



THE PARTICIPATION TEAM



Creative Writing Competition Entries by our Kent Children in Care

*'Create a poem or creative writing piece to tell us
who's been helping you during lockdown, and what
makes them your hero!'*



May 2020



HEROES

The thing I love about my family
Is they're all so fun
They love you how you are
They care for everyone

And it doesn't matter
When you feel upset or mad
They make you realise
You have no reason to be sad

Because they are there for you
No matter who you are
And they will always be there
Even if you're far

So thank you all the carers
For being our second mum and dad
We love you all the world
Even if you're a bit mad !

My Hero

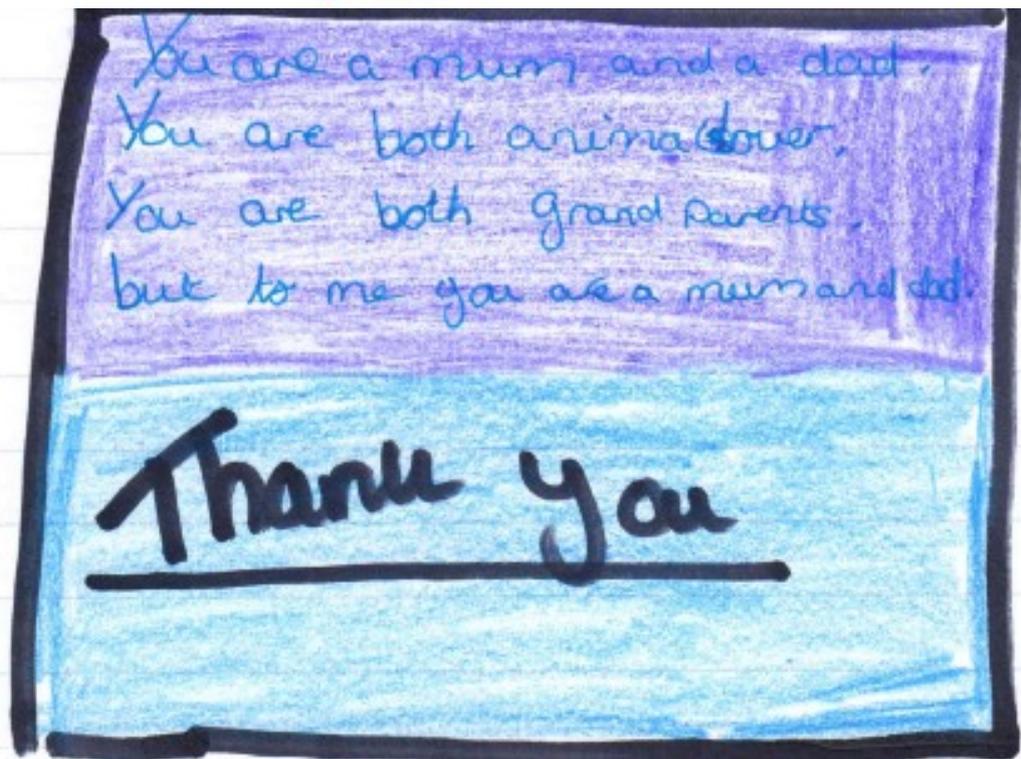
My hero is my wonderful foster sister Sophie. She is like another mum to me. She is always looking out for me and she is always caring. If she was not living with me, I would be so bored to death. She has helped me in so many ways. I think she should be in the Guinness World Records for the nicest person in the world. She does a lot, not just for me, but for everyone in the family. For example, she plays with me, she is a charmer and she is trustworthy. She cooks cakes and lets me eat them. That's why I'm proud to call her sister and my hero.



Laura, {my carer} is my hero because she helps me understand about bacteria and viruses especially at this time .We do many fun things in the house such as arts and crafts, we have funny conversations, we do chores but Laura makes them fun . We do the gardening and practical jobs in the garden sometimes if we do a good job we get extra pocket money. Every night I write Laura a message like good luck for work and love you on a piece of paper and she writes one back for me to see when I wake up. Every Saturday we watch Britain's Got Talent and we all have a laugh. Whenever we have spare time we watch Teen Wolf on Netflix. She is my hero.



