



# *Feelings*

**ANTHOLOGY OF POEMS & SHORT ESSAYS**

THE ORIGINAL WORKS OF CHILDREN AGES 8 TO 18 YEARS

EDITED BY EVIE LARMOND







Dear Friends,

The Caribbean Community Association (CCA) is proud to present this launch of “Balancing Learning and the Arts”, an initiative designed to motivate students to showcase their talent in writing poetry and short essays. The organization encouraged families and friends with children ages 8 to 18 years, to participate in this literary competition.

The current COVID-19 pandemic served as a catalyst for this anthology. The poems and short essays in this collection are the original works of all students who have shared their feelings about the pandemic and other self –selected topics. This anthology is for the entire family to read and enjoy, and we hope that all participants will appreciate their writing as well as the writings of others.

As we try to adjust to the new normal, living with the COVID -19 pandemic, we are aware of the impact of this disease on our school-age children, the US education system, and the challenges of online instruction. Let us as families continue to consistently execute the recommended practices of wearing a mask and social distancing.

Thanks for reading and continue to keep safe.

Evie Larmond  
EDITOR

# LONG DAYS ALONE.

The worst part of isolating myself from the pandemic, was not just quarantining myself in my house, and seemingly hiding away from the world. The worst part was the feeling of losing myself and knowing there was nothing to be done or to do. This event was becoming historic. My emotions ranged from anxiety to anger, to hopelessness. I felt alone in a house full of people. I was lethargic, to the point of being lazy. I lashed out, which caused me to sink into further despair. All of the good habits I developed began to disintegrate and transition into unacceptable behavior.

Days turned into weeks and weeks turned into months. The repetition of the “new normal” became less intriguing and more fatiguing. Just the thought of me waking up to face the day was overwhelming.

Even the weather was unlively to me. The wind, the air, even the sun seemed to be “stuck”; Nature seemed to have quarantined itself also. The squirrels in the backyard seemed less playful, and more focused on survivability.

The only thing I knew and kept me going was the hope of seeing my friends again and the breeze coming down my face.

And life going back to normal.

But I knew ahead of me would be long days alone.

Bailey Coombs,  
8th Grade



# Life In The World of Covid19

It has not been good  
So many have gotten sick.

**Over 225,599 Americans have died.**

I wish this coronavirus would just end now!  
Sometimes people have no mask on  
And they're not 6ft apart...I'm surprised.  
This has changed my life in lots of ways  
I'm not happy  
That we can't go lots of places  
Like we used to do in the good old days

Kyndall Jenkins  
3rd Grade

# Coping with Covid-19

The Covid-19 pandemic has resulted in severe economic and social devastation around the world. Families continue to mourn and grieve the loss of loved ones while others experience unemployment, homelessness and sickness.

Young people like me are particularly vulnerable to the disruptions the pandemic has caused, and now many are at risk of being left behind in education, economic opportunities, and our own well-being. As families worldwide are coping with this pandemic, my family has been challenged with learning, social distancing and mental health.

As cases rapidly continued to grow, the education system has changed significantly. Many students like me and my siblings now have to go to online learning. We see our teachers online and I have learned to post my own work schedule based on assignments and their due dates. Our parents have been a big help and an inspiration to us and we are so grateful for their support in preparing our home as our new school..

