



# Our Scrapbook of Hopes

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We have seen some lovely artwork over the past ten months, and we would like to share this creativity with families all over the world.

We believe that mental wellbeing is very important, we want you to take some time out to create and reflect on the hope that we bring to each other every day.

The Book Of Hopes shares the virtues of optimism, creativity and kindness. We wanted our pupils to have an opportunity to share some wonderful words, pictures and photographs representing these virtues.



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## Optimism *Chardīkalā*

*'Nanak says, with the mediation of Naam,  
comes ever ascending optimism [Chardikala],  
and the well being for all'*

**THE DAILY [ARDAAS] SIKH SUPPLICATION**

*'A pessimist sees the difficulty in every opportunity;  
an optimist sees the opportunity in every difficulty.'*

**SIR WINSTON S CHURCHILL**

Optimism is a positive, cheerful outlook. When we are optimistic, we are hopeful even when others have lost faith. We believe good has the power to prevail. We do not allow ourselves to be dragged down by setbacks or losses. It comes from having a positive attitude. We embrace challenges with confidence and vitality. We are problem-solvers, not complainers. We trust that everything works together for good. Nothing can destroy our hope.

### Signs of Success

I have a positive viewpoint.  
I have faith in all circumstances.  
I trust in positive outcomes.  
I focus on solutions rather than problems.  
I see a brighter future.  
I do things wholeheartedly.  
I smile, laugh and enjoy what I do.  
My hope is resilient.

I am thankful for the gift of Optimism. It makes life simply wonderful.





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Amrit

This artwork is called hope.  
The light parts represent all the hope  
shining through the dark



Jasneet

One day or Day One?



National  
Literacy  
Trust

Bupa  
Foundation

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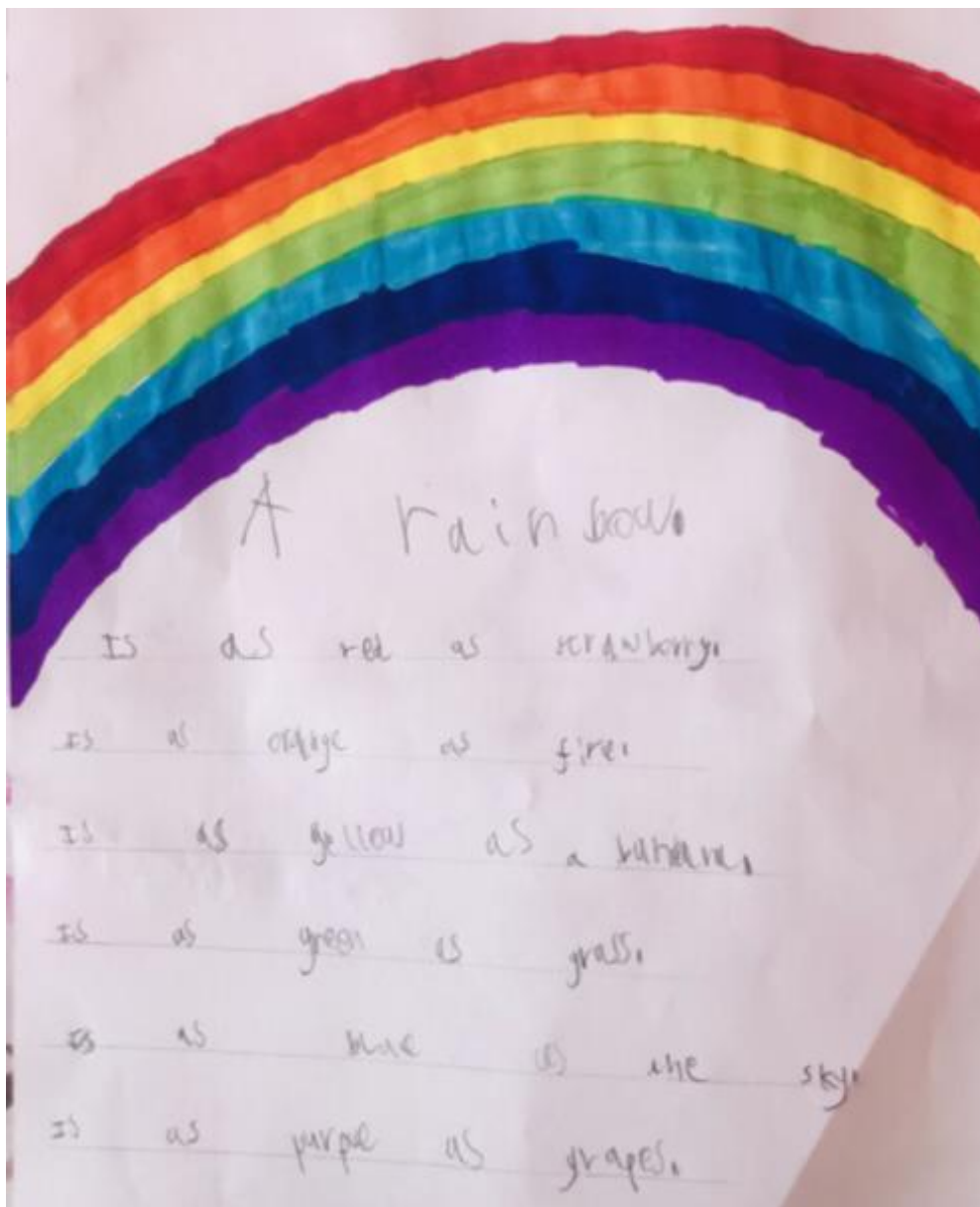




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Sanmaan  
shared  
some words  
about a  
rainbow.





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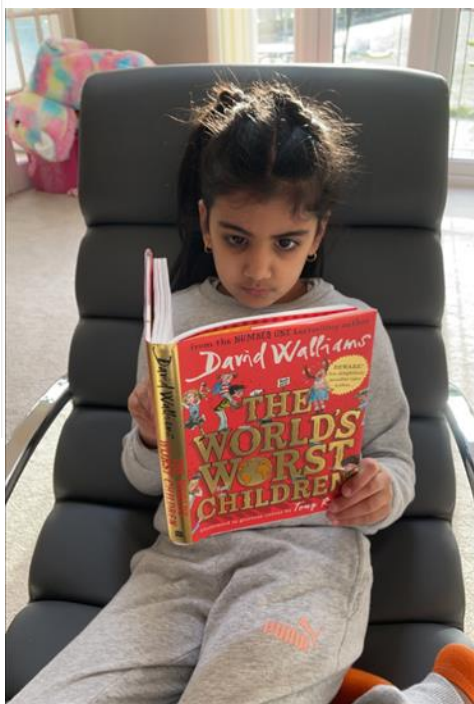
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Creative Home Display



Kuvén  
and  
Bhuvén



Harveen reading a new David Walliams book, her favourite author.







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Angad hopes for more greenery



Prabhjot loves reading





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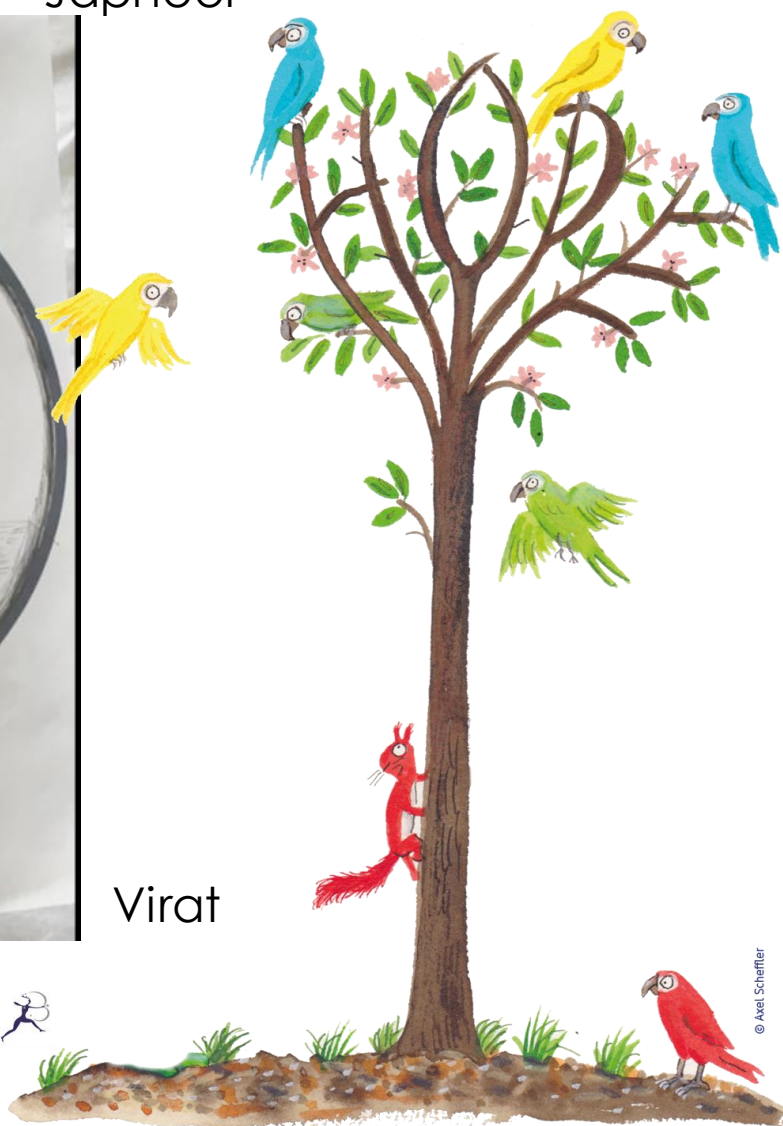