To Anita + Paul.



My Heroes are my Foster Carers Deb and Ian
They work hard and give us plenty,
When we're in need and they give us their hand,
and pick us up again to help us stand.

When you're sad and just a little bit down,
they turn our faces upside down.
Our Foster Carers are super fun and cool.

If we have a questions, they answer it with positivity
My Foster Carers home is where I'm meant to be.



NHS

NHS is my hero because of what they do to save people's lives. The NHS is doing everything they can, I am proud and happy. If we do our part then we can get out of this mayhem. The NHS is the best so far to me, I can trust them and I think they are very reliable. They are trying everything every day to save people's lives and they are trying everything they can do and right now they are probably saving someone's life.

If I was at the NHS I would let them do what they need to do, some people might be scared of doctors and nurses by some people might not like going to the doctors but the NHS can be trusted. I trust them and I am really happy for what they do. NHS is helping people every day and do not stop. They still do what they have to do, the NHS is my hero because of the time and energy they put in because of the Coronavirus.



Whilst I've been in lockdown, I have realised how lucky I am to be a Foster Child. Before all of this happened, I never knew if being in care was a good thing, and if I were blessed.

I didn't think about having a hero in my life either, but now my hero is my Foster Carer Hayley. She's always there for me and she's someone I can trust. Before I couldn't trust anyone.

She knows if I've done something wrong and she helps me. So now, I appreciate the fact I'm in care because she'd never hurt me. I love my family.



Dear Child of our future

There was a virus known as Coronavirus (Covid-19).....

I'm writing to tell you about my time during Covid-19 in 2020. When it all started things started to change especially shops, there was no toilet paper or hand gel, people weren't thinking about others which is quite selfish.

As days went by the virus started spreading and people started to get paranoid so they decided to stock up and get things that have long dates like pasta and rice. The virus got really bad it was beginning to suffocate the world.

The schools were closed down and all restaurants closed.

The supermarkets had restrictions; you had to keep yourselves 2m away from other people this was known as social distancing.

The roads were empty and the skies were clear, as the country got Locked down.

During this time I experienced and learnt so much. I was home schooled and this was to keep the country safe. I missed my friends and teachers. Being home schooled wasn't so bad, I was lucky to have the chance to have my school shirt signed on my last day as we went into Lockdown and receive an autograph book for all my friends and teacher to sign and leave messages in.

I kept myself busy with plenty of crafts, I made a Rainbow as a sign of 'Hope' and put this in my window, this made it fun for smaller children to look for when they were out having their exercise with their parents. I entered competitions, an Easter picture competition and a baking competition, I won vouchers for both, I couldn't believe it.

During Covid-19 contact had to change from face to face to Skype with my little brother and my mum, we were able to use this time to play virtual games such as hang-man and the yes/no game.

I never thought I would be able to play a musical instrument, I learnt to play the recorder, my foster carer taught me, I found it difficult at first but I didn't give up and I carried on.

After a few weeks I started to get bored so I made a time-capsule for when I'm older to remind myself of this time.

We have made a lot of games up, we created gnome racing, we had 6 gnomes and 2 dice, the dice said which gnome moved and how many spaces to move forward. We have done a lot of baking of biscuits and cakes and the one thing we have done is have family time together.

So my heroes are Andy and Cheryl, my foster carers, they have supported me through everything and also kept me on my feet and I love them, so thank you for reading my letter, I hope you liked it.

[Redacted signature]

My Super Hero

My Hero is my Foster Carer Kathy.
During this lockdown, I will always come to you.
Even through this weirdness, you still make my dreams come true.
No matter what happens, I will always be proud of you.

I also have a fabulous family,
With amazing brothers,
I am so glad I live with you,
I look at you as my Mother.

No matter what my behaviour is,
You will still love me for myself,
You love and respect my wishes,
For that, I send you my love and
kisses.

