other thus,  
We don’t need the sexist words of the misters  
So girls can grow and pursue like us.

We are lucky to be here, to have rights of our own  
We still fight to be seen as people and not objects  
To men who seek only a good time  
We are not your playthings we have our own lives.

Malala Yousafzai, Rosa Parks and others  
All had voices for everyone to hear  
So many girls speaking up for others  
wishing for someone to lend an ear

**Ember McSpadden** – 11<sup>th</sup> grade  
Salem High School

**The Time We're Living**

A funny time we're living,  
We're falling and we're rising.  
Everybody's up, everybody's down.  
Fighting over a paper crown.

But I've got you, and you've got me.  
Trying to be happy, trying to be free.  
Walked dark places in the this dirty world  
But I still danced, and you still twirled.

Instead of guns, let's use words,  
One day I know we'll be heard.  
Not quit spring, but I spot a flower.  
Kindness is your secret superpower.

Sit on my shoulders dear,  
Watching the sunrise appear.  
We've clawed up the muddy hill,  
Broken ribs but sturdy will.

Hold on tight and take my hand,  
As the hate and hurt we withstand.  
You have a steady secret smile,  
And I'm singing all the while.

We won't let go of that feisty thing,  
Hope with it's torn and dusty wing.  
You and I'll practice forgiving,  
In this funny time we're living.



**Kelley Green** – 3rd Grade Teacher  
Seatack ES

**Hope.**

Holding Onto Predicted Eternity  
Helping Others Proceed with Empathy  
Hanging Onto Prayers Everyday  
Having Optimism, Positivity, Energy  
Hope.

Hope is the belief in all the yellow brick roads.  
The opportunity to break through when the path erodes.  
Hope can find you surrounded by growth and praise.  
Hope can seem far away like the love song that never plays.

But hope has no limits, no owner, no traits.  
Hope doesn't find fault, nor does it discriminate.

So, when you have the chance to believe despite what's seen  
My friends, believe in hope, because in hope you'll be redeemed.

Hope.

**Kimberly Banks** – Library Media Assistant  
College Park ES

### **Create Your Own Path**

Each day is a new day  
Find your own path  
And walk it your own way.  
Relax knowing that you will find your peace  
within your path.  
Challenges will come to your left even when you are doing right.  
Always believe that no matter what comes your way; tomorrow is a new day.  
While you are walking in your own path, it may cause you to speed up or slow down.

It's your path create your own destiny.  
Friends will come and friends will go, just  
remember to do your best no matter who  
stays or who goes.  
Overcoming life obstacles is like playing on the playground....  
You must learn and adjust to each obstacle, that you want to play on and play according to the obstacle.  
Some will be fun, while others will be unbreakable to move around.  
Life is the same way.  
Choose your obstacle and take it slow, if the obstacle is too big wait and it will eventually become small.  
And once you've reached your goal you will feel more than 10 feet tall.

