



Happiness
Hampden 2023

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Happiness is all around us, all the time. These pieces take a moment and look at the happiness that can come from our surroundings and experiences



How?Why?Who?What?
These pieces address an analyse happiness from a variety of angles trying to unpick just quite what it means



These pieces look at the much darker side of happiness. They construct dystopian or distorted worlds where happiness has been messed with. Beware!



The sensation of happiness, much like writing, can transport us on journeys. These may be either physical or emotional. These pieces explore this and whisk you away to their world. Next stop:

Happiness

Happiness in the everyday

Circle of life



“Dad, what happened when I was born?”

“It was... both an incredible and difficult experience. Your mother and I had been waiting for so long to meet you, and after those long hours in delivery, you were perfect. Your mother, of course, spent every minute with you from the moment you came into this world, because she knew... well, she wanted to appreciate every moment she had with you to the fullest extent. You know, she never took her eyes off you the whole time - neither could I, to be honest - and that was possibly the happiest I’ve ever been, or ever will be - my two favourite people, the two people I love the most, together, with me. I wish I’d taken a picture to show you, because I had never seen her that happy. You are the best thing that ever happened to us. I mean, it was an unforgettable experience, but I’d love to be able to show you a video of that day. Her face when she saw you... she was glowing that day.”

“What was she like? My mother?”

“She was the most powerful person I’ve ever known. She was so strong - she carried you for nine whole months, and the last few hours were... maybe the biggest struggle that she ever faced. But she never once relented or gave up, even when perhaps she most needed the rest. She was also extremely loving and caring, almost to a fault - after all, she could never have lived with the guilt of giving up on you, my son, even though she knew the risks to her own health...”

“I’m sorry dad-”

“No, no. It wasn’t your fault that she was unwell. You gave her so much happiness in those last moments.”

“I just wish I could have met her though. Well, I mean, I wish I could remember her.”

“So do I. I know she would have loved the young man you’re growing up to be, and I know you would have loved her as well. You know, I’ve heard that when a baby is still in the womb, the heart beats in the same rhythm as the mother, and then rhythm keeps going for a while. So in a very real sense, her heart still beats on in you. I want you to grow up happy, healthy, and a good person, so that she would be proud of you - proud of both of us, maybe even - and so that her contribution to the world lives on properly, with you. You are the happiness she has left in the world, and every day I see you happy, the pain of losing her fades just a little bit more. You are my little ray of happiness in this world, a constant reminder in even the darkest of moments that there is hope for the hopeful.”

Yuv , Ha12



My Highest Point

You’re the light of my life,
You’re the apple of my eye
My sun on a stormy night
The glasses to clarify my sight

What would I do without you?
My dear,
That’s the thought that I most fear,
Were someone to suggest?
I choose not to hear,
for the love of my life is ever near

It’s not when i’m at my lowest,
Nor when I’m as high as Everest
It is when I’m feeling at my best,
With you is when I’m happiest.

Nathaniel ,Ha8

The Happiness Acrostic

Heavenly emotion that you feel when you have accomplished something.
Auspicious moments that you cherish throughout your life.
Precious memories which are close to your heart
Prosperity can also trigger it sometimes .
I have felt it many times...From scoring high in a test to simply playing with my sister.
Nurtures love and kindness
Experience which gives us intense joy which can never fade.
Sudden surge of joy, cheerfulness and pleasure.
Satisfaction you feel when good things happen to you.

Prithvi , Ha7



Dear Happiness, Paint Again

I know my ears have not deceived me.
So, I implore you, Happiness, come hither and let us be with thee.
Your past endeavours were nothing short of beauty and felicity,
masterpieces of liberty
unbounded by human fancy and incapability.
You're a wondrous artist, like Shakespeare and Galileo,
Your work, an oasis in a desert that's fading into entropy.

And yet, with all your crafted realities for humanity,
better captured and framed, boasted as your vanity,
Your ulterior motives remain an enigma,
A type of undiscovered abstraction?
Perhaps, even something illusory.
You have no hand to grip, no face to greet,
No feet to crouch and weep to
And yet, your presence is strongly felt.
Your presence was strongly felt, always.

There's a fault in our stars,
because prospects painted our world raging fires,
Fires, beckoned by the minds you abandoned, Happiness.

Here's a world where darkness crawls,
marches, and shines,
A world where darkness reigns supreme.

Through these barren lands of death and distraught,
only the cries of men,
the yearning of women
And the dying gargle of children
Echo through streets that once welcomed you.

Here, the skin-sticking, pungent particulates
Of unburnt gas hang within the withered cities.
Like leather drapes,
the fumes suffocated the heavens,
Murdering any signs of peace or freedom,
That may once prevail in these muddled deathbeds.
Here, the skies bleed their last light of life,
Pouring a thick melange of red and orange,
Over the eyes that remain open,
Enticing their closure.

Happiness, realise this is not the legacy you intend to leave,
Nor the memories you intend to instil in the people that received
you.

Recall the creations you have graciously built in these lands.

Happiness, know that we are here, desperate, and forlorn,
Waiting in a world, where hope has been shorn.
The darkness that shrouds our land,
Feels endless, like an infinite strand.

So, please Happiness, know that we are here,
Come back to us soon,
And fight away the darkness and gloom.
We are here, waiting with dear and open hearts.
Ready to welcome you, never to be apart.

Jacob ,Ha12

Happiness of the Light

Happiness, a feeling so sweet,
A sensation that can't be beat.
It fills our hearts with endless light,
And banishes the darkness of night.
Happiness, a sunbeam on our face,
A moment that time cannot erase.
It whispers to us in gentle ways,
And fills our hearts with love and grace

It shines bright like the morning sun,
A journey that's just begun.
It's a feeling that comes from within,
A place where hope and joy begin.

Happiness, a moment so dear,
It brings us laughter, wipes away tears.
It paints a picture of a world so bright,
A place where everything's just right.

Happiness, a treasure to be sought,
A feeling that can never be bought.
It's a gift that's freely given to all,
A reminder that we're never alone in this
world.

So let us bask in happiness' glow,
And let it fill our hearts and souls.
Let us dance in its brilliant light,
And keep it with us day and night.

Leonardo, Ha8



Jimathon & Sons

Looking for happiness? Then come to Jimathon & Son Holiday Resorts!

Happiness. What is happiness to you? I get asked this all the time and I tell them about *Jimathon & Son Holiday Resorts*. We strive to create the best experience for our guests, with our premium resorts spanning the country; North to South, East to West. You can find one of our refuges no matter where you are - even in

Llanfairpwllgwyngyllgogerychwyrndrobwlllantysiliogogoch!

Each refuge has deluxe log cabins, equipped with charming oak fireplaces and cosy warm furniture, able to accommodate a family of 6.5 for just £499.13. Or if you really are striving for ultimate happiness, our luxury villas provide all the essentials and not-so essentials, with 5 bedrooms each, and a whopping 7 bathrooms; you'll be surprised by the very reasonable prices of £789.47 a night!

In addition, we have 5 star restaurants on our premises, serving anything from fine Italian cuisine to USA style barbecues - all sure to put a smile on your face! Relax down by the privately owned beach with your family. Eat an ice-cream. Take in the sun's rich and luscious rays. Or if you are staying in Llanfairpwllgwyngyllgogerychwyrndrobwlllantysiliogogoch, reconnect with nature and breathe in the wild country air. Enjoy the rich culture of this traditional Welsh village, and pay a visit to the train station.