My art shows hope ,  
because you need hope to  
believe that in every bad  
situation there is always a  
solution. The golden moon is  
the hope and the darkness is  
the bad situation.

Japnoor



Virat



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In the dark there are some  
things that light up  
Jasmine



Gurjap







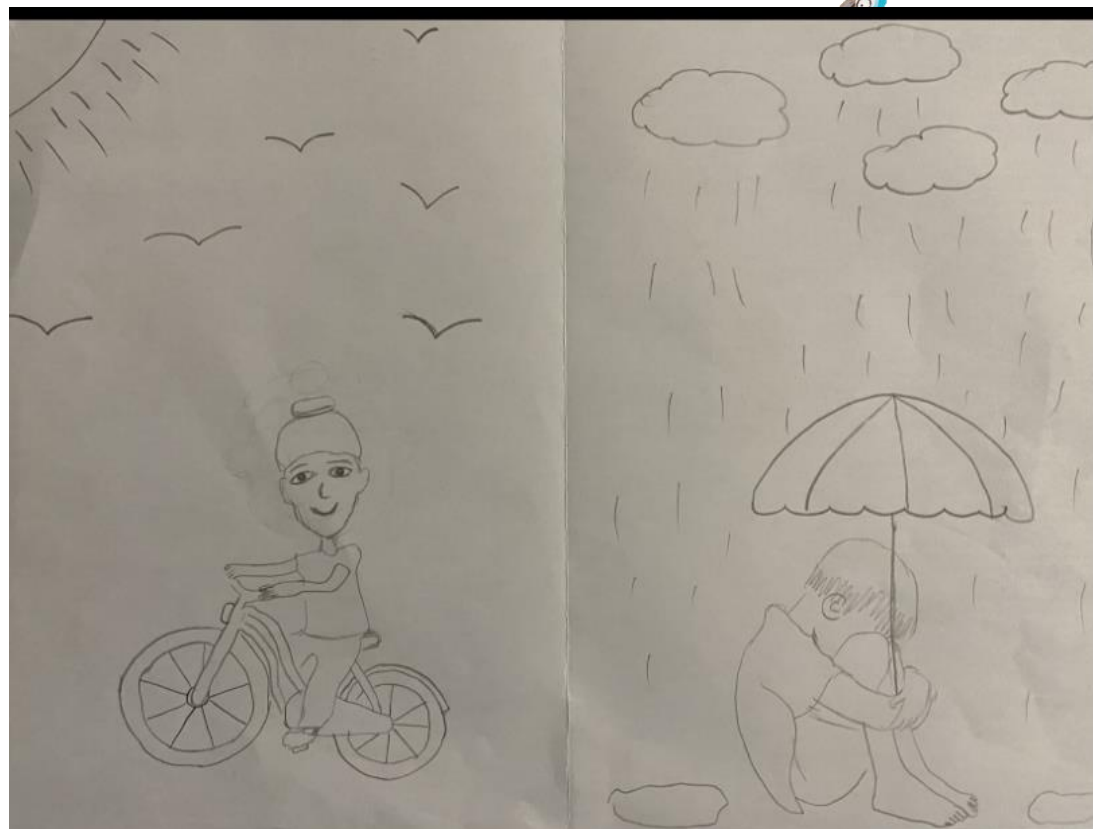
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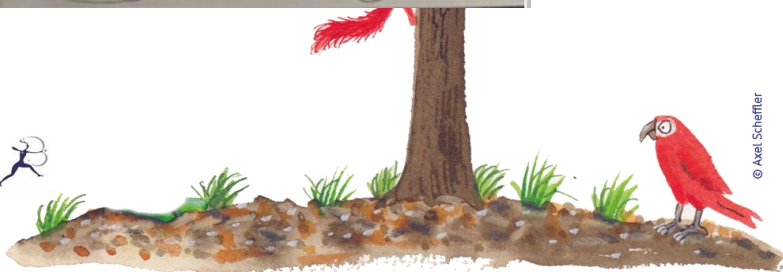


After a storm, comes a rainbow

Shaan



Arjun



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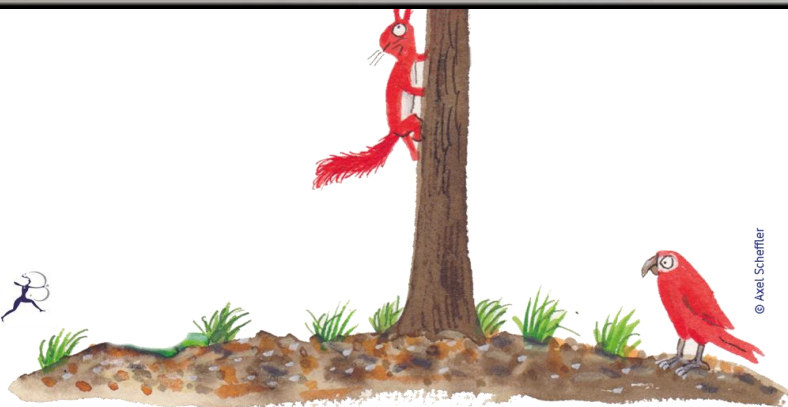
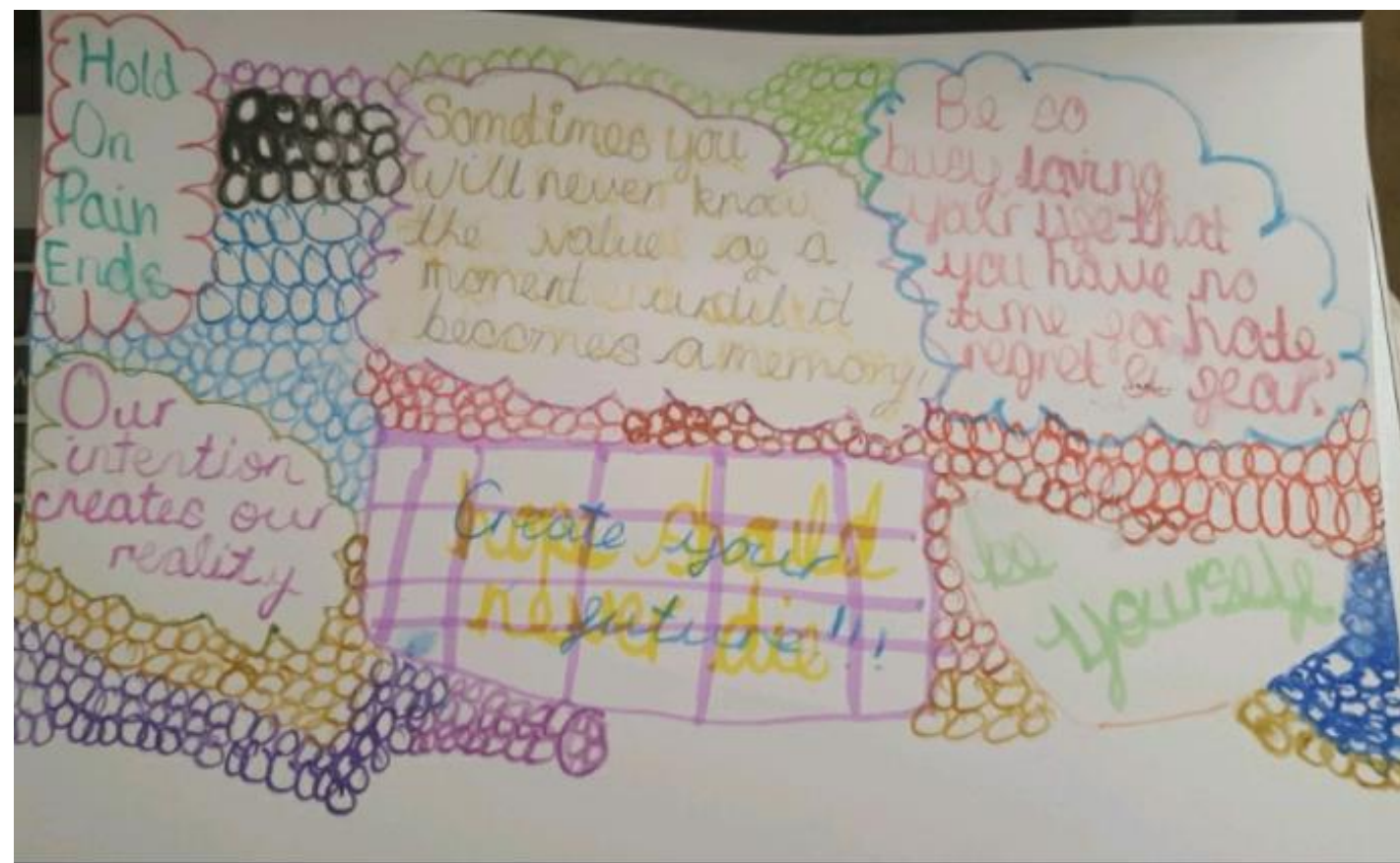


