



## BARNARD CASTLE SCHOOL

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Dear World,

In three words, I would describe the last 245 days as exhausting, challenging, but most of all, inspiring. Over the duration of lockdown, we as a nation have been hit with many highs and many lows, twist and turns and bumps in the roads. However, through it all our country has persevered and show acts of kindness even with the ongoing pandemic and the dilemmas families have been faced with. Food banks up and down the country have, even with the ongoing climate, continued to provide for those who need it most, especially with jobs and incomes slowly decreasing. Support has been demonstrated across Britain in many different ways, whether that be volunteers collecting food from local shops and giving to those who can't collect it themselves, or perhaps just doing their part by donating Heinz baked beans to families who need it far more than the back of their kitchen cupboard. Many celebrities have done their part also, like footballer Marcus Rashford, whose appeal forced the government to continue funding free meals for the nation's poorest children over the summer holidays; by using his platform for a good cause he has inspired and provided help for 50,000 small children who now have satisfied bellies. So whether you have changed the lives of the world or simply just the people you live near, it has all made a difference, even if at the time you were just decluttering your cupboards.

Throughout the world, kindness and compassion has been shown in so many varieties, through different cultures, races and communities. The way that people, despite their differences, came together to share a common cause and help fight COVID-19 warms my heart. Whether you were on a balcony in Italy applauding, protesting for Black Lives Matter or showing your appreciation to the NHS every Thursday evening with pots and pans, it's all helped boost the morale of those at the heart of it. Speaking on the NHS, the work and time they have put in is enough to blow anyone's socks off: they've saved thousands of lives, of people who wouldn't be here without them. Over 650 NHS workers have died from Covid, their lives have made all the difference and we should honour their legacies. There's also the huge donation gifted to the NHS from Captain Tom Moore who walked around his garden 100 times and raised an unbelievable £30million at 100 years old. I'm also very thankful for all the teachers and staff at Barnard Castle School who have sacrificed their lockdown by teaching me and my fellow students, especially when many of which had their own children to look after and feed. Lots of teachers helped others by making face masks and equipment for medical workers, going to the stars and back helping so much that the graciousness was shining through the dark uncertain clouds. Although none of these acts have directly involved me, I still am affected and it's been so heart-warming to turn on the news and instead of hearing about death and negatives, I've woken up to a better world.

Scarlet

*Scarlet Sinclair, Year 10*