Anyone can be a superhero
But when I look at Kathy,
She always sees the best in me,
and always makes me happy.



My Poem for the NHS

*Roses are red
Violets are blue
we thanks our carers
for helping us.*

*When we clap our hands,
or just make some noise,
when we paint rainbows
as a symbol of hope.*

We thank you for all your help!



My Hero is?

NHS

My hero is the **NHS**, they have been very good and patient, also they help a lot of people, they go to work every day they have to wear PPE to protect them from the coronavirus. We thank them so much and they have to go to work even if they're tired. Some of them have to do a 12 hour shift that is hard work. Some can't see their family because they want to isolate on their own. Some might live in the shed or just isolate in their room, some have to see people go which is very sad. So stay at home protect the **NHS** and save lives. And also clap for carers to show that we care about **key workers** especially the **NHS**.

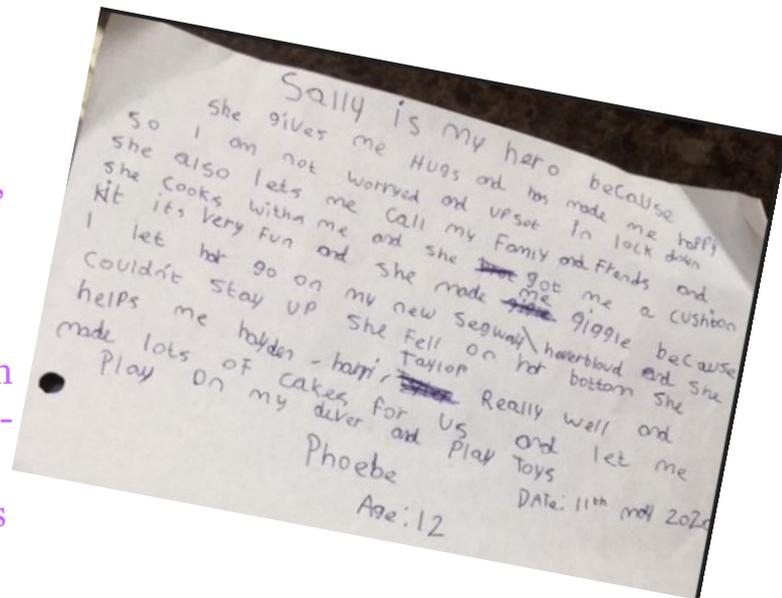
My Foster Carer Sally is my Hero because she gives me hugs and has made me feel happy.

When I am worried and upset in lockdown, she also lets me call my family and friends.

She cooks with me, and she got me a cushion kit, its very fun.

She makes me giggle because I let her go on my new Segway hoverboard, and she couldn't stay up and fell on her bottom.

She helps all of us really well and made lots of cakes for us.



My hero is Laura . The reasons why Laura is my hero is because:

Laura makes me feel safe.

How Laura has been so caring and supportive when I've been feeling down and upset she's there and always cheers me up and makes me laugh.

We all have chores in the house but it's not boring we all make it fun.

We do fun things in the house such as: arts and crafts, the gardening, we all have a laugh and joke at the table, we go on walks and we all watch films together in the lounge.

When we have a laugh and joke it makes me laugh it doesn't just make me laugh it makes me feel like I'm home.

A couple of days ago we all sat down in the lounge and Laura spoke to us about Covid-19 we got shown some Covid-19 videos because we are kids we didn't really understand, we all clean our rooms and make sure there is no bacteria in the rooms and the house.

Every night we write Laura a letter to say how much Laura means to us. The whole family knows what bacteria is, we have hand sanitizer in our rooms, when the family comes home from a walk or something we go straight to the kitchen and wash our hands for 20 seconds and then sanitize.

Over all Laura means so much to me she's my world x



My Superhero

Col is my carer, he helps me with lots of things, he has show me new skills in building making me fell happy. He had found a Chinese takeaway—one of my favourites—he got me king prawn rice and BBQ ribs.