**Emily Rogers** – English Teacher  
Landstown HS

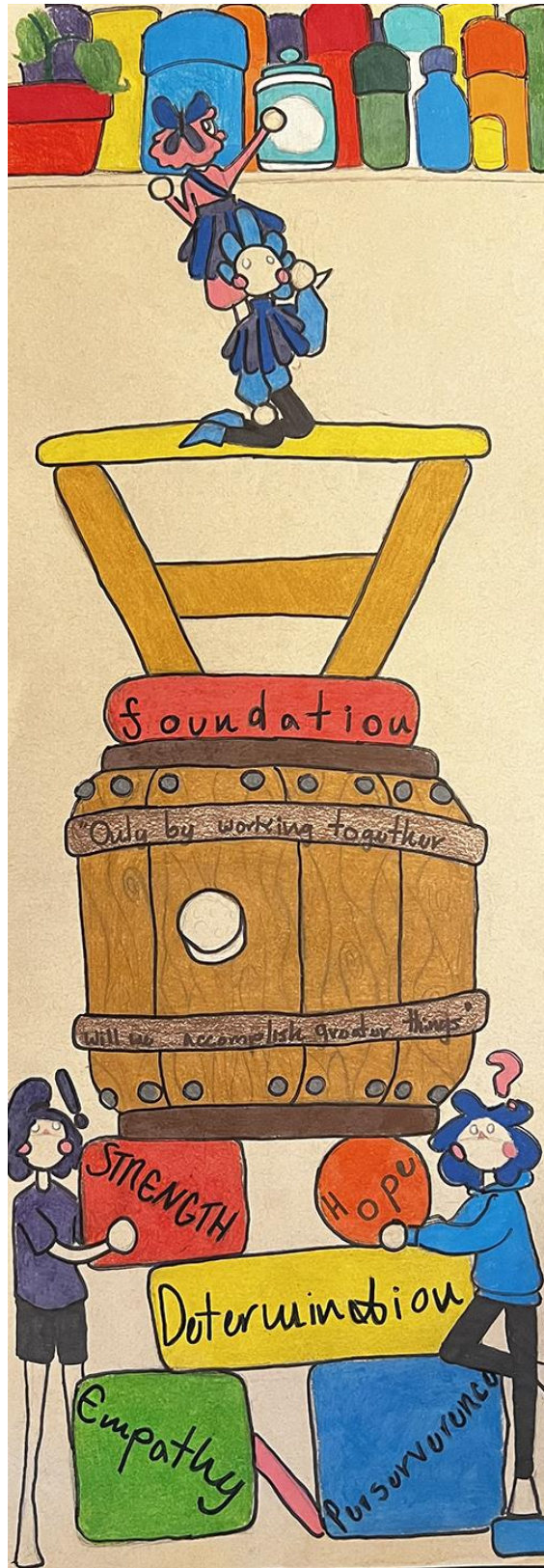
Teacher's Poem: Seventy-Three

I have seventy-three of my own.  
I have twelve enlisting and  
Four Police officers and  
Three engineers and  
Five firefighters and  
Two astronauts and  
Seven doctors and  
Six teachers and  
Eight mechanics.  
A veterinarian.  
Three actors.  
One judge.

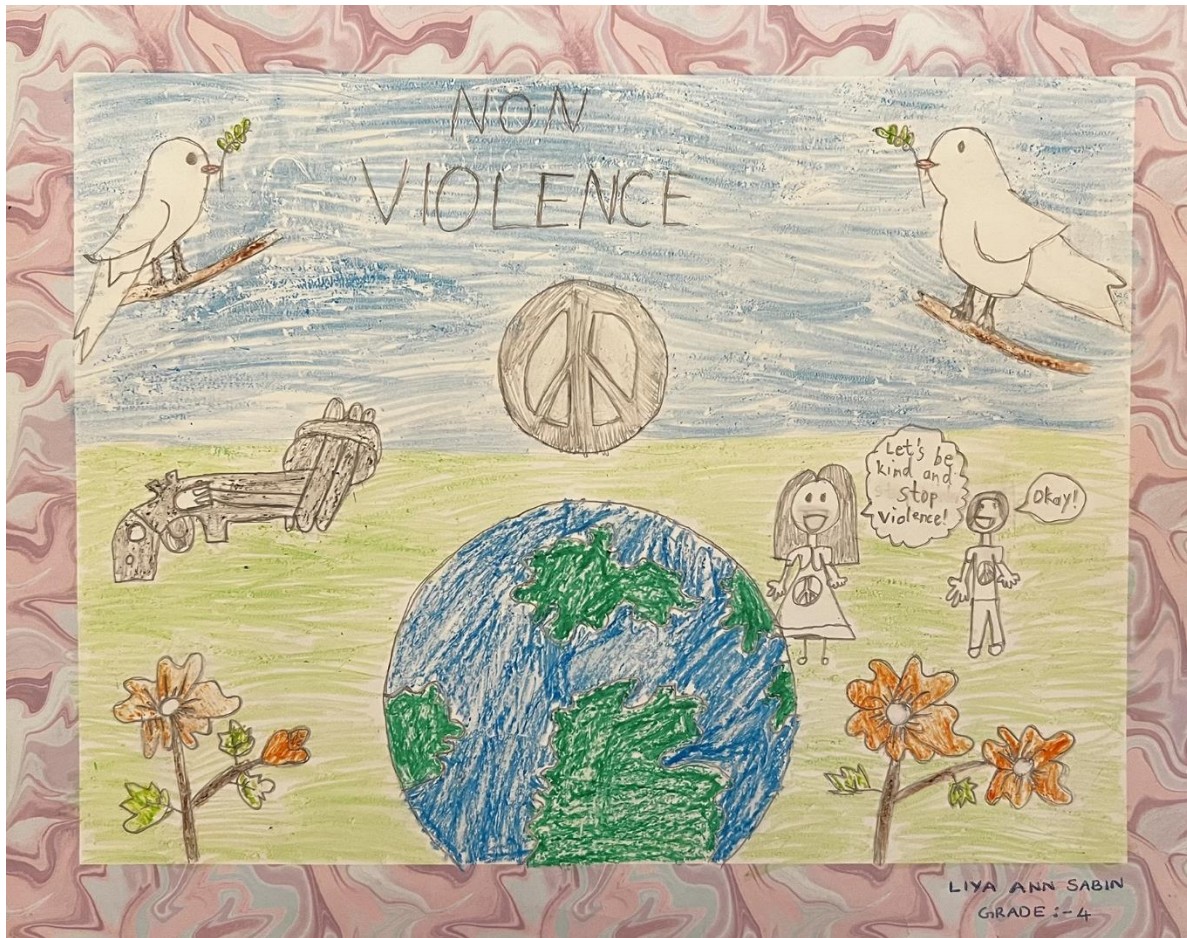
I have seventy-three bright young minds  
Who gather each day.  
Ready to begin the rest of their  
Lives.

Seventy-three ways to make a difference.  
Seventy-three students who leave their  
Personal bias at the classroom door.  
Seventy-three children that know how to love  
Everyone.  
Seventy-three reasons to love what I do.  
I have seventy-three glimmers of hope in a  
Dark world.  
Seventy-three reminders that we  
Are unstoppable.