But over all other, we guarantee that anyone looking for happiness will find it at Jimathon & Son Holiday Resorts*.

*Disclaimer: there is no guarantee that staying at our resort will provide happiness..

Happy is Sad

Alexander ,Ha7

Family and friends cheer you up,
But also bring you down,
At parties you have loads of fun,
But then there's the scary clown.

It's your birthday, you have presents,
And you get a brand new PS5,
But your dad has to send it back,
As he's lost his money on Bet365.

Your on holiday in Hawaii,
And your toes are in the sand,
You go to pick up your bucket and spade,
But a crab pinches your hand.

You're watching a football match,
Cheering on your beloved blues,
But then your rivals score,
And that means you lose.

Family and friends cheer you up,
But also bring you down,
At parties you have loads of fun,
But then there's the scary clown.

James -Ha9

Acrostic Happiness

Hope that follows our every decision
A feeling of joy in a world of division
Pease encapsulated inside our brain
Promising to make life worth living again
Immediately satisfying our every desire
Never failing us, more worthy than anything we acquire
Elegantly tantalising us, just out of reach
Suppressing us, like a dog on a leash
Still near to us, at the core of our beliefs.

Rohan,Ha9

The Final Kick



Bertan walks onto the pitch feeling excited to get the cup final up and running. Bertans' team (Liverpool) are playing their rivals (Everton) in the final, the ref throws the coin and Liverpool win the coin toss, they have kickoff. The game starts both teams throwing themselves at the ball going in for tackles and shots. On the 13th minute Everton are working themselves up the pitch and when they get inside the penalty area they have a shot. The ball flew up into the air and into the keeper's hands, that was the first chance in the game. By the 20th minute Everton were looking like the better team and were all over Liverpool but still no goals. It was the 34th minute and Everton were pushing up again but this time there were no defenders in the way of the Everton striker. He gets past the goalkeeper and shoots the ball into the net. " GOOOOAAAALLLL!" Exclaimed the commentator as Everton scored. It was 1-0 to Everton but Liverpool had their heads held high as they still had time to come back. Liverpool had some good chances in the 1st half but the Everton defence was too strong and they couldn't score. The ref blew the half time whistle and the Liverpool coach told them to keep their heads up and put some goals in the net. Bertan came on in the second half and he changed the game as in the 50th minute Bertan gracefully dribbled through all the Everton defence and was 1 on 1 with the goal keeper, as the goalkeeper came out of his goal to trying to win the ball Bertan chipped him to tie the game. Once again the commentator screamed " GOAAAL" as Bertan equalised the game. Bertan was so happy at that moment and had a great big smile on his face because he scored. Nothing happened until the 70th minute when an Everton defender took all the players by surprise by striking the ball 30 yards out and scoring. The crowd went wild and all the Liverpool players were devastated but knew they had time to win the game. In the 87th minute All Liverpool fans lost hope but they had a free kick right outside the box and Bertan was taking it. The referee blew his whistle signalling Bertan to take the freekick. Bertan struck the ball with all of his power and the ball ended up in the top left corner of the goal. Bertan had scored another goal with only 2 minutes left of the game. Bertan couldn't believe his eyes. Bertan was buzzing and celebrated with his teammates. " It's the last attack of the game, Can Liverpool win it now?" He said. Bertan saw the referee with the whistle in his mouth so decides to run straight into the box he takes all the players by surprise no one can stop him he's through and will score is what everyone thought. Bertan was kicked in the back of the leg and was brought down. It was a penalty. Bertan put the ball on the spot whilst all the Everton players were still arguing with the referee but the ref made up his mind it was a pen. The whistle blew the whistle Bertan knew it was now or never. " Bertan steps up... Shoots... AND SCORES BERTAN HAS SCORED A HATRICK IN THE CUP FINAL AND HAS SINGLE HANDEDLY WON THEM THE GAME!" Exclaimed the commentator. Bertan had a rollercoaster of emotions as he jumped into the crowd to celebrate his win. Bertan could not describe his happiness and when he finished celebrating the ref blew the full time whistle. The game had ended 3-2 and Liverpool had won the cup. They had done it; or shall we say Bertan had done it.

Bertan ,Ha7



The concept of happiness can predominantly be summarised in two ways, two perspectives. The first, more commonly grasped cognition is postulated by positivist psychologists and is thus composed with subjectivity in mind, such that it embraces the multiplicity of happiness experienced by individuals. In stark contrast is the biological approach, reducing happiness to mere brain chemistry upon which individuals have finite control over. Though on balance, an explanation which eliminates the lack of clarity apparent in its counterpart is conceived, enabling effectual outcomes in the real world. The extent to which the biological perspective seemingly develops a greater understanding of happiness is limited however in comparison to the psychological submission, a point which will be accentuated by undergoing a scrutiny of two components. Namely, the merits of each viewpoint's definition, and the implications of happiness emerging from the two competing notions.

A rudimentary understanding of psychological happiness insofar as feelings of elation and glee may in fact be moderately accurate in highlighting the lesser standard of precision employed by psychologists through the use of lay terms, but such a definition does not suffice the nuance of psychology's stance. Indeed, renowned positivist Sonja Lyubomirsky expresses happiness as "the experience of joy, contentment, or positive well-being, combined with a sense that one's life is good, meaningful, and worthwhile." Predictably, emotions of joy and fulfilment are associated with happiness, yet the depth introduced in outlining both the momentary and general nature of happiness suggests that it is determined holistically, as opposed to focusing on relatively trivial events of happiness significant for a minor period of time. Ergo, the definition presented within psychology offers a veracious account for its manifestation in individuals by dismissing exclusively small-scale delight as instances of true happiness, hence reserving its application to distinct circumstances and combating the stigma of an arbitrary and idiographic paradigm which holds little value. Conversely, this concern is in part retained despite provisions being made to narrow happiness; the psychological definition continues to provide vagaries which are inherent in its abstract terminology, suggesting that it is an incomplete characterisation, one which foregoes a convincing definition for an appeal to something immeasurable. As a result, those studying the biology of happiness integrate complex scientific parlance, not in an attempt to perplex, but to inform the perplexed. The biological definition entails pleasurable effects arising from the neurotransmitters dopamine, serotonin, and oxytocin. Such a display of scientific reductionism may remove the 'human' element of happiness given the emphasis on neurochemical substances, however it simply encourages impartiality and in doing so, definitively creates consensus on experiences of happiness due to the action of its biological aspects, an endeavour more difficult to achieve when dealing with the subjectivity of positivist thought. Thus, while operationalisation benefits the biological definition in describing happiness, ultimately the lack of import attributed to personal perceptions of happiness hinders its ability to explain all cases of the emotion, such that the psychological definition, which seeks to reconcile subjective and objective situations, proposes a more comprehensive account of happiness.