He spends lot of time with me making me laugh, he listened to me, he has let me stay up later than normal and have lie-in in the morning and helps me with my home-work and school work I am doing- this is why he is my superhero in lockdown.



My Heroes

The best hero you will ever meet is Mandy,
the kindest carer as a lady,
but men is her husband Chris,
he might be the man hero,
he crushes my Weetabix and puts them on the table with a spoon,
during quarantine. Mandy brushes my hair gentle and smooth,
he sweeps the garden with a big broom,
ready for the summer season for me to go in the pool,
he drives a big van,
and I am his number one fan.

I love where I live,
as it has a balcony,
it has the best carers you could ever have,
as they keep in touch with my Mum and Dad,
they have a swimming pool with a big garden,
they have a great family,
and I live with my brother and sister.

I clap every Thursday for the NHS on the balcony,
in the house,
as I want the best,
I get help on my homework,
but Mandy is not good at Maths,
and they are good at most things.

My Heroes

The best hero you will ever meet, is Mandy.
The kindest carer as a lady.
But, men is her husband Chris,
he might be the man hero.

He crushes my Weetabix,
and puts them on the table with a spoon,
during quarantine,
Mandy brushes my hair, gentle and
smooth.

He sweeps the garden with a big broom,
ready for the summer season, for me to go
in the pool.
He drives a big van, and I am his number
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I love where I live, as it has a balcony,
it has the best carers you could ever have,
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WHO IS YOUR HERO?



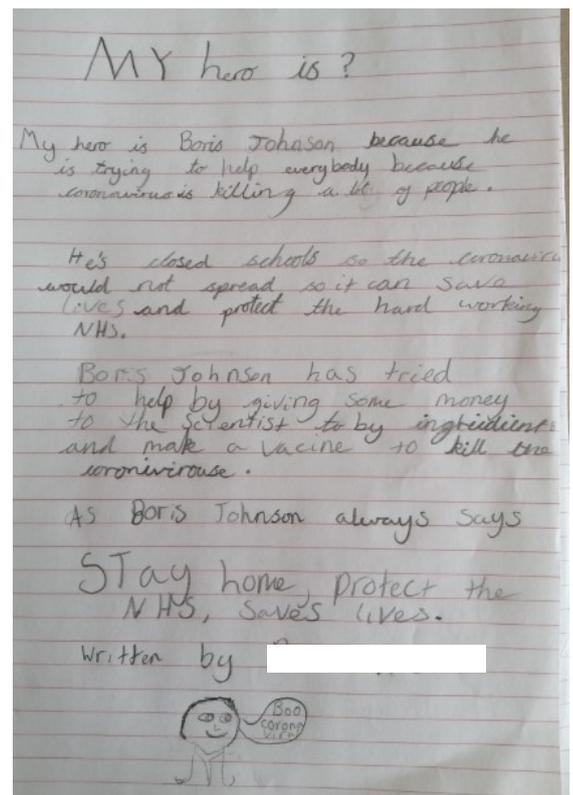
To my hero carer Ashley,
I'm writing a poem,
I'm 15 and my name is -
She been helping me through this pandemic,
She really is so epic,
To pass the time she brought a jigsaw,
It was too hard so when they offered me to join, I ignore,
She helps me with my education,
During lockdown she helps me with my frustration,
She does loads of activities in my home,
She's so funny, but her height is like a gnome,
Ashley my hero for lockdown,
If not for her I would have a breakdown.