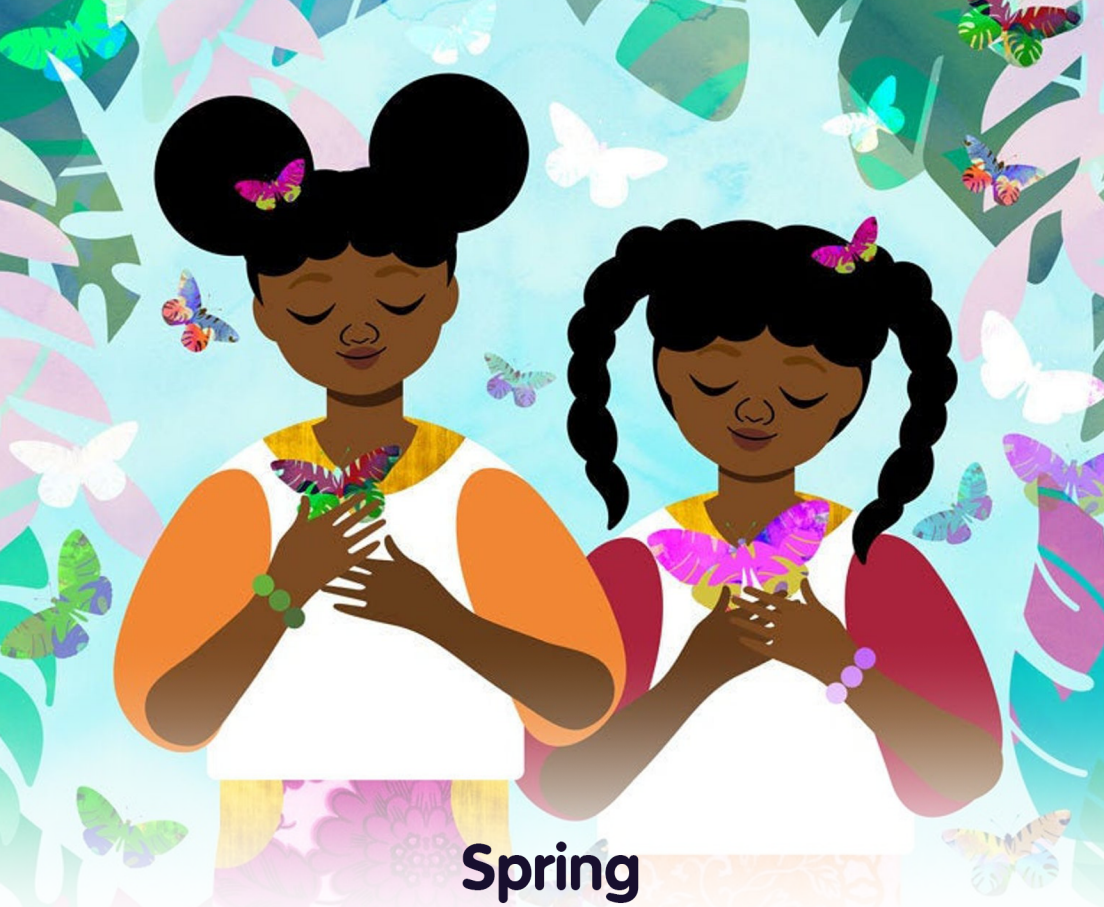
As of right now, there is a lot of talk about social distancing, which is our number one defense against the pandemic. Plans to visit friends and attend events have become non-existent.

My family and I been very creative in organizing games night and trivia, exercise routine and grilling right in our backyard. This has been very entertaining and a great way of coping with this pandemic.

Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and young kids like me. At the start of the lockdown and even the start of back to school, my parents were worried about our family getting the virus. The fear of going out in public became real and I have felt anxious and nervous around people many times. My family respects the science and we are encouraged to listen to the scientists and health professionals.

Coping will become easier day by day as long as we wear a mask, wash our hands, social distance, and just follow the rules that will keep ourselves and others safe.

Jaliyah McKrachon  
9th Grade



## Spring

Oh, the blissful time of spring has come and gone  
Replacing the frosted grass with sweet dew  
Birds chirp and sing, filling the silence with beautiful melodies  
The warm air, creasing and wrapping around you like a blanket  
A world that seemed so dull, so cold, and lifeless  
Has vanished, along with the bad memories  
And instead giving us hope for a new beginning  
Just like spring, people are reborn  
They bloom, they grow, and thrive  
Just like spring, they can not stay  
They change, they develop, they evolve  
Spring brings change  
Spring brings life  
Spring brings hope

Sara Nicholson  
10th Grade

# **Wearing A Mask**

My face gets hot under my mask,  
It's not a fun thing for me to do.  
Masks keep us from getting Corona Virus,  
You should wear a mask too.  
When we listen to the news,  
We are challenged with the task,  
You can protect yourself and others  
Just by wearing a mask.

Anayah Hill  
4th Grade

# **Ohhh...the Pandemic**

Indoors! Indoors! Indoors!  
Oh how I hate the pandemic  
All the germs!  
So gross!  
I miss hanging out with my family the most  
Everywhere I go, from place to place  
There's always a mask on my face  
I can't breathe or even see when my glasses fog up  
Ugh!  
Just why? Why? Why? Why?

Kailey Jenkins  
5th grade

# **Koala! Koala!**

Koala, you climb so high,  
Like you, I want to reach the sky,  
Like you, I want to be protected,  
Like you, I am cared for,  
Koala! Like you, I am ready to fly.

Denise Gilmore  
5th Grade



# Quarantined

Tested positive for COVID-19  
Requires you to quarantine  
Stay away from everyone  
Till your 14 days are done.