Having established the differing assertions of both approaches, the subsequent implementation of each can be examined in regards to happiness as observed in the real world. In particular, resolving instances of its absence and inducing desirable behaviour, standards by which biology and psychology can be compared in order to identify the more valuable interpretation. Maladaptive functioning can eventuate as a result of happiness declining within an individual, as such, the respective definitions can impart a degree of insight when aiming to not only explain the causes of this melancholy, but in prescribing treatment specific to each orientation. This is evident in the biological solution, which utilises drug therapy to relieve sufferers of their dejection, thus demonstrating the utility of objective happiness in devising medication which addresses the fundamental biological basis necessary to attain this emotion. An awareness of a technique to diminish sadness can in turn produce medication which evokes happiness, implying a consistent methodology to introduce the emotion at will, potentially an offer of happiness to all. Alas, the assumption that such utopian outcomes would transpire is naive given the instability that would ensue a state of continuous happiness. The disingenuous nature of such pleasure inevitably conceals more profound mental inflictions and so the psychological belief in confronting issues of this essence enables happiness to be elicited in a conventional manner in the long term. Thus, happiness within psychological practices such as counselling incorporates the requisite for underlying tensions to be resolved so that an optimistic outlook and experience of reality occurs with authenticity, unlike the biological persuasion excessively reinforcing an abnormal, and most importantly, unhealthy form of happiness.

In light of these points, psychology presents not only the more compelling version of happiness, claiming that it signifies something beyond its face value, but the more favourable manner in which to achieve said happiness. An appraisal of these core facets has revealed that the supposed ambiguity is conflated with the dynamic nature of happiness, with this normative feature exhibiting a distaste for the uncompromising biological approach. Therefore, the positivist perspective aids the applicability and scope of happiness when referring to its meaning for individuals and society.

The Gift of Happiness

Happiness is a gentle breeze
That whispers sweetly through the
trees
It's warmth that spreads from
head to toe
A feeling that only joy can show
It's the sound of laughter in the air
A melody that's beyond compare
The simple pleasures that life can
bring
Like watching birds on the wing
Happiness is the love of family
and friends
And the bond that never ends
The little moments that make life
worth living
Like a hug or a smile, always giving
Happiness is the sun that shines
And the beauty that surrounds our
lives
It's the hope that keeps us going
And the light that keeps us glowing

So cherish every moment of
happiness
For it's a gift that we should never
miss
And let it fill your heart with love
And peace that flows like a dove.
Anthony, Ha11

Where is Happiness

Where is happiness,
How do I find it,
Is it hid amongst trees,
Or hiding under a rock,
Do I search for it,
Or will it come to me,
So many questions,
None I have an answer for,
I've had glimpses of it,
Felt its power,
Hoped for more,
Only hoped,
What secret does it have,
Trying to find it,
Like a treasure hunt without the map,
Without boundaries,
So many have it yet it detests me,
Why does it hate me so,
I did nothing to deserve this,
Maybe, just maybe,
Trying to find happiness is fruitless,
But letting it come to you is fruitful

Nevin, Ha8

A Recipe for Happiness

Step 1: Take a Kilogram of Kindness and put it in the bowl.

Step 2: Add a pinch of Trust.

Step 3: Glaze it with Sadness, and mix it together.

Step 4: Pour 150 ml of accomplishment and success into
the mixture.

Step 5: Enjoy!

Jayden, Ha7

A Teacher's Guide on How to be Happy in the Classroom

Teaching a classroom of annoying students can be demoralising and draining, and can make you need a break. Well fear no more, because we have compiled a list of ways to make your life, and teaching experience, much easier.



General Tips



1. Never drink water - always keep a stronger beverage, such as tea or wine, at hand in an opaque bottle.
2. Make sure you have an enjoyable lesson - if not, refer back to step one.
3. Keep a supply of something stronger in the compartment under the desk - if the students just get a small bit *too* over the top, you may need something a little better. Tranquiliser darts are a recommended solution for those particular students!

How to Maintain Control

1. The effort ratio - in a classroom there is a balance between how much effort your students put in, and how much you put in. A preferable ratio is 100% to 0%, the more they do the better.
2. Make them suffer - embarrass your students by putting the ones who are blatantly not paying attention in the spotlight, and making the most awkward ones stand in front of the class to present. As the cherry on top, completely ignore the competent, understanding ones; if you know they know, and know that they would like to answer, pretend you didn't notice.
3. Be respected - if the students don't fear you, nothing will ever get done. Hand out detentions at random, and shout at the entire class for small things. (Be warned, if this is too unfair, it may backfire, and students may complain behind your back. If you catch them, just give out more detentions!)

As a Bonus Tip:

1. Play a documentary - It requires little effort from you, and the students will be happy. It has also been scientifically proven that students learn better visually!

William, Ha8

Happiness

Happiness is a strange yet
wonderful thing,
Sometimes you get a really
sudden ping,
A feeling, a sensation, an
elevation,
You feel as if you are in a
simulation,

Happiness is always everywhere,
You can find it behind a chair,
You shall seek it in your heart,
Maybe with sport or art,

Each to there own I say,
Mine is a sunshine ray,
As relaxing as the sea,
I feel light on me.

Niall, Ha7

Happiness is the best emotion

A thing of beauty, happiness is found
A feeling that makes you want to sing and shout
Like a gentle breeze, radiating warmth and joy
A happy heart will never be coy

Look out at the world, there's so much to explore
The days are full of adventures to explore
Find joy in all the small details of life
And take time out to relish in the strife

Let go of worries and negative energy
Fill your heart with positivity
For when your heart is happy and light
You will find a world of delight

Tiger, Ha8

Happiness Is

Happiness is

The feeling that appears, as everything seems to slow down,
When a friend cracks a joke, trying to be the clown,
But there's always one whose laugh is funnier than the punchline.
These are the friends that you'd want at the frontline.

Happiness is

The look of joy on your face

When you're hours away on the last draining day, so close to the holidays.
But with some schoolwork and enough time and video games to keep your hands full,
These weeks off provide relief from the chaos, clamour and yelling... in school.

Happiness is

The relief you are going to experience

When you are waiting for your food, filled with suspense.
But your time finally comes, and you collect your burger and drink order
These are just what you need to fight the war on hunger.

Happiness is

The pleasure of finding out you earned high marks in your maths exam,
When your only revision strategy was to cram.
But you still beat your friends, and they give you a cheer.
These are the feelings you miss most out of here.

The life you live in warfare gives you little time to spare
As you look around in the dirt and the smoke and the dead leaves,
You find no time to despair.
Which feeling is the one you miss out of all your memories?
Happiness is.

Zain, Ha12

Achieving Happiness

There was once a man called James Smith, and he was a simple boy. He grew up in a small part of Manchester and loved his family very much. His other favourite thing was plumbing, and intended on being a plumber when he grew up. He told his mum and dad, but they frowned and told him that 'plumbing won't make you happy' and 'you need to be famous to be happy'. Because James loved his parents very much, he listened to them, and decided to become an actor. He went to Manchester University, and studied Drama, Art and English. He was top of his class for everyone of these, and his teachers were very proud, but deep down James knew that he shouldn't be doing this, and was not happy.

James went on to become a Hollywood actor, and starred in various films. He was known around the world as one of the greatest actors of the time, and as he grew older, he went to his parents and asked them about what he could do to become happy. His parents were very happy, as their son had become very famous and rich, but they said to him 'beauty is the key to happiness'. Because James loved his parents very much, he listened to them, and decided to get plastic surgery. After a while James was considered to have a 'perfect face' and was photographed for a lot of magazines and clothes brands. James had fans all over the world, but they were much more happy than he was. James knew this wasn't his life, and was not happy.