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Our intention creates our reality

Suhaavi

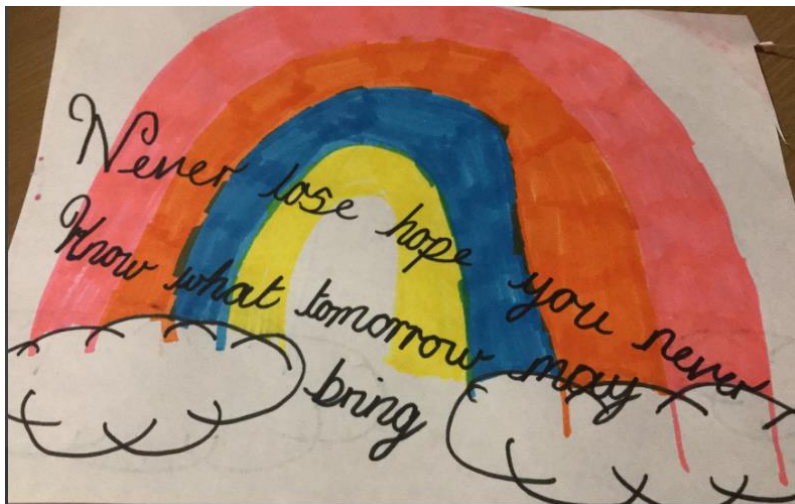






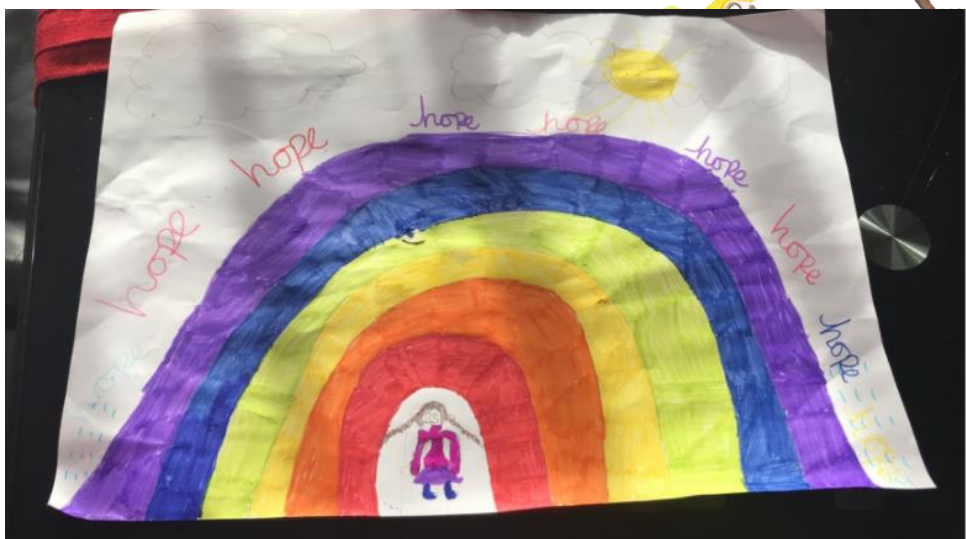
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Hope

By Sahej



Picture of hope  
Amrit





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Amreet  
Love

Hope Saayam

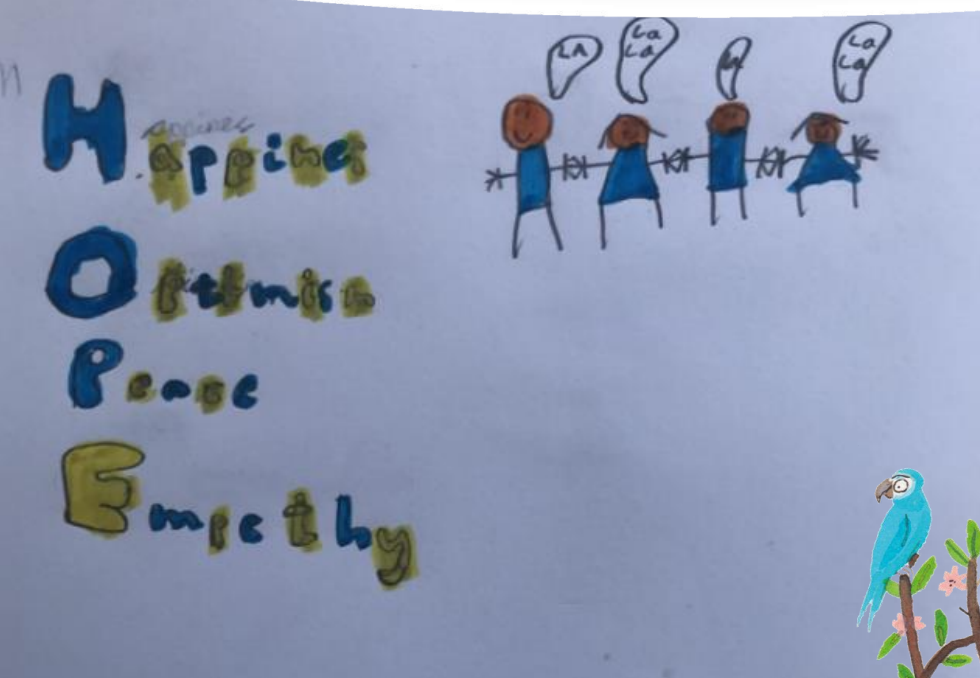






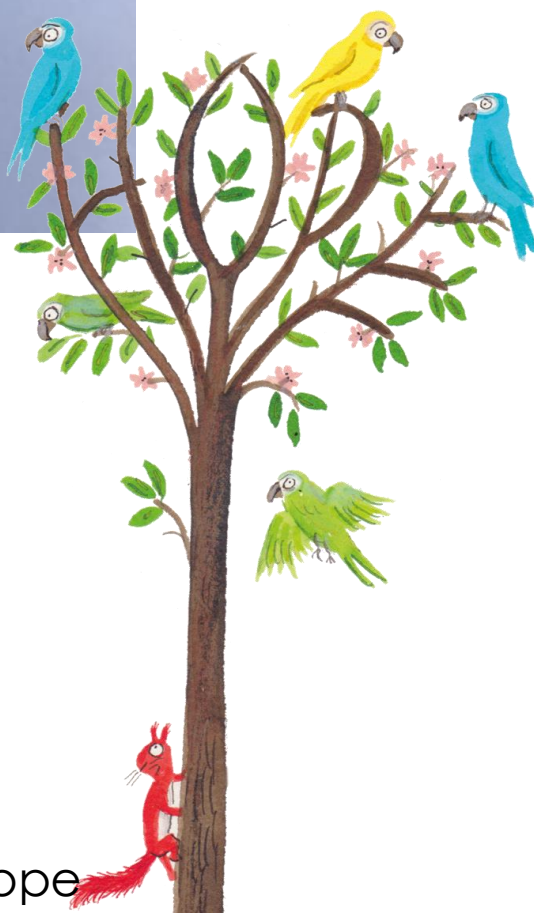
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Hope