No social contact  
Prisoner in your own home,  
Bored, lonely and sad  
Wishing this virus you never had.

Hoping for better days  
When this virus ends  
Then you'll have freedom  
To play safely with your friends.

Taniya Pedroso  
7th Grade



# Wolves

Wolves are fierce  
With great instincts and sharp teeth  
Wolves are ready to eat  
Moose, bison, deer and more  
Wolves are fierce!

Donovon Gilmore  
3rd Grade



## **Ways to stop the spread of COVID-19**

You've gotten the basics down: washing your hands regularly, keeping your distance from friends and family, and wearing a mask. You are still likely to ask questions: Are you washing your hands often enough? How exactly will social distancing help? Are you wearing your mask around other people?

First, frequent handwashing is required for everyone because science says that the virus can be transmitted from the hands to the face through the mouth, nose and eyes. It is also important to keep surfaces clean. These include countertops, table, door knobs, toilets, phones and tablets. Hand sanitizers should be used daily and these help to stop the virus from spreading.

Secondly, social distancing should be enforced nationwide and everyone should stay at least six feet apart. This practice is very difficult for most people, especially kids like me. The virus is harder to get when people practice social distancing.

Finally, wearing a mask keeps us and those around us safe. It protects everyone and sends a message "spread love, not germs."

In conclusion, we can all play an important role in saving lives by practicing ways to stop the spread of COVID-19 - frequent handwashing, social distancing and wearing a mask .

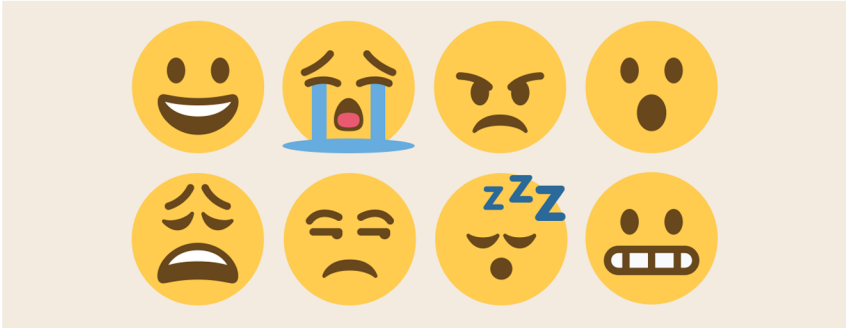
Shaquane Bridgemahon  
7th Grade



# Things I Like

painting family pictures  
creating fun adventures with these pictures  
riding my scooter makes me feel like I'm driving  
playing with my dolls makes me feel like I'm one of them  
dancing and pretending to be a famous dancer  
spending time with my family  
These are fun thing I like to do

Reann Polwah  
3rd Grade



# My Life During Coronavirus

Life with the virus has been horrible.  
I barely get to see my family,  
I'm sad.  
Sometimes I get so mad!  
I don't get to go to real school  
Home has better food  
That puts me in a good mood!

Kody Jenkins  
3rd Grade



# Adventure in space

Closing down earth  
Astronauts seek life on a new planet  
Natural disasters will be no more  
Flash floods and earthquakes will all be gone  
And COVID- 19, we will underscore  
No mask or social distancing  
No pain or suffering  
Joy and happiness forever more  
Peoples' lives will be well spent  
Nothing will be hunted or killed  
And all bad things will be nonexistent

Ryan Polwah  
6th Grade



# Soccer and Team COVID

Playing Soccer with my team  
Keeps the ball moving  
Pass the ball! Throw the ball!  
Kick the ball! SCORE!  
Penalty! Corner kick! Free kick! Goal!  
Kick off again,  
Spot the ball! Kick! Miss the ball!  
Half time, Water break, Cool down  
Breathe!  
With COVID-19 on the run,  
Players' masks are always on,  
Win the game!  
Lose the game!  
Soccer is so much fun!

Rushane Smith  
8th Grade



## **R.O.T.C: empty treasure chest**

society is a joke  
society is a game  
everybody is acting differently and there's no one to blame.  
these movements are out of pocket  
decreasing chances of change  
so hold your feelings and lock it  
for your silent voice has range.  
the selfish expect from the selfish  
close minded and careless  
who gives a care about your pain  
just have to go on and accept it.

Remanza Nicholson  
11th Grade



## Challenges facing American families during covid 19

Some American families are faced with several challenges during this pandemic. First, some families grieved the death of their loved ones due to covid 19. This brings a lot of pain, suffering and sadness to them. Everyone has been told to wear a mask. Masks help to prevent the spread of this virus.