“Working Together” Sarah Peña – 10<sup>th</sup> Grade



“Non Violence” Liya Ann Sabin – 4<sup>th</sup> Grade



“Hope” Josie Krueger – Grade K



“We Can All Be Friends” Jade Rogers – 1<sup>st</sup> Grade



“Walk a Mile in Our Shoes” Laura Hickman – 7<sup>th</sup> Grade





"Hope is Worth It" Lauren Mears - Grade 5



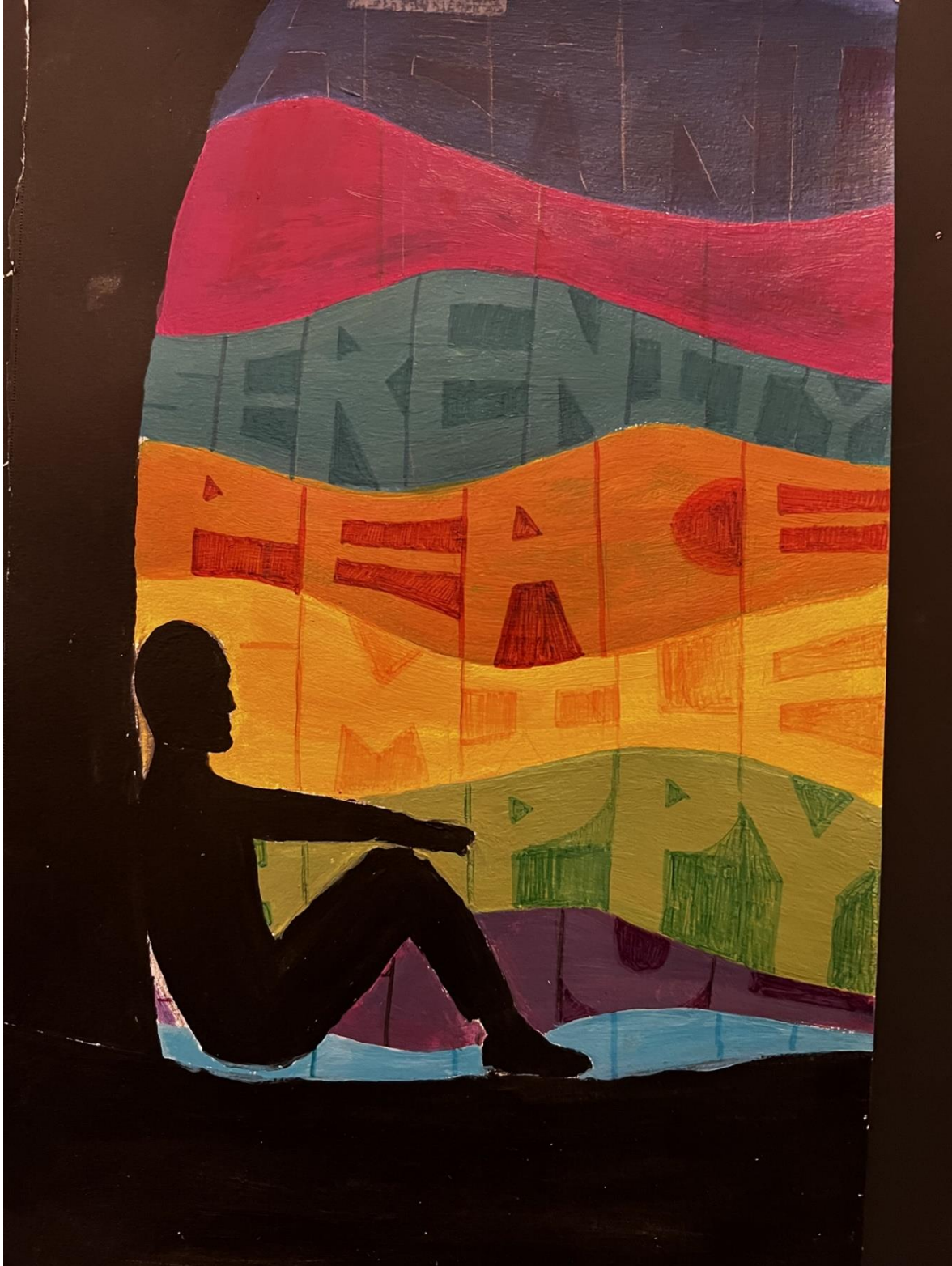
“Acceptance” Dylan (Sierra) Ferrier – 7<sup>th</sup> Grade



“The Eyeball of Togetherness” Abigail Davis – 6<sup>th</sup> Grade



“In the Sky” Danielle Winner – 10<sup>th</sup> Grade



“Garden of Hope” Nadine Frohwitter – 10<sup>th</sup> Grade



“View Things with Peace” Kara Ness – 4<sup>th</sup> Grade



“See the Light in Each Other” Holly Grammes – 6<sup>th</sup> Grade



“Tree of Hope” Jasmine Smith – 12<sup>th</sup> Grade





“Hampster” Jessica Van Veenhuren – Teacher



“The Beauty in Harmony” Kierra Smith – 11<sup>th</sup> Grade



“Bringing Light” Olivia Hogan – 6<sup>th</sup> Grade