Khankhor



Aljt  
Art for hope





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Gurdaas enjoying an online story



Hope

Sehaj

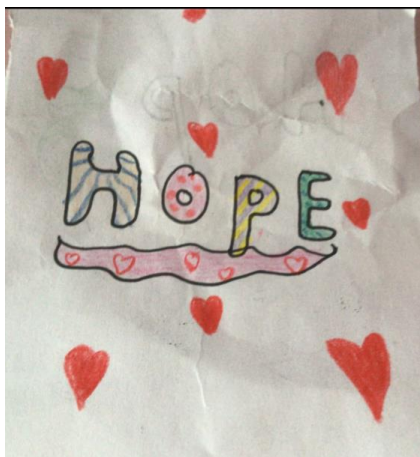




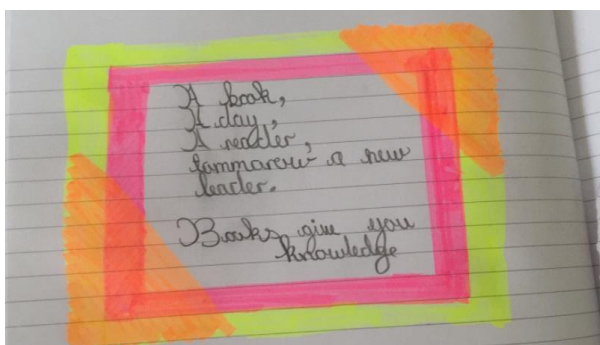


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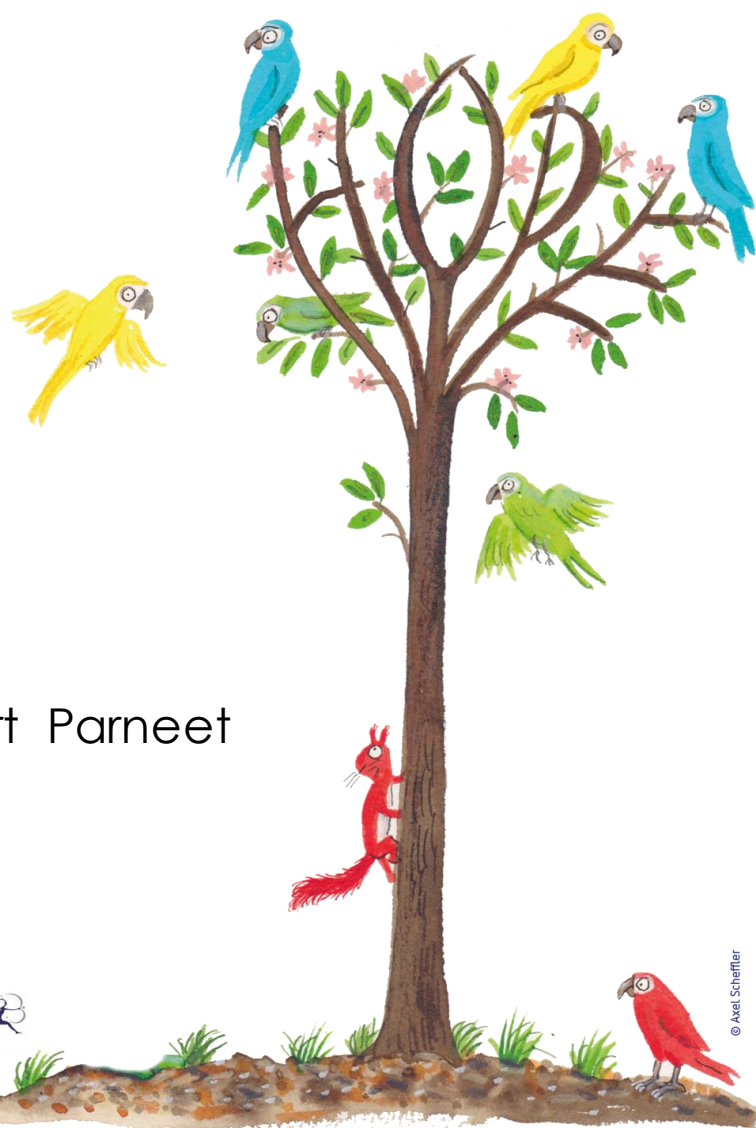
Hope Pavan



The power of books  
Radhika



Art Parneet





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We so busy  
loving your  
life that you  
have no time for  
hate, regret or  
fear.

Gurpaarus







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On one side of the hill there  
is sadness, as they climb the  
hill they find hope.

Nirmaljot





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Where there is  
Love there is HOPE!



Where there is  
Kindness there is  
HOPE!

Hope!  
Simrit



Nimrat







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Udham started to read a new book today



"It's okay to be different"  
Avneet





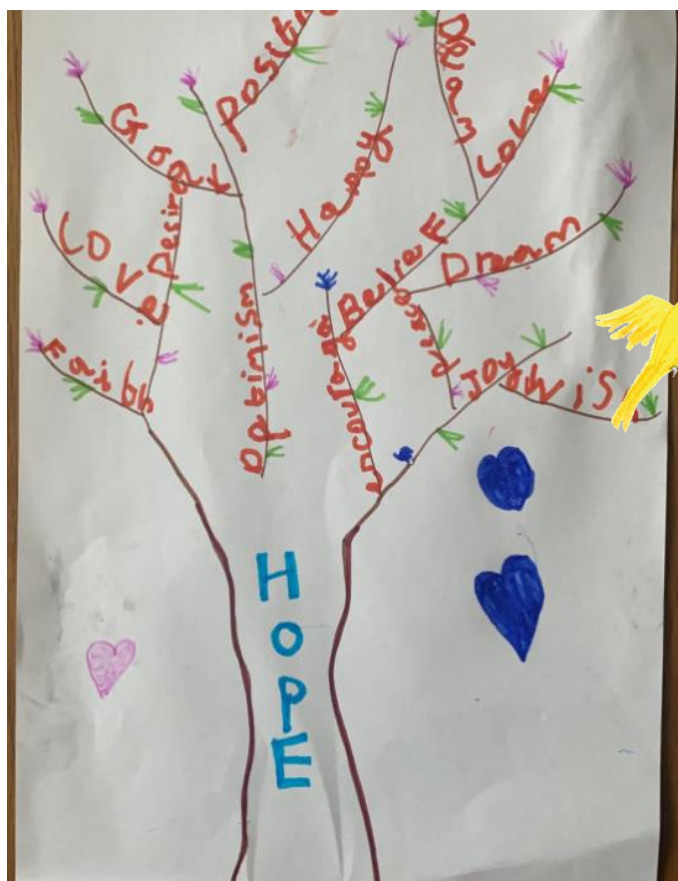
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Veeraaj thinks hope is about rainbows because they are colourful and create a happy day.