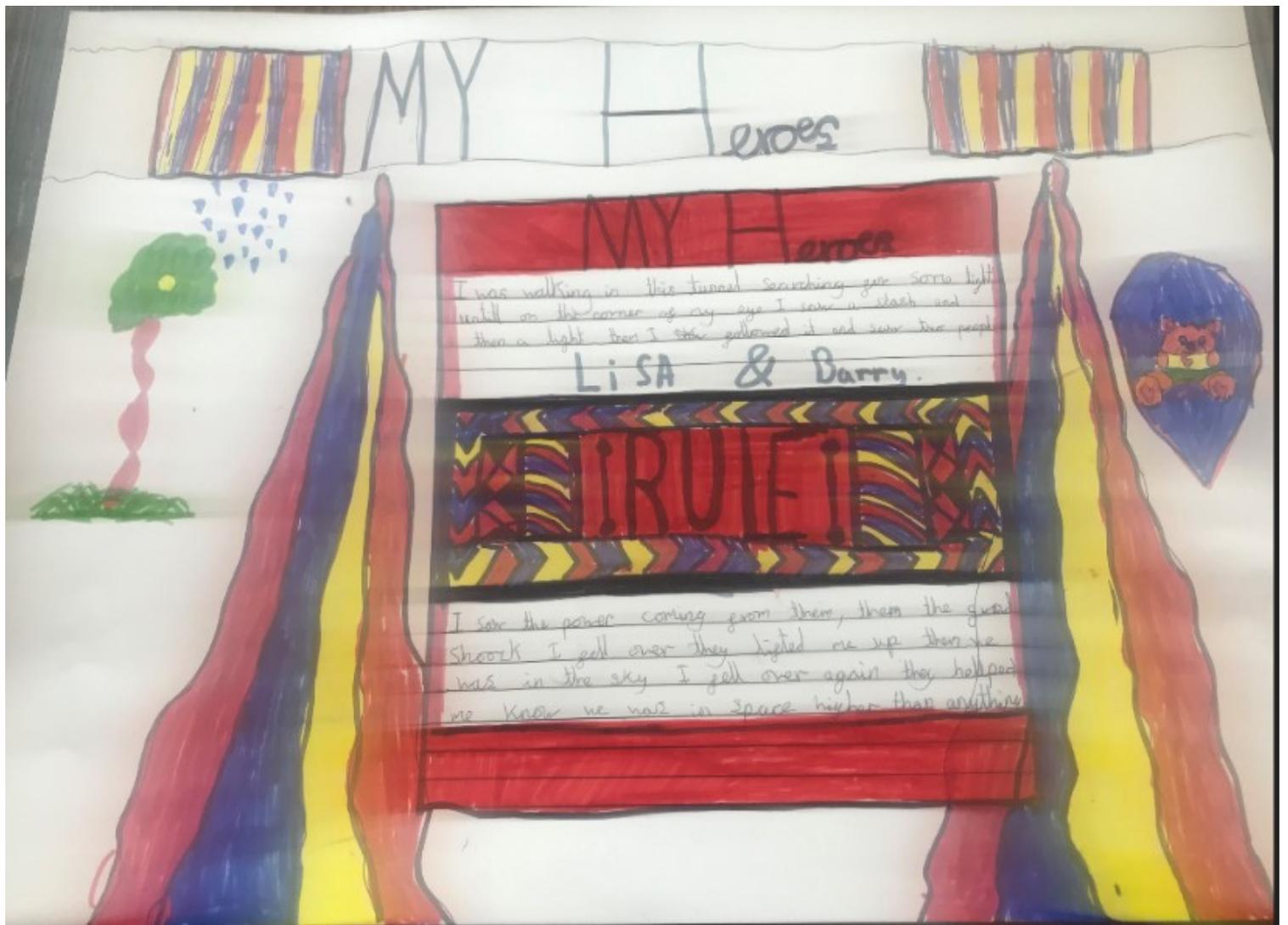
My hero is Boris Johnson because he is trying to help everybody because Coronavirus is killing a lot of people.

He's closed schools so the Coronavirus would not spread, so it can save lives and protect the hard working NHS.

Boris Johnson has tried to help by giving some money to the scientists, to buy ingredients and make a vaccine to kill the Coronavirus.

As Boris Johnson always says, stay home, protect the NHS, save lives.





I was walking in this tunnel, searching for some light, until on the corner of my eye I saw a flash and then a light. I followed it, and saw two people - my Foster Carers Lisa and Barry.

I saw the power coming from them, the ground shook. I fell over and they lifted me up, then we was in the sky. I fell over again and they helped me, now I was in space, higher than anything.