Next, many parents are keeping their children at home instead of sending them to school. More children are engaged in online learning to avoid spreading the virus. Kids like me like to see our friends but to stay safe we have to practice social distancing.

We are told to always, stay six feet apart from everyone especially in public spaces.

Finally, we are not able to travel, go to work or even visit our family. So my advice to everyone is to wear a mask, stay six feet apart and stay home with your own family. This will help us avoid catching or spreading the corona virus.

Kymora Forchin  
3rd Grade





# Stopping the spread of Coronavirus

It is possible to stop the spread of the coronavirus.

This we can do in several ways.

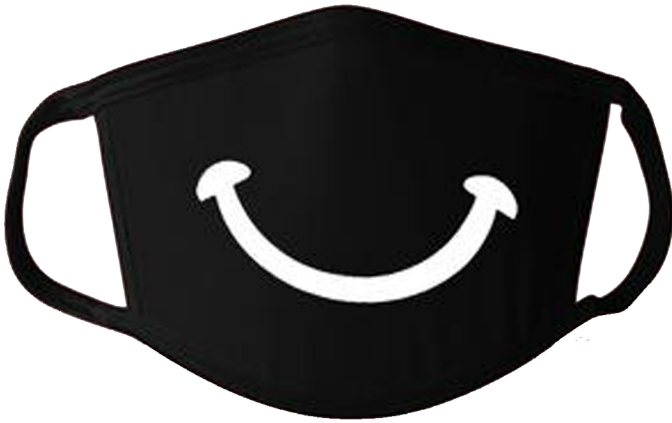
According to science, if we do not wear masks the coronavirus can easily spread from person to person and we can easily get sick. It is definitely different to wear a mask but if everyone does, it helps.

My family practices social distancing. Whenever we are close to anyone in public places, we just move away to maintain social distance. We also stay inside a lot and avoid going to events, restaurants and group meetings.

It is important to keep your hands clean and do not touch surfaces outside your home. Everyone should engage in regular handwashing. Keeping home surfaces clean helps to keep away germs. Some people even wipe carts at the grocery store before using them to prevent the virus from getting on their hands.

We can stay free of the coronavirus and we can stop it from spreading when we follow what the science says: wear a mask, practice social distancing, regular handwashing and keeping surfaces clean.

Darwin Blue-branker  
9th Grade



## **Wearing a Mask**

How do you feel about wearing a mask?

Many people find wearing a mask extremely uncomfortable

Every time you pull it up or down, it keeps moving around.

The mask should protect us, but does it really help us?

Does the mask really show how we feel?

It conceals our beautiful smile.

Smiling is contagious, so wearing a mask can be outrageous.

But it is made to protect us from the virus that could hurt us.

It is sad that so many are dying, it leaves many people crying.

Kids in my school wear a mask all day,

but they take it off when it is time to play.

Do not fret about wearing a mask, it is made to protect each other.

People will always have a say, but the virus may not be here to stay.

So, wear your mask today, for it might go away someday.

Latroy Walker

6th Grade



The CDC states, "Masks are a simple barrier to help prevent respiratory droplets from traveling into the air and onto other people" The job of a mask is to control the source of the virus for those who have and don't have the virus. The virus has already affected 45.9 million lives worldwide. CDC health's article explains, "Scientists assume that masks reduce a wearer's contagiousness by as much as 50%." If we could prevent the contagiousness of the virus it could be better for the community in the future.

Evidence:

Source 2: <https://www.uchealth.org/today/wear-a-mask-the-science-that-supports-masks/>

Kayleme Yore  
8th Grade





# The Weather And My Emotions

Weather is like our emotions,  
Thunder is angry, loud and scary,  
People yelling in faraway places  
Rain brings sadness, raindrops like tears  
Falling down our faces.  
Tornadoes cause pain, destruction and grief,  
Then the sun shines bringing happiness and joy,  
What a relief!  
My emotions are calm like a sunny day  
With no clouds in the sky  
Only a rainbow that reminds us –  
Everything will be okay.

Malik Hill  
3rd Grade



# Classroom Learning

Covid 19 has made it difficult for parents to choose online learning or having their children go to school.

I chose going to school for three simple reasons, face to face instruction, benefits of getting fresh air and seeing and meeting friends. First, face to face instruction in the classroom is better for me because

I can get one on one with my teachers, continuous interaction, clarifying information right there and developing my learning skills. My teachers get to know me on a personal level to understand the way I learn and can offer solutions to help me become the best student

I can be academically. Learning with my peers in the classroom promotes team work with other students and helps improve my social skills. Classroom learning keeps me engaged, focused, encouraged, confident and also provide hands on learning.

