

Stress

By Jennie Bernardi & Payton LaPolla (Grade 8)

Stress

Consumes you from the inside, out
Grabs your attention by making your heart ride a merry go **round**
Immediately stops your world from spinning
Constantly makes your life a ride up a hill, never **down**
Stress

Stress, stress, stress

It feels like the world is going to end
Headaches confusing my mind
My head is throbbing like a gorilla pounding on his chest
My heart rate is speeding like a race car
My mind is scared that I might mess everything up
Stress

Stress

Crying until the night hits dawn and I have wasted my energy on nothing but a feeling
When I look back I have changed
Friends move away
I wish I didn't know some people
Parents become older
People get sick, people move on
But still there is those 3-4 people that have been there the whole time
Like the girl standing beside me today, since 1st grade
But I'm still missing what I used to have
But am I ungrateful?
I know others definitely have it worse, but somehow that doesn't seem to help
Missing what I used to have
But when I think about it, it seems for the better
But looking what I do have
Brings a smile to end the night

Stress, stress, stress

There is so much stress all over
From sports and practice
Practice.
Practice, practice, practice
Practice six times a week, 3 different teams, 4 games every weekend

Never get a break

STRESS

All year long and if I don't show up my team is disappointed

Never feeling like I did enough in a game

It is all stress

All in my mind

Injuries that ruin my life

Have to stretch two times a day and therapy every Wednesday

With questions racing through my head

Will I get worse if I don't stretch?

Should I even be playing?

Why do I always get hurt?

Stress

It is like a maze and sometimes I can't find a way out

But I am expected to

Stress

Stress, Stress, Stress

Soccer

It's fun 80% of the time but that 20% leaves me in discomfort

Bruises, scars, serious injuries

I don't care about those things

I have a few concussions in the book

8 practices a week

3 games every weekend

and only running on 56 hours sleep is still not enough

Somehow I'm still not good enough

Apparently I'm lazy and don't use the resources I have

I don't have a backyard nor a car

But somehow I'm still not good enough

I'm still not trying hard enough

I'm still not giving all my effort

I have more work because of my position, leaving more scars

I can barely move when I'm home

Still somehow I am lazy

They say I'm a waste of talent,

But I don't want to be full of myself so I nod and change the subject.

Are they upset with me because I let a goal in?

The pressure weighs on me

HOW?

HOW am I still not good enough?

HOW am I still not trying hard enough?

HOW am I still not giving all my effort?

Stress

It takes over my life

But I can't let that control my life

Taking a moment to myself

Breathing and stepping out of the room

I have to learn how to calm myself down

I can't reach the breaking point

But it is hard

Feeling like you're not enough and mad at yourself

Find a solution and write down your thoughts

Say: Why am I so stressed?

Say: How can I help it?

Say: And if not, how can I avoid it?

So many ways to calm the stress down

It might be hard but it is worth it in the end

Stress

The Tethered Soul

By Abigail Holl, Lacey Ringland, and Katherine Karatjas (Grade 7)

Running, hiding, locked away
I'm okay
Monsters slipping in everywhere
No use hiding
Snickering, laughing, cruel words
No one cares
Sad, all alone
Deathly friends tricking me
Slammed doors and broken hearts
Lonely, upset, help me please
Needle tongues ready with venom
I'm okay

Yelling, shouting, running, hiding
Why me?
Tears on pillow sheets
Terrifying people talking in the hallways
Scared and alone
I wish I could disappear
Rats coming back
Old friends visiting me
I'm okay

Words are like sharp stabs of a prickly vine,
And the monsters seem to do it for fun,
I think they know how much it hurts
But they are bored, feeling useless about themselves
I feel like I'm backing in towards the void, the things they are saying drown me
I'm okay

Words hurt even more now,
Bounce me further and further back until I'm leaning off the edge
They're like knives careening my direction, rocks pelting my bones
I want to hold on to the edge, but it's too painful
I think I'm slipping, as the void laughs maniacally while it begins to swallow me up
Cold, dark air suffocates me
I'm okay
I'm okay
I just wish falling into the void would actually end this
I turn my head up
And there they all are
Pointing, laughing, my stomach is burning up and my eyes swell with tears,
Not even a hand reaches over
Cold, empty
I fall
I'm okay

“Sticks and Stones may break my bones, but words will never hurt me”
That’s all I ever hear
I’m okay, I tell myself
No way to make me feel better
Going home, locked away in my room
My eyes dry from tears I cry
It’s like my shoulders are full of weights
Becoming doubtful about every step every day
I’m okay

My parents forcing me to get better
No therapy can help me
Depressed in my room
I’m all right, I’m all right
When the monsters walk up to me
I take deep breaths and drag myself away
Desperate for help
Calming myself down, before I do something I will regret
Deep down inside I’m realizing that I’m truly not okay

By Benjamin Lynn (Grade 8)

There are many breeds of cats

Scottish Folds

Ears are folded from a mutation

American Shorthair

Fur to weather the cold

American Polydactyl

Six or more toes on one paw (or all)

Munchkin

Smaller legs than the normal

I myself own 2, two guys who like to bask in the sun

They also like to beg for food

I like any cat breed, no matter how they look

I think I made that obvious, no?