As James got older and older, He asked his parents for advice again and again, but every suggestion he didn't like. He didn't like driving fast in his new Lamborghini, He didn't feel at home in his mansion, and he hated parties. James was becoming unhappier and unhappier. He thought about how he had idolised celebrities from his favourite movies as a kid, and he now respected them even more for putting up with a life like this. He would be bombarded with paparazzi wherever he went, and he wished to be left alone in public. After a long and hard day, James decided he had enough, and decided to retire from acting. Even after this though, he still felt sad, and was not happy.

James was starting to lose hope. He hated his life of being a celebrity more and more as the days rolled on, and he reached rock bottom when his dad died. James was heartbroken, and refused to take any more brand deals for a long period of time. One day though, he got a call from his mum. She said 'Since your father has been gone, I haven't had anyone to fix anything, so would you mind if you unclogged my toilet for me?'. James rushed over, the fastest he had drove in his Lamborghini for years, and when he arrived, he got to work. Although it had been a quick job, James had loved it, and it reminded him of the thing he truly loved: Plumbing. The rest of the night he fixed every water related problem in his mum's house, and once done he did the same to his siblings, cousins, aunts and uncles. He then fixed everything in his own house, and looking at the mangled master bedroom tap, he finally felt at home.

This story has a moral, albeit a simple one: What makes you happy matters most, not what other people think what should. Although this story is fiction, it is important that you follow your true passions and not what someone else says, even if it is your parents who say it.

Daniel, Ha8

Giving Makes us happy

Ecstatic, Elated, Jubilant, Merry, Upbeat and Blithe. These are all words that relate to happiness. But they are all different. They are all meant differently and used differently, and are even used on different occasions. These occasions can be like: buying a new sports car, owning expensive clothing or jewellery or living in an expensive mansion. But to some people, these words can be used once they are: helping a friend, donating a meagre part of their salary, or even eating a medium sized French fries.

Happiness comes in all different shapes and sizes, small and big chunks, small and big ranges, but ideally, happiness is dependent on you. Your perspective on happiness can come from your heritage, culture, wealth or social status. For example, some people find that money is their way to happiness. Some people find smartness is their way to happiness. So what are the ways to happiness?

Well, the matter of fact is, there is no one way to become happy, but one big reason that people become happy is not thought of as much. Giving.

A study by the United Nations shows that close to 1.5 billion people suffer from anxiety, depression and stress on a day to day basis. On the other hand, over 50% of the population report that most of the happiness that they feel comes from giving. Imagine giving to the people that are suffering; this kind act of charity makes them overwhelmed and alternatively makes yourself feel happy by the fact that you are contributing to the community. For example, how many times have you smiled right after you have given a gift to someone. How many times has complimenting someone made you feel content. This little act of kindness could change the whole community's mental well-being and with giving, people could make this world a much better place.

Ishaan, Ha8

What makes Finland so happy

Finland, Denmark, Switzerland, Iceland, The Netherlands and Norway. These were the six happiest countries in 2021. Finland, Denmark, Switzerland, Iceland, Norway and The Netherlands. These were the six happiest countries in 2020. Since 2012 the World Happiness Report has been measuring the happiness of countries. Of the six countries mentioned above, all but Iceland have been placed in the top 10 nine out of nine times (Iceland has been there eight times). Therefore, over the decade since the World Happiness Report has started, the question the report answers has narrowed from “Which country is happiest in the world?” to “Which Nordic country is happiest in the world?”. Indeed, this question is now almost too broad, with Finland winning the top prize in five consecutive years from 2018-2022. So what is it about the Finnish way of life that makes it so much better than other countries?

Finland certainly doesn't seem like a good candidate for the happiest country in the world. From the late 13th century it had been ruled by its western neighbour, Sweden. Then in 1809 in the Finnish War it was conquered by Russia, and became the autonomous Grand Duchy of Finland. In 1917 during the Russian Revolution the country declared independence from the collapsing Russian Empire. However, a power struggle over the new country led to a Civil War in 1918 between the conservative White Army and socialist Red Army. At a cost of 39,000 deaths, the White Army won, but despite their attempts to install a German monarchy, Finland became a democratic republic. The young country was invaded by the USSR during the Second World War, and was forced to give up land to them in the post-war treaties. Additionally, the climate is cold and dark, especially in the winter. There are 7 months of snow in the north and 3-4 months in the south, with winter lasting for much longer in both.

These certainly don't appear to make Finland even a candidate for the World's Happiest Country. The country, home to 5.6 million people, lies between 60° N and 70° N, and the capital, Helsinki, is the second most northerly in the world. However, this leads to the amazing natural phenomena of the Northern Lights. This is caused by particles being ejected by the sun's solar flares colliding with the earth's particles, thereby creating green waves to dance across the night sky. These beautiful displays of nature enhance Finland's already beautiful scenery, filled with forests and lakes (187,888) that are beautiful both in summer and winter.

Additionally, Finland places a lot of emphasis on welfare spending, as is characteristic of Nordic countries. In 2019 28.7% of the country's GDP was spent on welfare, compared to 20.6% in the UK. The country also has a relatively high GDP/capita, which was \$54,000 (£45,000) in 2021, compared to \$47,000 (£39,000) in the UK. All this improves the standard of living for a large section of the population.

Therefore despite their difficult history and climate, the Finnish (and nature) have ensured that their country is the happiest in the world, and that it will almost certainly remain as one of the happiest countries, if not the happiest country, for many more years to come.

James, Ha10

How do we feel happy when we eat

There are many things that make us happy from doing things we enjoy like eating food or relaxing; going on holiday. But why does this actually make us happy? What is it in our brain that simulates this emotion? As humans we need energy and we get that from food, so to ensure that we eat to stay alive our body rewards us when we eat so we keep eating and don't starve. The reward is a sense of good feeling and happiness which is what we like to feel so we repeat it. The chemical released is dopamine which is made in the brain by changing the amino acid tyrosine to dopa and then into dopamine. Having healthy dopamine levels means you are more likely to sleep well and not be as stressed. It is also good to keep your blood vessels functioning and keep your heart rate up. If you eat too much and become addicted to eating (same applies if you are addicted to anything) then your dopamine levels will rise too much meaning sleeping will become harder and you are likely to have anxiety. All of this will mean your body will be more reliant on dopamine and it will crave more food to make you happier. This is how 29% of the population are addicted to eating causing them to be overweight.