Secondly, the benefits of fresh air are healthy brain functions, stronger immune system, clean lungs and energy. With all these benefits, I am able to focus and achieve good grades and maintain good health. Spending time outside makes me excited and takes my mind off the pandemic. Fresh air also reminds me that God gave me another day to live and do something generous.

Finally, seeing and meeting friends is exciting to me, I can talk to my friends which boost my happiness. We can help each other with art, math questions, science and other projects and assignments. My friends also motivate me to stay positive and I am less distracted by the sad news and effects of the pandemic. I enjoy gym period because I get to compete in sport activities and socialize.

During lunch we get to enjoy sharing ideas with each other.

In conclusion I enjoy going to school because I feel happy, confident and safe as I learn and spend time with teachers and my friends.

Malyk Franklin  
7th Grade



# Summer Time With COVID-19

Kids are splashing in the pool,  
Just to keep cool.  
At the beach, sunscreen, sunbathe, sunburn,  
Plenty of fun  
Lots of sun.  
In the park, kids ride bikes and play on slides and swings.  
Families go to Malls, buying lots of things.  
Gym is a favorite place to be  
Keeps us healthy and strong,  
Watching movies, playing board games  
We do these all day long.  
More social distancing is what we need,  
Wearing mask is a must.  
When outside in the summer heat  
COVID-19 we can BEAT.

Oshane Smith  
9th Grade



## Should Never Be Afraid

Come home when the streets lights come on  
Saying bye to your friends  
being afraid to leave  
Getting stopped by the police  
being afraid when they approach you  
Knowing that you're black  
But that should not matter because the cop bleeds  
the same way I bleed

We shouldn't be fearing for each other's lives  
Yes, black lives matter but we should all matter  
Get treated the way you want to get treated  
cause violence should never come first or last  
It should be NEVER

Phillip Nicholson  
9th Grade

# COVID ON ITS MERRY WAY

2020 was exciting time and actually started really fine  
The hopes and dreams were running high  
But Covid 19 was drawing nigh.

The Prayers, the fears, the tears and hopes  
As anxious minds are wandering high  
Confinement and lockdowns are really true  
And oh Good Lord, what can we do?

Wear your mask and wash your hands  
Social distance is the plan  
Until we know what else to do  
Keep hygiene first in all you do.

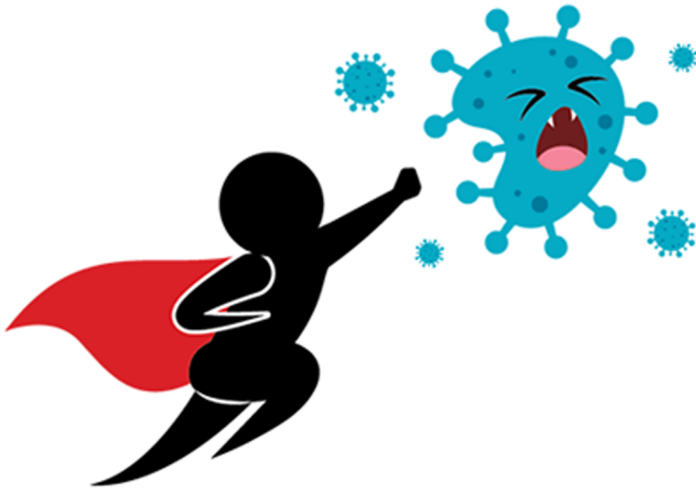
People have died and we are scared  
As teachers and parents say lots of prayers  
Friends and families are oh so dear  
And they too have died this same year.

If only I could go to bed  
And Covid 19 will hide its head  
The day will come and he'll be gone  
With hopes and excitement all around.

So, until that day should come our way  
We must unite and hold on tight  
Our safety is still paramount  
And soon Covid 19 will be out.

Arielle Bowry  
10th Grade





## Go Away COVID -19

You really hurt,  
I can no longer see my friends  
Because you are contagious.  
No school for me,  
I learn from home,  
I cannot go outside to play  
So, Corona virus, GO AWAY!  
I always wear my mask  
To keep me safe,  
I wash my hands again and again  
So I won't feel your pain.  
And now, I just have to say –  
"Corona Virus, GO AWAY!"