Jasmine's Tree of hope





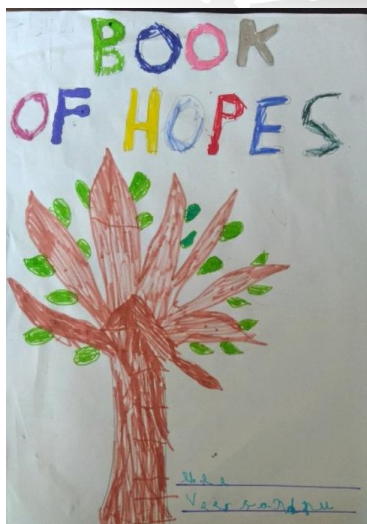


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Veer



Manraj



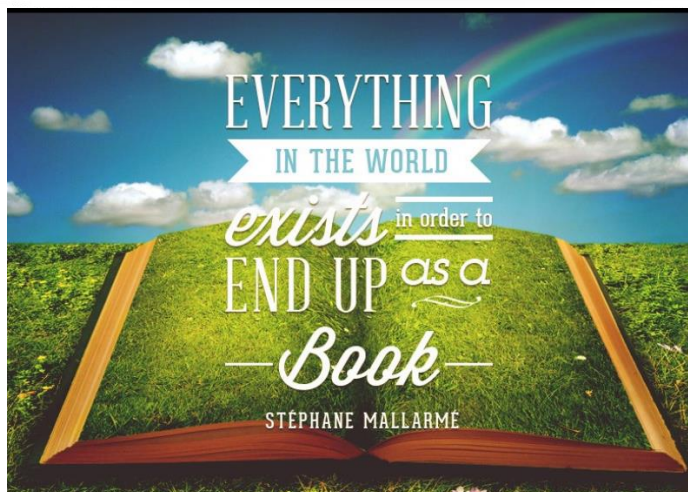
Mohkam is hopeful about the vaccine



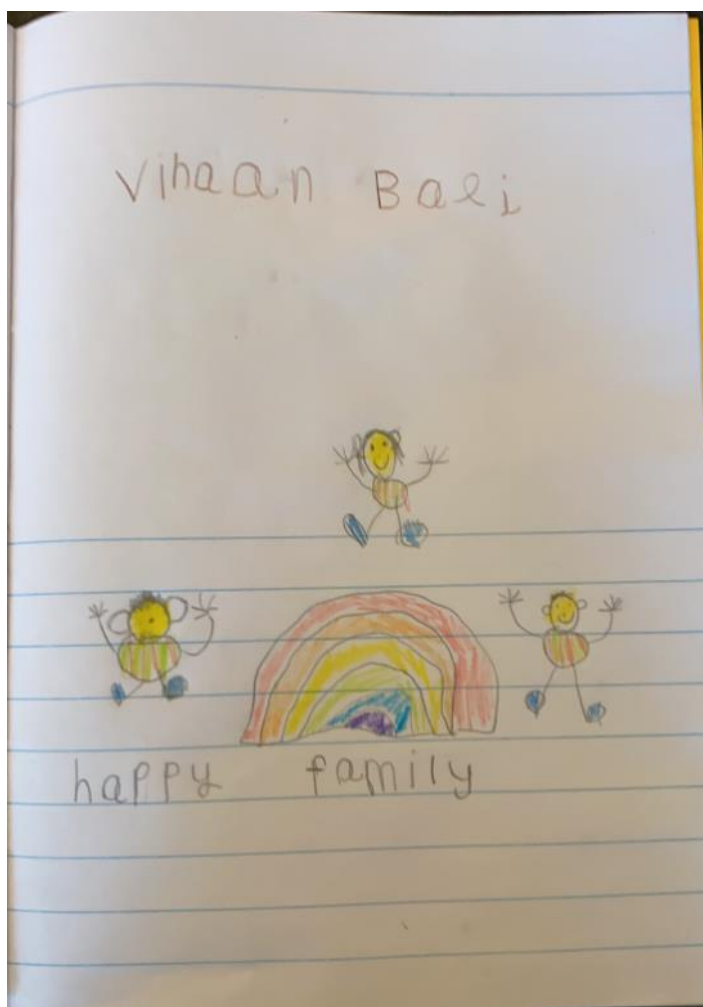


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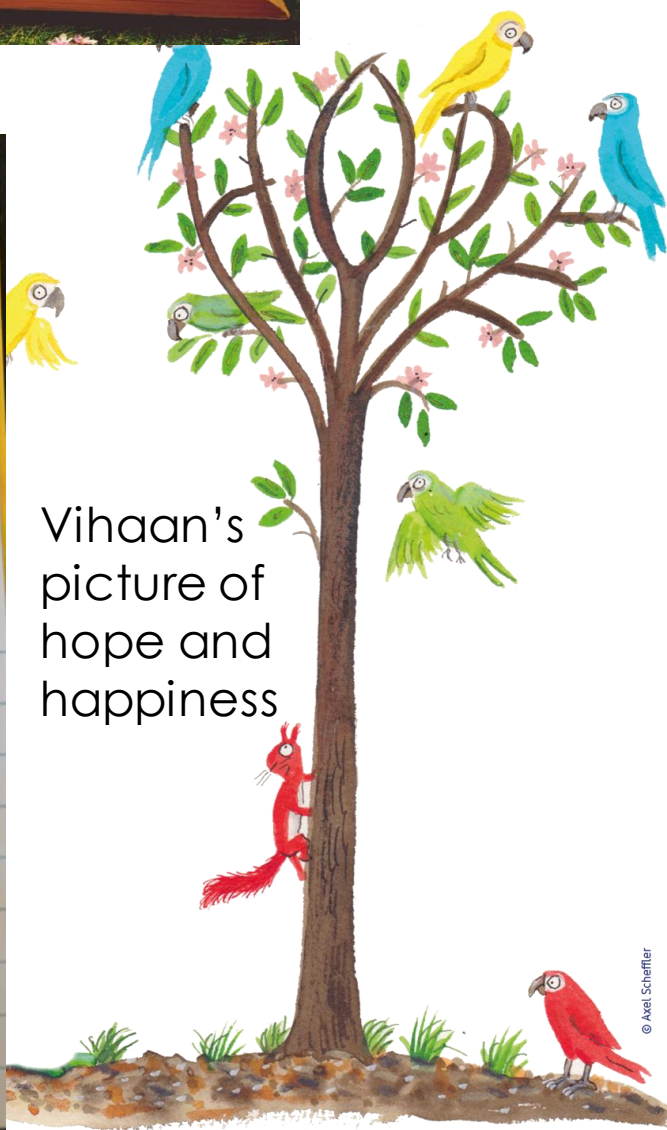
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Wedh



Vihaan's  
picture of  
hope and  
happiness

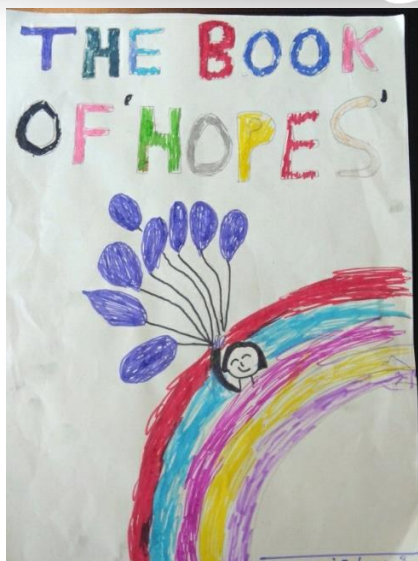




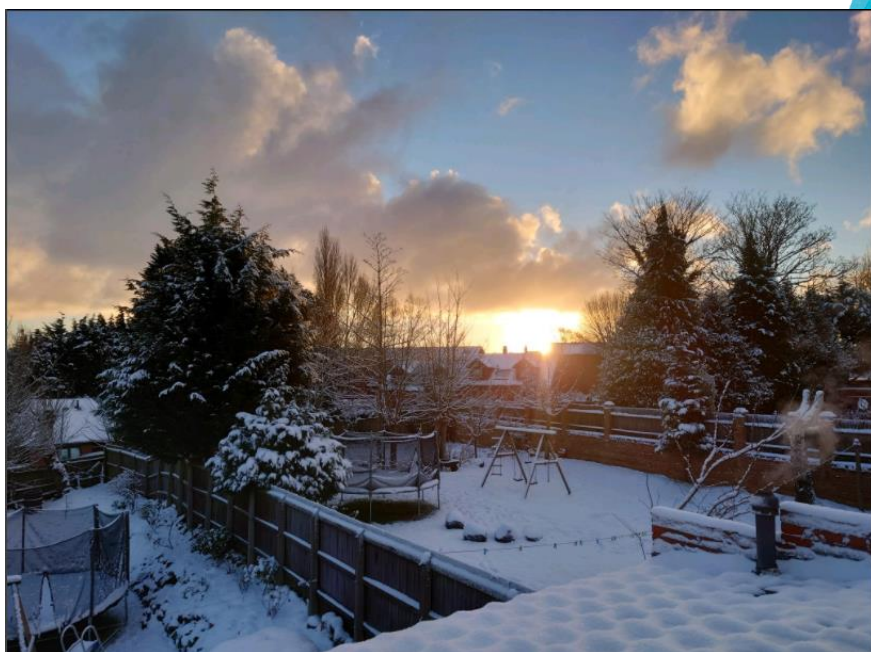


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Vaishali



Rays of sunrise over snow capped roof .... A ray of Hope!