Myles, Ha9

The Meaning of Happiness

Happiness. It has a lot of different forms and meanings. Happiness is that feeling you get when your favourite football team wins, or you get a good score in a test. But happiness is so much more than just that feeling you get when something good happens to you. Happiness can be found in any form, especially, a place. A happy place is somewhere that you go to feel safe, and it will always be there to make you happy, no matter the situation you are in. It's a place where nothing and no one can get you down. Different people each have their own happy place, although sometimes it can be hard to find. This is the thing with happiness. It's different for every single person in the world. For some people it's easy to find, and for others it's difficult. Some people find happiness in things that they enjoy doing, whilst others find happiness in just kicking back and relaxing after a long day. Happiness is completely different for everyone, and that's the beauty of it. Something that makes one person happy will by no means make another person happy, although you do know that that other person has something special to them that will make them happy. For example, something that makes me happy is something I've mentioned earlier in this piece, when my favourite football team wins (which isn't a regular occurrence at the moment). Whenever we win it gives me a feeling of hope that maybe things might be going better than they have been in recent times, and it makes me happy to remember the days when we were flying high in the league. Another thing that makes me happy is when I get a good mark in a test. It makes me feel like I have succeeded, a feeling that is very closely connected to happiness. When you succeed, it gives you that satisfying feeling of relief, and it also boosts your confidence a lot. So now that you've finished reading this, just take a few minutes out of your day to think about what makes YOU happy.

Oscar, Ha9

Bradbury's Happiness

The Unhappies

In the year 2156, the world has become a bleak and desolate place. The vibrancy that epitomised the last century has all but washed away following the Despondent Wars. All that is left are the surviving governments, who have banded together to form the Global Authority, an organisation that claims to be dead set on the pursuit of returning the world to its prior glory. Under the organisation of the Authority, society has become a utopia, yet in reality, life is far from the euphoria that the Authority describes.

One of the primary goals of the Authority has been to ensure that all are happy. To that end, they have created a system where happiness is monitored and regulated. In 2156, happiness is no longer an emotion one feels during moments of joy, but a mandated part of life. Their happiness levels are monitored by happiness detectors implanted into each person at birth and the data collected is used by the Authority to determine who is achieving their happiness quota, and who presents a potential threat to society.

At first, the promise of everlasting happiness was like a fairy tale. As humans emerged from the ashen wastelands of the Old World, this offer was a blinding light of hope for the future, offering a helping hand to each and every man, woman, and child. This promise was for a long time, exactly what was delivered. But the wickedness boiled under the veil that the Authority wore, and their true colours began to show.

Becoming obsessed with controlling happiness, the Authority did everything to maintain it. Unhappiness was treated with a visit from the Happiness Squads, elite operatives composed of the remnants of the armed forces of the Old World. Their instructions were simple: happiness, by any means necessary. Thousands would be swept up and taken to happiness camps, where they would be treated like caged animals. At these camps, unspeakable acts would be committed against the prisoners all in the name of happiness.

At the same time, people who were too happy were also deemed to be threats to happiness. They were suspected of being 'happiness terrorists'. The fear was that by being too happy, they would begin to see the cracks in the gilded cage crafted by the Authority, and would subsequently sow the seeds of doubt within society.

The few who returned from the happiness camps were husks of people.

For a while, the system seemed to be working. The world was a peaceful place, with no more wars or violence. The environment had been restored to some degree, and people had access to all the basic necessities of life. But underneath the surface, there was a growing sense of unease. People were afraid to express any emotions other than happiness, even in private. They had become so conditioned to hide their true feelings that they no longer knew how to express them.

One day, a paradigm shift occurred in the fabric of the Authority's artificial society as a group of rebels emerged. They called themselves the "Unhappies," and they were made up of people who had been sent to the happiness camps and had managed to resist the brainwashing. They had seen firsthand the horrors of the system and were determined to bring it down.

At first, the Unhappies were small in number, and the Authority dismissed them as a nuisance. But as their ranks grew, they became a force to be reckoned with. They began to spread their message of dissent, encouraging people to embrace their true emotions and reject the happiness monitoring system.

The Authority responded with force, using their vast resources to track down and capture the Unhappies. But the rebels were clever, and they managed to evade capture for months. They began to organise protests and demonstrations, urging people to rise up against the Authority and demand their right to be unhappy.

The protests turned violent, and the Authority responded with even greater force. They declared martial law, and the streets were filled with armed soldiers and police. The Unhappies were hunted down and arrested, and their leaders were executed as traitors.

In the end, the rebellion was crushed, and the world could return to a state of ignorant bliss, intoxicated by the incessant happiness that pervaded what was left of society

George, Ha13

Winter

The annual armada invades Aylesbury
Overhead cannons fire the winter's ash
Bellowing above, a frothy white sea
Fragments of frost fall in a flash.
The bitter cold destroys the defences
Slithers of shards shower in strings
Icy tentacles conquer the fences,
It wraps round the houses and clings.
Through their windows, the elderly frown,
But the chaos brings me delight.
Remnants of dullen snow fall down,
For me, it's a wonderful sight.
The translucent sky, deceitful and leadened
Concealing the troops who were on a mission
A sheet of snow, crunchy and hardened
Winter's plans have come to fruition.

Shaun ,Ha10



Dopamine addiction

Dopamine, the sweet nectar of the mind,
A honeyed elixir that we long to find,
A rush of pleasure, a surge of bliss,
A feeling that we cannot resist.

From screens and devices that we love,
Dopamine floods our brain above,
Notifications, likes, and feeds,
Our reward centre quickly exceeds.

With every scroll and click we take,
Dopamine's grip begins to make,
Our brains become overwhelmed and frazzled,
As we stare at screens that leave us dazzled.

The overdose gained from devices we hold,
Can leave us feeling empty and cold,
For true joy is found in human connection,
Not in virtual distraction and perfection.

But like a bee that sips too long,
And becomes entranced with the sweet song,
We too can overdose on this taste,
And let many hours go to waste.

The honey that once brought us cheer,
Can turn to poison and bring us fear,
As the rush becomes too much to bear,
And our world becomes a haze, a blur.

Like a flower that wilts in the sun,
Our bodies wither, our minds undone,

Nicholas ,Ha12



Innocence ≠ happiness

The sirens echoed through the empty and sorrowful streets, tears and sweat full of regret and rage cascaded down the boy's horrified face. Rain drops fell with each regret. The storm grew with each glance at the boy. Lightning struck with each furious thought. His eyes darted around the pool of sin and grief at his feet, however it was hidden by the crimson and corrosive red colour of blood. Soon his eyes focused on the pernicious weapon misplaced in his trembling hands, which he lifted slowly, carefully while the sirens and echoes of distant crying still shook the appalled street. Suddenly a sense of urgency overwhelmed the guiltless young boy and before it could be comprehended... shots were fired, piercing through the what's left of the boy's innocence and joy.

Joy. Content. Innocence... Deception... Anger. Hatred. Guilt.

And soon the overwhelming joy and contentment that was once enclosed within his credulous mind were corrupted and manipulated by feelings of distress and dismay. His profuse and profound euphoria within his content mind was abated and diminished by the dysphoria and pollution encompassing him. His now dim-lit, dull and dreary eyes and his sombre, frail and antithetical grin, masked the bright smile and luminescent eyes that once resembled the illuminating streaks of stars that bejewelled the midnight sky. And like the fading stars in the sky when the sun rises the boy's happiness only diminishes as his resentment grows.

He was Sad. He was innocent... He is Happy. But he is Guilty.

Hevin, Ha10

/Blithe

File type: video transcription
23:37 EST 07/05/2039

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...The investors seemed to take great interest in our product. One of them, ... I think, was very keen for us to accelerate its development and was willing to "turn a few heads" as he put it, in the FDA if needed.

speaker coughs and sips a gold-coloured liquid from a glass

. thought that the other's were all eager to get a piece of the pie - with the exception of one. She had been annoyingly persistent with her questions about the morality of "this artificial illusion of happiness" but thankfully she abruptly upped and left after a few minutes of this after seeing something on her phone.