Quaniyah Cobb,  
6th Grade



# Feelings

That feeling of your love

That emotion of your touch

The one that I can trust

No matter what

Your love is here,

Your love is near,

You're never sad, you're never mad

And that's why I'm so glad,

You make me happy all day and night

And that's why you're my life.

Julianna Eubanks

6th Grade





## Online Learning

Online learning is the choice many parents had to make for their children while living with COVID-19. This is also my preference for many reasons. Learning from home is far safer and better for me right now than having to go to school in person where I would be at great risk in getting the coronavirus. At home, I do not have to wear a mask and worry about getting or spreading the virus. It is difficult and uncomfortable to wear a mask for six hours while engaging and focusing on classroom instruction. I feel protected and safe in my home environment with no distraction or fear that I will pass the virus on to my family.

It is very important to practice social distancing to lessen the spread of COVID-19 and with online learning, my family does not have to worry about transmitting or getting the virus. We have created a school friendly environment at home and my siblings and I have separate areas where we remain undisturbed and uninterrupted throughout the day. This has helped me to better focus and complete all my assignments without delay. I feel motivated and energized with this new way of learning and hope that my grades will reflect this.

In general, COVID-19 has impacted our schools and students' learning. School is one of the most important sources of education that every child needs. As students, we need schooling because it helps us to make important life choices and decisions as we get older. Getting an education makes us wiser and smarter to become successful and functional in the future. Many schools have been closed due to the virus, and we might not be able to see our friends, but we cannot allow the virus to stop us from learning.

Therefore I would rather stick to doing online learning and not let this pandemic get in the way. With online learning, I still have opportunities to be the best I can be, working hard in improving my grades, graduating High School and moving on to college.

Kayla McKrachon  
11th Grade





## VIDEO GAMES

Head phones on! Action!  
Playing video games is fun  
Motivating 'till play time is done.  
No social distancing or wearing mask  
My online friends are virtual.  
I am happy as can be  
Enjoying video games and COVID free.

Jayden Green  
5th Grade

## Reality of Quarantine

When quarantine started we thought it was a joke  
But we couldn't see through the smoke  
We were all alone  
Sitting watching tv at home  
We were all depressed  
And didn't realize we were blessed  
We were too busy sulking  
But good news came knocking  
Restrictions were slowly getting lifted  
But the sickness was also getting transmitted  
Now we sit happily remembering  
We need to be safe as can be!

Emma Johnson  
8th Grade

# Coping with Covid-19

The Covid-19 pandemic has resulted in severe economic and social devastation around the world. Families continue to mourn and grieve the loss of loved ones while others experience unemployment, homelessness and sickness. Young people like me are particularly vulnerable to the disruptions the pandemic has caused, and now many are at risk of being left behind in education, economic opportunities, and our own well-being.

As families worldwide are coping with this pandemic, my family has been challenged with learning, social distancing and mental health. As cases rapidly continued to grow, the education system has changed significantly. Many students like me and my siblings now have to go to online learning. We see our teachers online and I have learned to post my own work schedule based on assignments and their due dates. Our parents have been a big help and an inspiration to us and we are so grateful for their support in preparing our home as our new school..

As of right now, there is a lot of talk about social distancing, which is our number one defense against the pandemic. Plans to visit friends and attend events have become non-existent. My family and I been very creative in organizing games night and trivia, exercise routine and grilling right in our backyard. This has been very entertaining and a great way of coping with this pandemic.

Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and young kids like me. At the start of the lockdown and even the start of back to school, my parents were worried about our family getting the virus. The fear of going out in public became real and I have felt anxious and nervous around people many times. My family respects the science and we are encouraged to listen to the scientists and health professionals.

Coping will become easier day by day as long as we wear a mask, wash our hands, social distance, and just follow the rules that will keep ourselves and others safe.

Jaliyah McKrachon  
9th Grade



## How I am dealing with this Pandemic

All throughout this pandemic, many people have suffered from losing their jobs, not being able to pay the bills, and having their kids go through e-learning.

Lots of people are getting used to this new way of living and adjusting to been in quarantine for almost 9 months.

Every day people are finding new ways to cope with all the stress.

One way my family was affected was saving more money from not going many places like we used to before the pandemic. This will help us with more spending after the pandemic. We are coping by hoping and praying every day that this disease will go away. I try to have fun spending more time with family. This helps to block out worrying about the quarantine and getting Corona Virus. In this pandemic, I am trying to adjust to this lifestyle, so having coping skills will help me to stay calm and safe.

Kaliyah Yore  
6th Grade





Samaa AL Ameer

2020

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