Meher





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## The Magic Of Hope

Look high up in the sky  
Where birds fly  
You only need to look at the trees  
And hear the soft hum of the bees.

All around love and kindness can  
be found.

Take a moment to think  
And let it all sink in.

The word is hope.  
It helps you to cope.  
No matter what if only you believe  
That is the magic of hope you see.

By Vismadh Kaur Sandhu

Year 8 - Compton Cox







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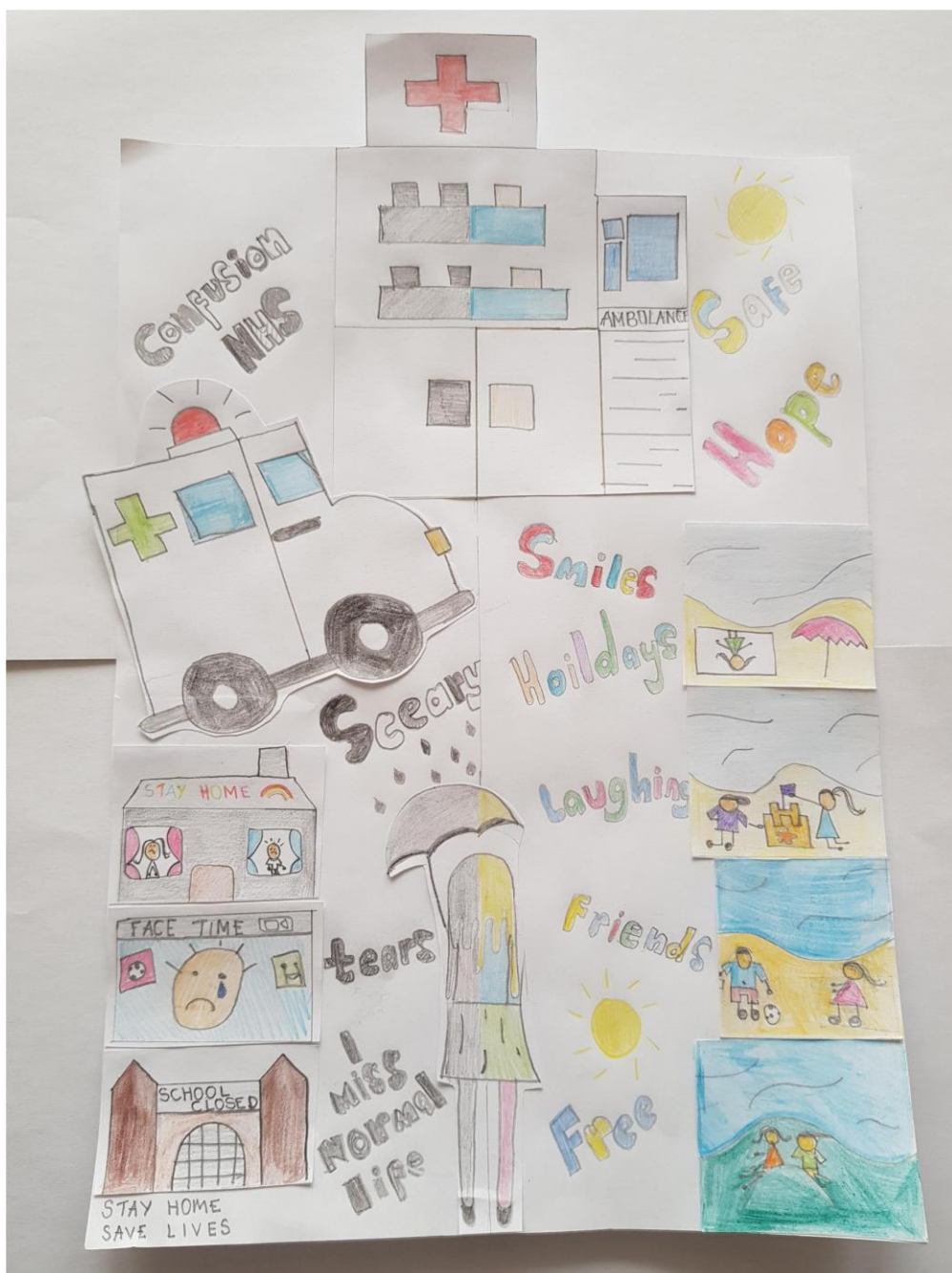
## Changes

### Bhajan

One side represents the current situation we are on at the moment.

Uncertainty as we don't know what is happening with the country at the moment.

The other side is going on holiday with family, Making memories again, chilling with friends again, having freedom back to enjoy and grow. This is all Shown through Optimism and hope for the future.





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Taaj's  
Poem  
F2

When we have hope it helps us cope  
with dark days  
Every cloud has a silver lining my mum says  
I have hope when it rains and I wait  
for the sun  
I hope that friends will get together again  
soon and have fun  
Every dark has a light  
Just like stars in the night  
I hope my family and friends stay healthy  
and safe from all the bad things and go  
out one day and hear the bird that  
sings

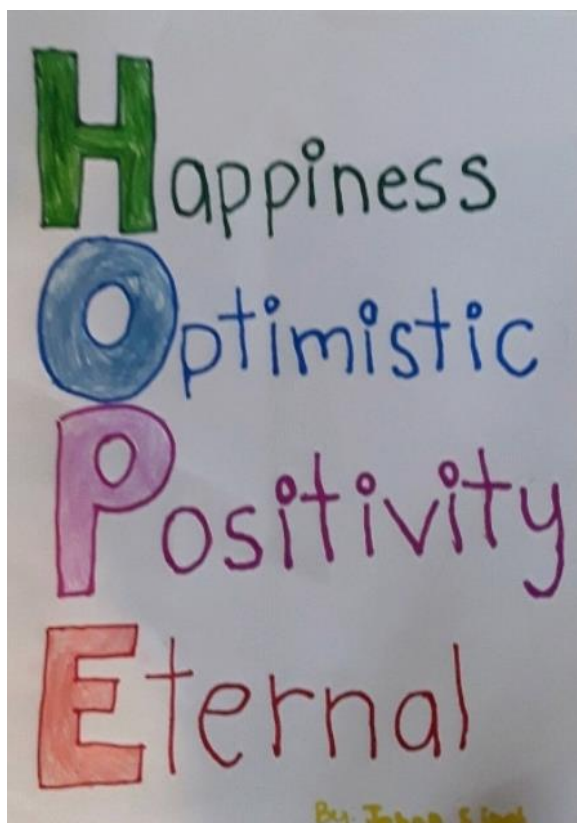






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Joban's Poem  
F2





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Pavneet's Picture  
F2



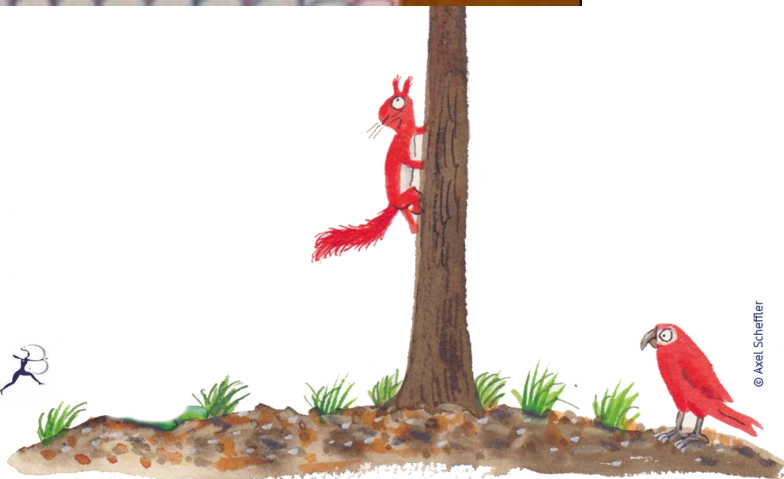
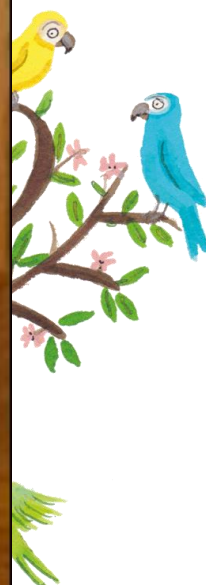