In my opinion, it's frankly outrageous that anyone could stand in front of our breakthrough, the world needs it - it has needed it for far too long. I used to worry that my children would grow up in a world where they wouldn't make it past their 40s, sinking into one of the many mental disorders that the last few decades have brought on. Anyhow, I digress, we now have the power to change that, and I will - if there was anything to devote the rest of my life to, this would be it. Without a doubt. I will see this project through.

File type: video transcription
07:03 EST 09/17/2039

We're just about to test the new HH-42 variant, all the previous tests ran perfectly but for some reason or other they make us do them over and over and over. The initial novelty and excitement of seeing the successes has long since worn off. It feels like years since those early meetings, we're all sick of it by now but somewhere, deep down there is that drive to finish what we started. We have to finish what we started.

a slight smile flickers across the speaker's face

Afterall, it is a huge sum of money, all the late night tv show interviews, the fame, being able to tell everyone about it..

something catches the speaker's eye and he looks to a point above and to the side of the camera

Second speaker: Hey! Come here you have to see this!

speaker : I'm busy, I'll come in a minute. Can't be that exciting, we've seen it all bef-

the speaker suddenly looks worried, moves hand and stops video

File type: video transcription
22:13 EST 11/26/2039

They've started searching us upon arrival and departure of the facility, rather thoroughly I must add. That guy must've had some chip on his shoulder. It's not just the searching either - security has been tightening up a lot lately. All our communications are now being recorded, they've put in these cameras everywhere.. This morning I saw that same old grey saloon follow me on the way in. I'm getting the feeling that all this security can't be cheap - but then again, it's not like money is an issue for the company. We'll all be rolling in the stuff soon enough.

I know exactly why they're doing this. It was in the early hours of yesterday morning, a flurry of words that barely registered in my exhausted brain. Before I knew it, I was in a bare room in the facility. After a restless half an hour some official-looking man was questioning me. Apparently a couple of naive employees had pillaged an older batch and thrown some lavish party in a downtown apartment block. Despite the clear breach of conduct, what worries me is what happened after. I have no idea what led up to it, maybe it was an OD, maybe it was a dodgy batch.. We've had reports of several stabbings, one person who was brutally dismembered, body parts were found scattered on opposite sides of the street. Witnesses said they heard a commotion of some sort, shouting, some kind of fall out between them.

File type: video transcription
16:08 EST 01/18/2040

Things are moving quickly now, the investors are getting impatient. I barely have time to make these things anymore, we now have to live on site - our old blocks in the city were deemed "too dangerous for us", but apparently perfectly habitable for our families.

We're in a mobile unit now, picked up and plonked in the outskirts of some town that looks as though it belongs in some Wild West film. It's a small scale test to see how it affects a small community. Real people, living in a real community, only.. it isn't - I feel bad for them, they weren't allowed to bring any thing from home and we have to watch them every minute of their lives.

What you have to do though, is push all that to some dark corner of your mind and focus on your job. Your job that is saving the world, saving humanity. I remember those weird philosophy sessions when we were starting, something about the greater good - we didn't really pay attention, we were so eager to start working on it.

speaker picks up a mug from a desk littered with papers, wrappers, cups, glasses, plates, some leftovers of pasta and some kitchen towel used to clear a spillage. A small window behind, scratched and coated in a thin layer of rust-coloured dust, shows part of a largely empty street.

Voice over radio: we have visitors, we weren't expecting anyone..

Second voice: No, what's it looking like?

First voice: Two, no three 4x4s heading towards the east gateway.. there are people in the back, there's something else too. Something's flashing in the distance, maybe half a click out.. hold on-

a few faint cracks are barely audible over the radio, a hiss of static.. and silence

Second voice: ****! Mike, are you there? Come in!

File type: video transcription
23:43 EST 04/27/2040

*The camera shows a dark interior. Sounds of shuffling and low inaudible voices.

There's a knock and the camera shakes as if it's being handheld. The original speaker comes into the shot*

It's happening, it's all happening so quickly.. one minute we were filing the day's report, the next.. if you're seeing this then good, it means there's still hope-

Second voice: Hurry up over there, we said three minutes.

Okay, okay! Look, this thing, this thing works.. this is going to change the world. A perfect society, true happiness, it's incredible. It's too perfect. Every person alive, every government will be desperate for it. It's too powerful though - if this got into the wrong hands... they could do anything, unlimited man power... a whole nation united. This thing can't get out, no-one must know about it...

A slow realisation spread across the speaker's face. Slow, heavy footsteps become audible, realisation turns to dread. Dread turns to nothing.

James , Ha13

Happiness Persists

A lot has changed since the 2020's; no more brightly coloured billboards adorning the sides of buses and buildings, people scuttled to where they needed to go with heads forward and eyes down, the leaders were scarcely seen save for the passing of more suffocating laws, and that if you were daring enough to risk a smile it was likely the last action you would ever do. This was now reality, in 2047 an oppressive regime shot to power through force and overthrew both parliament and the monarchy; taking over the country for themselves. Calling themselves The Seven, they ruled the country with the help of their innumerable army of watchers.

Rumoured to be seven siblings of a once noble family, though the nobility has long since crumbled. They put the country into a chokehold and their position only strengthened. The Happiness Acts were passed a year after the overthrow and for the past eleven years; expressions of joy were strictly outlawed, with various outcomes depending on severity. A smile would land you a 20 year hard-labour sentence... to risk a laugh is suicide. It's all to stop the people having the morale to stand up to The Seven; it worked. For 9 years the subservient people go about their days without any displays of emotion, and those that did, their lifeless bodies adorned the bridges crossing the Thames as a twisted warning to others.

Fear is everywhere, people paranoid of being caught in a moment of relapse to how things used to be, an accidental passing smile in the street. If a watcher saw it then your time was over. Watchers are led by The Seven and said to be mindless enforcers; disguised as civilians they seep into society at every level and report those who break the rules, accidental or not, and are paid to do so. It's a game to them.

There is a resistance, small and determined, they meet under the cover of darkness in a closed-down coffee shop on a back alley in South London. They have a passageway into the building and meet twice a week. The group began with three members who wanted their old lives. There were now 39 members, all rigorously vetted and all with specialisms which when 'the time' came, would come in useful. None of them knew when that time was, but it was constantly on their mind. Their leader was Matthew, an ex-soldier, discharged when the watchers took over the military roles. His skills would be invaluable to the group when the rebellion finally happened; a precision marksman and fierce combatant with tactical prowess. He kept the group's morale high and members in good spirits. Though until a time came, the latter skills were most required, laughter was shared in that coffee shop, grins and smiles on every, partially from the hilarity of whatever was said, and just as much to spite the regime in some small, yet significant way. Should they be caught, death was a certainty, though two years of meetings had only seen one close call.