I don't care what your opinion is

Because in this case, there is no competitor

So, wave the white flag and give up

Because there is no changing my mind

That *Felis Catus* are superior to any other animal

The Beyond

By Maria Bernardi, Kiera Chieffallo, Adalynn Lopatosky (Grade 7)

It seemed as if time had paused
As the pitter patter of paws came to a halt
A speeding monster screaming and screeching to a stop
A cat wide-eyed almost like a deer in headlights
Then a crash
And silence

I question everything
Where am I?
How did I get here?
Why am I here?
Why not someone else?
I jolt up
And look around the mysterious territory

It's kind of lonely here isn't it?
A buzzing silence filled my ears
It's not so bad...
I look at my paws
Grass blades poking through my ghostly figure

I ponder my numerous thoughts while I trot around
My gaze drifting off into the distance
The haze of light fills my mind
I stop and stare at everything around me

The hushed whispers of wind as it sweeps by the withering leaves
It feels like I belong
Something I have never felt in my past life
It feels as if I could take a break and nothing would matter
It's blissful
It's heavenly

Music

By Kadrien Sperduto (Grade 8)

Music

I've always been able to rely on you

Music, you will always have to talk to me

You speak to me in different ways that no one else will

Tell me your problems music and I'll be able to relate

Music, I need to study

Music, I need to read

Music, I need to get ready for bed

Music is always there

Music is always there

Although I cannot read the notes

Or sing the words

You will always help

Laying on my side trying to close my eyes

You'll be talking to me through melodies

Instrumentals sing me to sleep like a baby

Folklore connects to me with its powerful words

Music, for all of your attributes

Thank you

All Mine

By London Dias (Grade 8)

I tie a ribbon in my hair
Put on my cross
And forget about you, my biggest loss
I'm just a young girl growing up in a messed up world
13 years
13 million tries
Surrounded by the big little lies

Most days I can be the nicest girl you've ever met
But only if you let me
I could be like that every day
If only we lived in a world where you haven't left me
At school I put your memory in the back of my mind
But once I get home it's like I've turned back time
I try to keep my focus straight
Straight as a line
My brain is
Everywhere
Everything
All the time

My head
My heart
My feelings
All mine
I'm gonna be honest here
I don't wanna lie
Every time I miss you I just look up to the sky
Sometimes when I see people with their moms I just wanna cry

Head down
Grades up
Pressure breaking my back
Constantly under attack
I miss you
You always stood by me no matter the act
Broken hearted
An ax hacked my heart
Completely crushed
Completely torn apart

Your head and heart
Like a piece of art
I wanna be like you
Not only gorgeous but incredibly smart.

Staring at the Ceiling

By London Dias (Grade 8)

Staring at the ceiling
Stuck in my bed
Can't get all the memories out of my head
All the what-ifs
"what if I did that instead?"
Leaving all of my friends on read

Staring at the ceiling
Stuck in my bed
Reading and writing
Paper crumbled all over my bed
My feelings too hard to write down
Can you see the writing on the walls?
It's all around

Staring at the ceiling
Stuck in my bed
Why couldn't he have picked me instead?
Another girl
Another day
Another plan to get away
Another time
Another lie
Another goodbye

Staring at the ceiling
Stuck in my bed
Why can't I look like her?
Another girl's image in my head
I try to fantasize what it would be like to look like you
But I simply can't
It will never come true

Staring at the ceiling
Stuck in my bed
I love you
I love you
It's all just pretend
Another fairytale never written
Like Little Red Riding Hood but never bitten
Like Cinderella never losing her shoe
But instead I lose you.

Staring at the ceiling

Stuck in my bed
Put my headphones on
Music blasting through my head
All the way to my brain
Is this how it feels to be insane?

Painting on the ceiling
Stuck laughing in my bed
The memory of you has completely gone over my head
No longer a thought
Complete piece of mind
No more regrets
No more questions
No more goodbyes.

This Summer Night

By Chanely Jimenez Oneal (Grade 7)

This summer feels new

It's unfamiliar

The sand under me feels so powdery

The tan colored sand

Under the moonlight

The waves are calm

They flow at night

A soft sound

I go to see the sky

A summer breeze dances on me

The stars at night seem so bright

I remember the time

I rode my bike to the beach

To see the dark summer sky

This summer night

I wait for the time to turn midnight

I see the stars moving as time goes by

On this starry night

I can see their shine

They shine like diamonds floating high up in the sky

This summer night makes me feels like I am living my best life

This is my summer night

Nothingness

By Adrienne Vallee (Grade 7)

A silent screen of stuttering static
A skyline never ending
A void of anxiety
A sheet of fluffy clouds
A vacant sky

Trying to find the end to a perfect globe
A blank canvas refusing to be painted
The feeling of nothing at all

Nothing in sight
Numbness gently hugging
Navy blue paint creating a void
Nightly shadows on the world

Standing field
Timeline of white
Vacuum of space
Nothingness

The silence in the eye of the storm
The sound of air ringing in ears
The shiver of coldness that was never there.
The sly wind whispering giggles

At the top of a mountain peak
At the bottom of the moonless sea
Floating in space
Drowning in fog
A pool of haze suffocating minds

Black silk covering the hole of light
Silence

nothing...

Poem Checklist

Poem	Title	Poet(s)	Music Incorporation
1	Stress	Jennie Bernardi & Payton LaPolla	•
2	The Tethered Soul	Abigail Holl, Lacey Ringland, and Katherine Karatjas	•
3	Cats Are Like Air	Benjamin Lynn	•
4	The Beyond	Maria Bernardi, Kiera Chieffallo, Addlynn Lopatosky	•
5	Music	Kadrien Sperduto	•
6	All Mine	London Dias	•
7	Staring at the Ceiling	London Dias	•
8	This Summer Night	Chanely Jimenez Oneal	•
9	Nothingness	Adrienne Vallee	•