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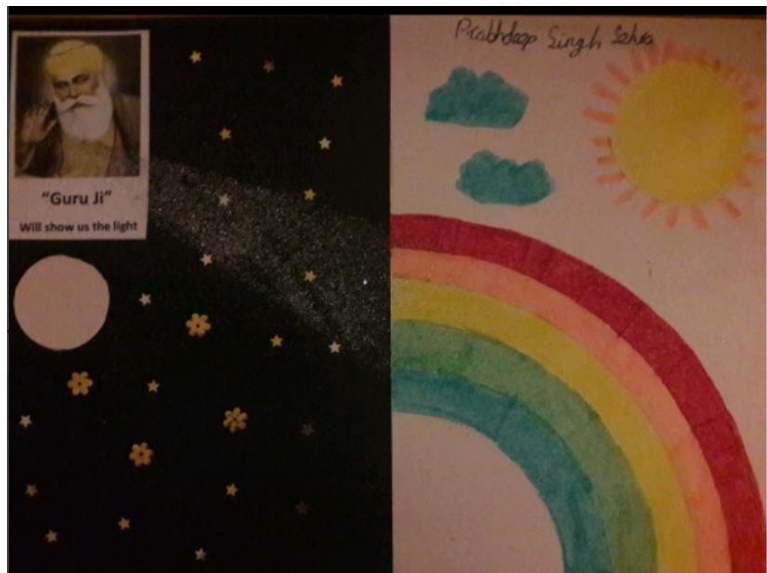
Every dark night is  
always followed a  
bright sunny morning  
Jai's Picture





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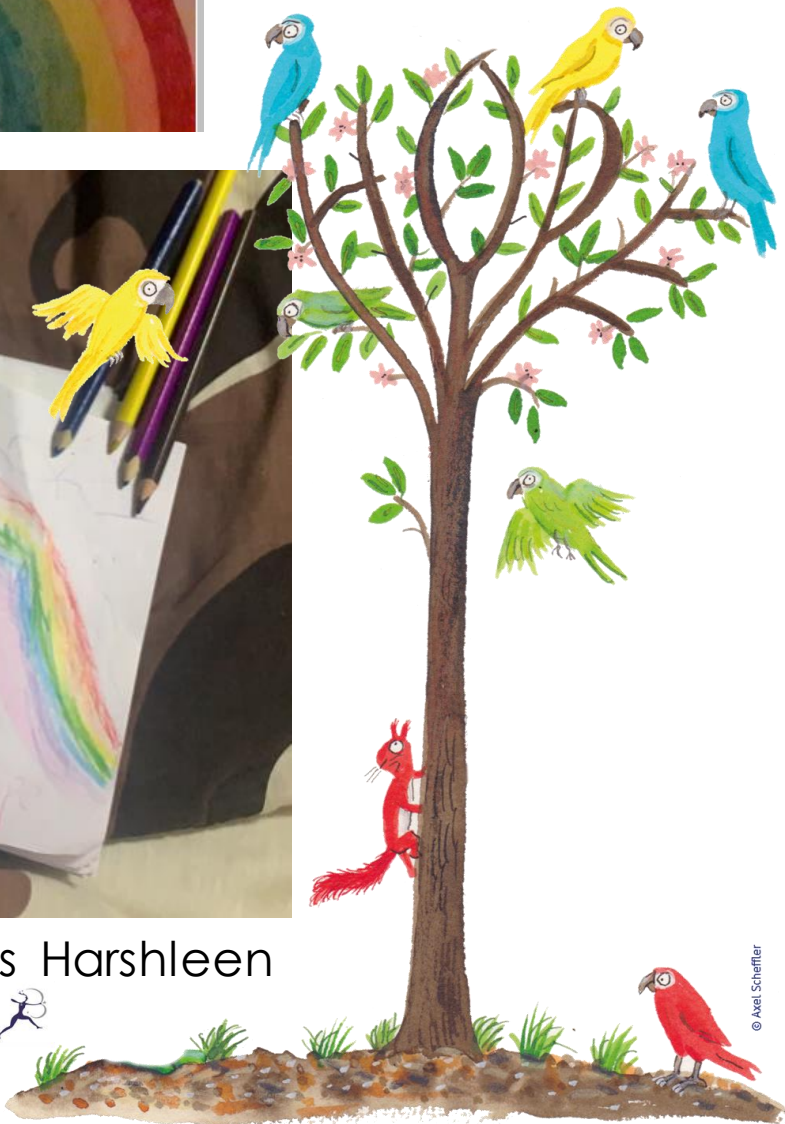


God will show us the  
light  
Prabdeep's Picture



Colours Harshleen

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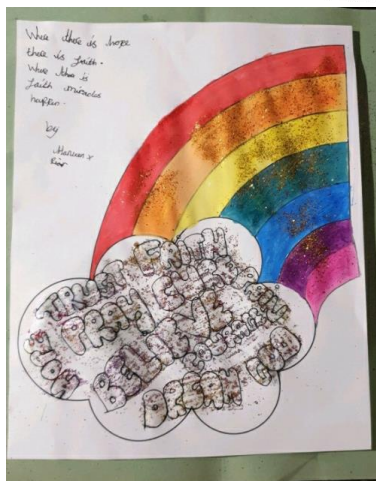
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Where there is hope there is faith  
Where there is faith, miracles happen.  
Picture from Harveen



Ravneet



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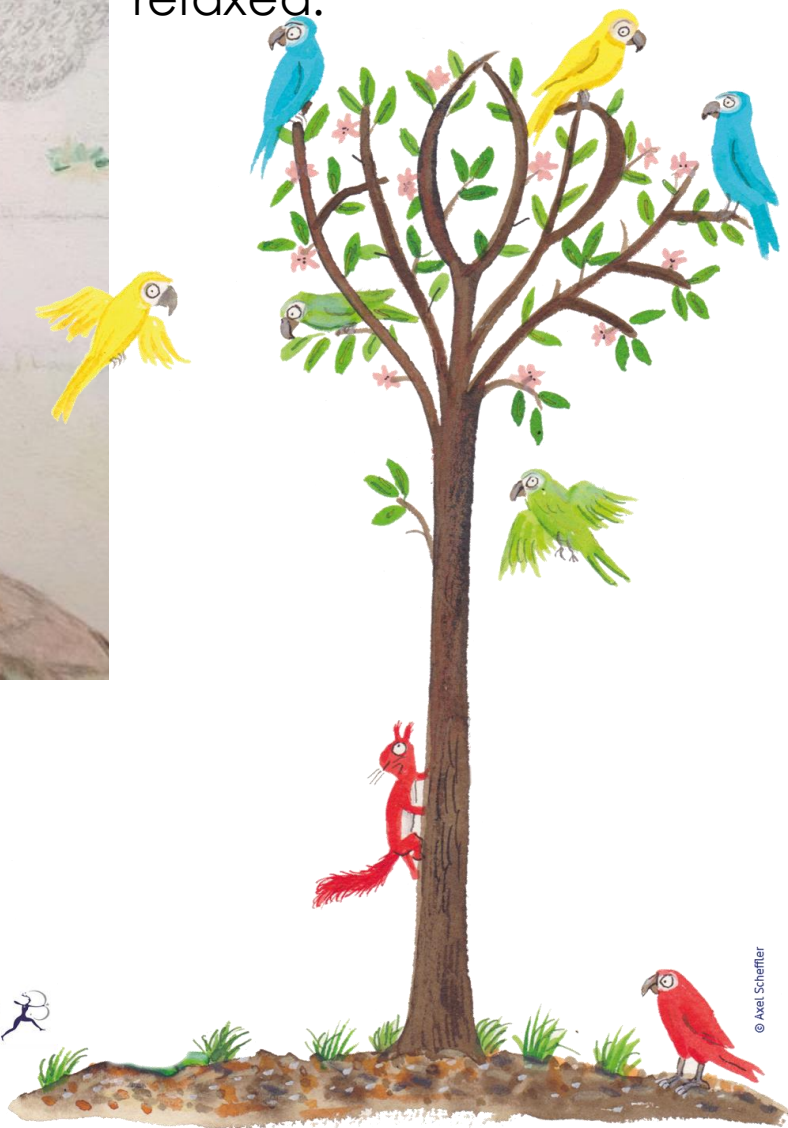


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Chayden's Tree of hope.  
Trees give oxygen. Helps you breathe. Trees stand strong and tall with their roots in the ground but stretch to the sky. "Drawing and colouring make me calm and relaxed."