It was two thirty that morning and a watcher found the disguised passageway at the side of the dilapidated building, had it not been obscured with debris from a nearby skip; they would surely be killed. He poked around for five agonising minutes before carrying on about his day. The thing with the watchers is they have to try to remain discreet, otherwise they'll be found out and avoided, making them pointless as a watcher. That singular fact saved every member's life that night. Once the coast was clear, the group couldn't contain their laughter and they savoured the moment, despite hearts in mouths scarcely seconds earlier. A subtle kick in the teeth of the regime; a small victory by any standard. The group themselves inspired, finding happiness in the darkest of places.

Alex ,Ha13

Destination Happiness

Happy Tommy

Once upon a time, in a small village nestled between rolling hills and lush green forests, there lived a happy boy named Tommy. Tommy was a bright and cheerful child who loved nothing more than spending time with his friends.

Every day, Tommy and his friends would gather in the village square to play games, tell stories and just enjoy each other's company. They played all sorts of games, from tag and hide-and-seek to football and hopscotch.

One day, Tommy and his friends decided to go on a big adventure. They packed some snacks and drinks and set off into the nearby forest. The forest was full of tall trees, sparkling streams and all sorts of wildlife.

As they walked through the forest, they came across a clearing where they saw a beautiful pond. The water was so clear and blue that they could see the fish swimming around in it. The friends decided to take a swim in the pond, splashing and laughing as they enjoyed the cool water.

After their swim, they settled down on the banks of the pond to enjoy their snacks. They chatted and laughed, and Tommy couldn't help but feel grateful for his wonderful friends. As the sun began to set, the friends decided to head back to the village. They made their way back through the forest, singing songs and telling jokes along the way. When they reached the village, they said their goodbyes and went home, each feeling happy and content after a wonderful day spent with their friends.

From that day on, Tommy knew that his friends were the most important thing in the world to him. He would cherish every moment spent with them, knowing that they would always be there for him no matter what. And so, Tommy lived a happy and fulfilling life, surrounded by the love and support of his dear friends.

Lehat, Ha11

Precious Gem

Happiness, the pinnacle of being,
A state of mind that's freeing,
An emotion we long to embrace,
A sensation that transports us to a happier place.

We know it's fleeting, yet when present,
It steals the show, quite effervescent.
On a cloudy day, a ray of sunshine,
A warm embrace that never declines.

This state of happiness must be treasured,
For life is short, and memories can be measured,
Happiness, on the other hand, can endure,
If we allow it to, of that we can be sure.

So let us hold on to this feeling,
And let it gently heal us, revealing,
That happiness is a treasure, a precious gem,
And when we find it, we must cherish it again and again.

Elias, Ha12



Harmony of Happiness:

A musical journey



As I listen to the music play,
I feel happiness sweep me away.
A gentle melody, soft and kind,
Lifting my heart, freeing my mind.

With each beat, I start to sway,
Dancing to the rhythm in a blaze.
I feel alive, I feel the love,
A happiness sent from up above.

Music brings me such joy, it's true,
A symphony that shines like morning dew.
It's a happiness that we can all share,
A love that's beyond compare.

So I let the music fill my heart,
With a joy that will never depart.
For it's a gift we can all find,
A rhythm that makes our souls intertwined.

Basit ,Ha12



The Beach

It was quiet. The warm rays of sun lay on top of the yellow-white sand like a blanket, keeping it warm. Gentle, dark-blue waves crept up the sand closer and closer to unsuspecting sleepers. The salty water slowly heats up under the warmth of the sun.

Snorkels poked out of the water like spikes, as goggles scanned the sea like metal detectors. Groups of friends digging wildly at the sand disturbed the peace. Families roam the beach aimlessly, trying to find the best place to take a picture.

Small children running out of the sea after the ice cold water licked their legs. The sun slowly disappears into the distance past the large unattractive cargo ships that travel the seas like sheep in their field.

Inflatable lilos sat on the calm water like ducks on a pond. Lifeguards rushing over to help people in need. Sand castles designed and squashed by small kids. Ice cream van playing their soundtrack to the beach.

As time passes and the sun drops lower into the dark cold sea, beach umbrellas reluctantly fold up as tourists filter out. Kids brush their feet, attempting to get the final bits of sand off. Dads pack the car, desperately trying to fit windbreakers into the boot. As the tide grows higher it destroys more and more sandcastles. It is quiet.

Morten ,Ha7

A Universe of Happiness

I stumbled through the dark streets, dragging an injured leg behind a heavy heart,
They hurt me, bit me, scratched me. I only wanted to find someone.

I slumped down on the street, the beating sun on my back,
People pushing past, kicking out, vengeful weapons on leather on their feet.

I lay in the street, every part of me ached in both pain and sorrow,
I felt hands around, a rough calloused net catching me and lifting me from the cruel crowds.
I was scared, muscles tensed, teeth bared. I was instead met with love, turned towards a dirty,
weathered face with years and years of age compared to myself.
Its skin was dull, yet eyes shone bright, blue pools of love and joy,
yet this person seemed to be in the same situation as me, alone.

I looked into those cerulean crevices in it's face to what seemed to be another universe,
one of happiness. One I craved to be in too, and I had just scratched the surface of.

I let it hold me close, warmth and joy washing over me, cleaning away my pain.

So this must be true happiness, I thought, someone who understands you.

Thomas, Ha12

The Village of Happiness

A young girl named Lily used to live in a quiet village tucked away in the countryside's rolling hills. She was well-known for her contagious laughter and beautiful smile that appeared to brighten the entire area. Despite her family's scarce funds, Lily was always happy and appreciative of life's little pleasures.

Lily came across a strange flower that she had never seen before one day as she was strolling in the fields. Its petals appeared to shine in the sunlight and were a vivid shade of blue. Lily pulled the flower from the ground and made the decision to bring it home since she was so moved by its beauty.

Lily noticed that everyone she passed appeared to be in a foul mood as she made her way back to her cottage. Even the birds in the trees appeared to be arguing as the people quarrelled and clashed. But as soon as Lily walked through the door with the flower, her family's expressions burst into joy. As she saw the rare flower, her family was ecstatic, and Lily could feel her heart fill with joy.

Lily's joy appeared to spread like a plague over the community over the course of the following few days. The villagers' smiles increased as their disagreements evolved into happy talks. Even the weather seemed to be getting better as the birds in the trees started singing once more.

Lily came to the realisation that spreading happiness to others would have a positive impact on the planet. The community gained a reputation as one of the happiest locations in the country as she made it her mission to spread happiness from that day on.

And as for the beautiful blue flower that had started it all? Lily planted it in her garden, where it bloomed year after year, a constant reminder of the power of happiness that can transform the world around us.

Eamon, Ha11

A Day at the Beach

We set off early in the morning to get an optimum spot on the beach and one that will be shaded later, so we don't get sunburnt. I love going to the beach, but setting off at 6:30am is way too early for me. I had to drag myself out of bed and rush to get ready, so we could set off on time. It takes 30 minutes to walk down there, so speed walking was the best option to arrive before the crowd - normally about 7:00 am-,and before they start to flood the place.

As we start to lay our things out on the deserted cool Majorcan beach, there was such a nice relaxing and calming sound to hear the waves crashing against the sand bed. However, soon enough the peaceful beach is becoming a lot busier : you can hear adults talking ,children shouting and running around, and some music being played. I start to walk into the cool refreshing sea ,as I am finding the beach to get a bit crowded plus there aren't many people in the sea .The water sparkled like a giant emerald in the sun. A contrasting scenery!

I go grab my lilo and run down into the water as far as I go until my head is just about above the water. I have my black and yellow snorkel on and I jump on top of the lilo , I put my head into the water and WOW, it is beautifully amazing under here! I have to use my arms to paddle further around so I can explore further from the shore. There are fish after fish: small sardines swimming in little groups, a few big fish groups of about 4. There are some beautifully coloured fish of various sizes and types too as well as a significant amount of corals.The abundance of fish in this spot of the sea is mesmerising. I have my go-pro with me ,so I take photos of each different type of fish and corals I see. After a while, I start to head back to my sister and my family. We all play together on the beach, and have an excellent time playing in the sand, burying each other and digging holes that we can fit in.

We go and head to have some lunch, so we go to the well stocked local shop and purchase some baguette, ham, butter, and mayonnaise and make some tasty sandwiches in a parthotel room for all of us to enjoy. As we go back to the beach to sit down and start eating, we hear the 'Ayy Cocomelon man' as me and my sister call him. He is a local who sells fresh fruits from his wheelbarrow - his melons and coconuts are delicious and refreshing so we go and buy some.

As we head back at 3:00pm to the hotel ,we all have a giant grin on our faces, and we are all talking about how fun it has been being in the sea , playing on the beach and enjoying some freshly made fruits and having a lovely time all together.

Louis ,Ha8

Basking in Bliss



Basking in my bliss, I feel content.
The sunlight brightens my spirit with its warmth.
The birds sing sweetly, inviting calm.
The breeze assures me I'm safe and sound.

The sky so blue, it stretches unfathomably.
The flowers ever-fragrant, inviting joy.
The laughter of loved ones, a reminder of elation.
The peace in my heart, a reminder of hope

My body is relaxed, my heart is at ease,
My mind is free, my soul is content.
The moment is perfect, my bliss is complete.
A feeling of joy I'll never forget.

Joseph ,Ha11

Train to Falmouth

As I boarded the train, I took my seat, and put my luggage on the see-through platform above me; and got myself comfortable. This was going to be a long one. The train journey from Leighton Buzzard to the ends of the earth of Falmouth. The morning started as any British travellers should perhaps; going down to big Tesco to grab a meal deal; just in case I got a bit peckish. Last time I went on a plane for food, the prices were sky high, so for my train budget, I didn't want to go off the rails!

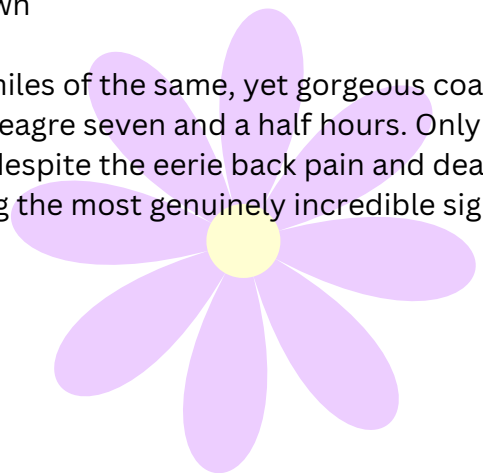
Leighton Buzzard is a dinky inconspicuous station where conveniently the barriers are always open, so, really there isn't a need for a ticket. Its then a half hour shoot into London Euston. The Euston euphoria is something I had grown used to on all my trips to London in my time. It encapsulated the chaotic and busy nature of the working person's city. When I'm in London, I always feel like there's a certain expectation to move quickly, like clockwork, like business. It's quite intense as I was putting pressure on myself, besides, the last time I attempted a journey that was this long to Bristol, I ended up in Birmingham! At least it shows I know my alphabet. With the zip of adrenaline I ascended down into the dank underground for 30 minutes or so, only to reappear in London Paddington. Naturally, in my hastened movement, I had arrived there 40 minutes earlier than expected, so at least an hour before anything would show up on the board. I joined the gaggle of people, sat round slick wooden benches, and gazed up at the arched ceiling which felt as if it could go on for miles. It does become quite monotonous staring at them yes, but, they're nice. Once my arch gazing session had come to a close, it was back into business mode, or as some may call it, airport dad mode. The kind of mode a guy slips into if he were intent on travelling well, and you bet he's bringing everyone with him.

So here I was, where I started the green seat, the opaque platform above with my luggage, and we slowly trundled out of the station, leaving the glass arches in the distance. We did not stop until Reading. The train was like a powerful industrial machine, non stop, we'd be there in no time. That is until, of course, until we reach mid Devon. For some reason as soon as you get to a particular threshold, and I can't pinpoint where, everything slows down. You see when you're going to the end of the world, all the roads become single way and surrounded by bushes, and sends you round 359 degrees to go in an ultimately straight line, and that is no difference with the trains. The trains are forced to ascend above the vast landscapes, round hills and roads and fields. So slow, so monotonous, so, so boring. Sleep inducing, phone using, intensely to pass any time humanly possible. There was a point however, where I just had to look up, and everything slow and monotonous became worth it.

In my eye line came a sweeping hunk of coastline. As more of the water came in to view, I became filled with wonder and excitement. The cliffs rose far above any small containment of the carriage I was in, dingy in comparison. We continued to rattle along the cliffside, the roaring blue seeming never ending, wanting to envelop us all, however today it clearly felt restrained. The waves still crashed with force against the beach, but to me, they were each gushes of joy. Soon enough the rickety tracks had even developed in to bridges, and somehow towns. The kind of town you don't quite know how it got there, because it's so far away from anywhere but it's actually nice. For me I call it Plymouth. Ships with long white masts now lined the flowing water, still like a silent armada. The industrial buzz of passing through Plymouth filled the carriage, and so did seemingly the entire population of the town

That's about the last significant thing we saw. From here it was just miles of the same, yet gorgeous coastline, all the way to the end of the earth, known as Falmouth after just a meagre seven and a half hours. Only when standing up again did it dawn on me how long it had been. However despite the eerie back pain and dead leg, the inside of me was still filled with happiness, utter joy, after witnessing the most genuinely incredible sights I had ever seen

Tom, Ha13



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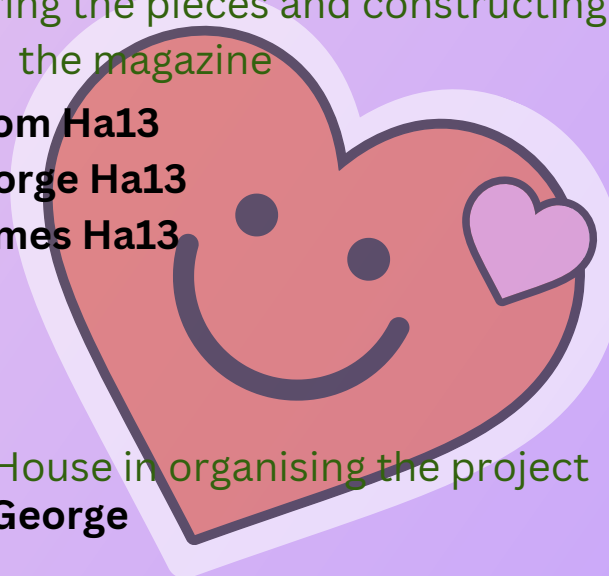
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