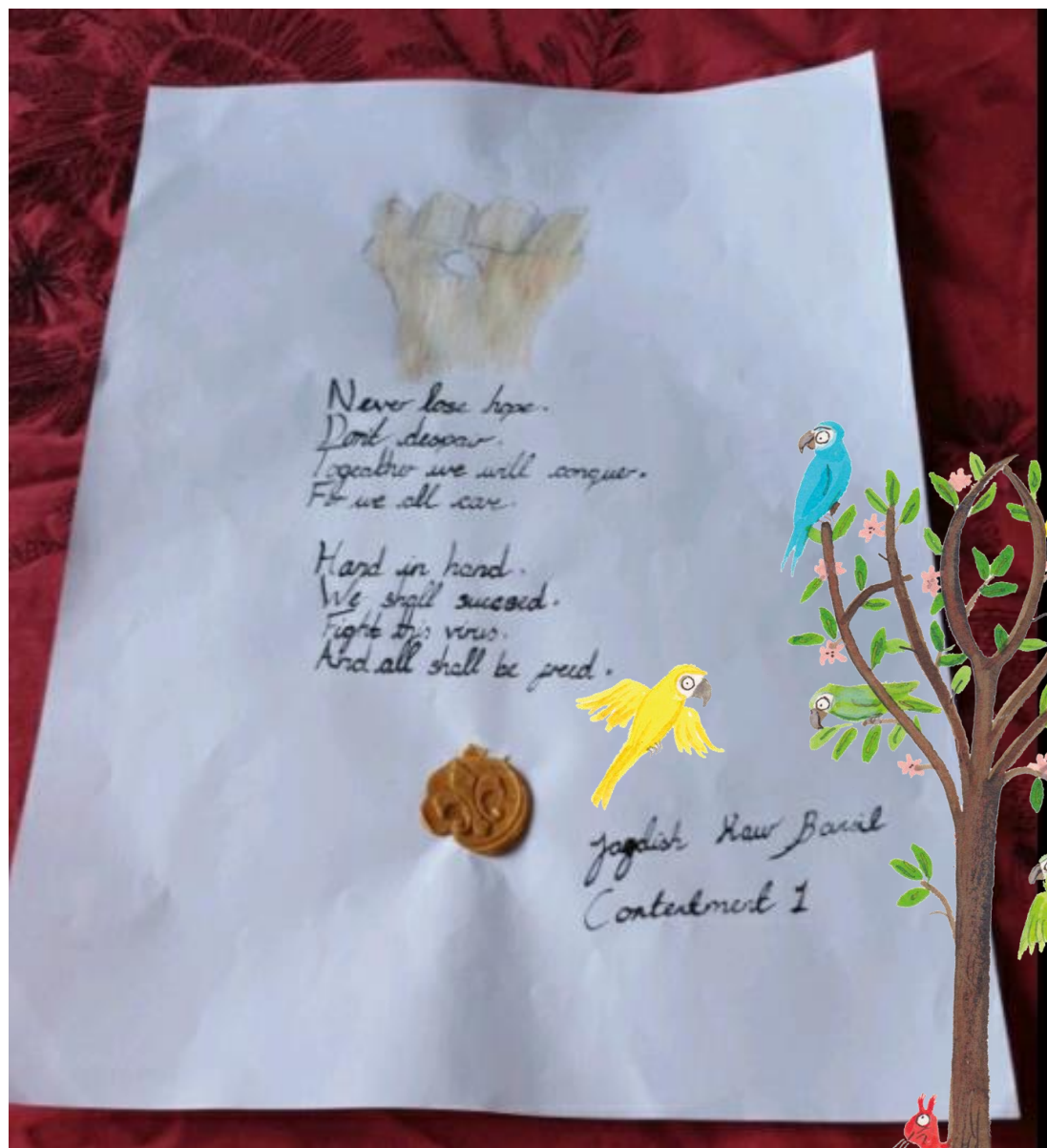






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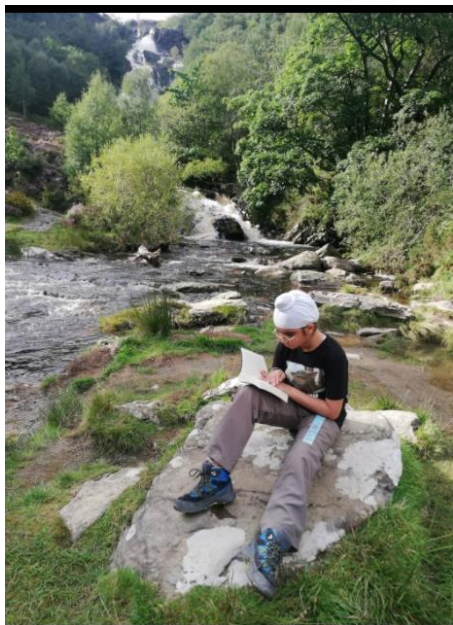
Jagdish Kaur Basal  
Contentment 1





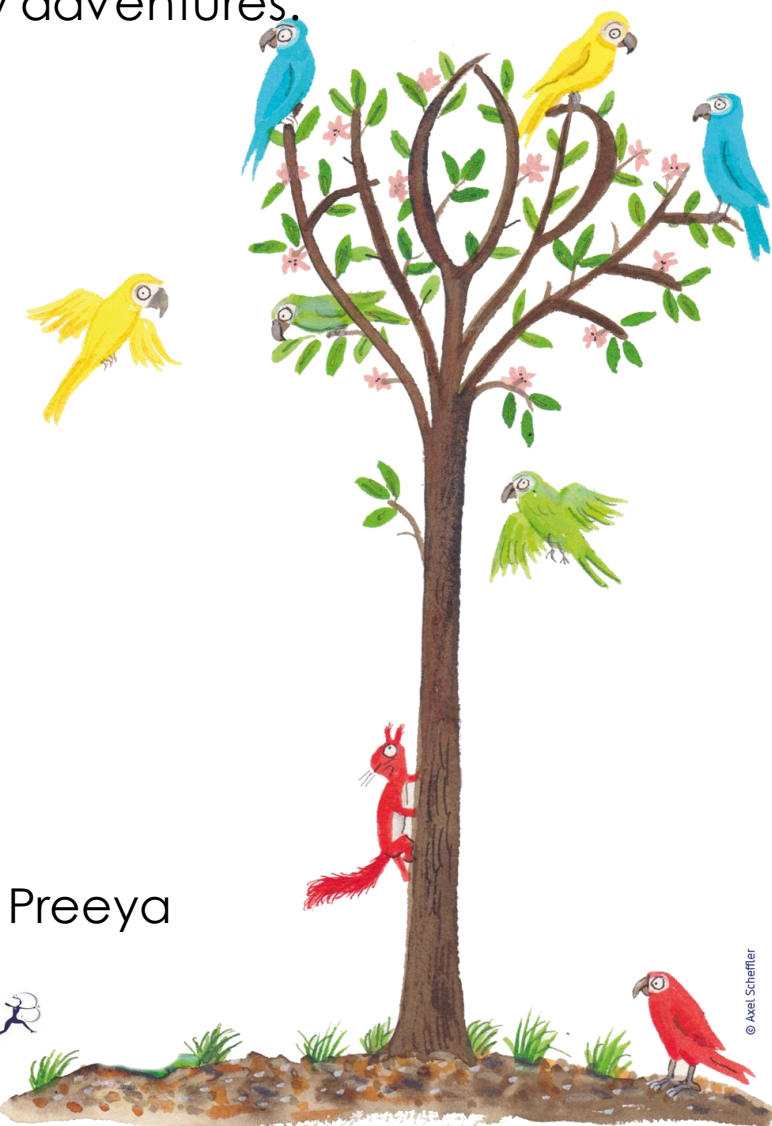
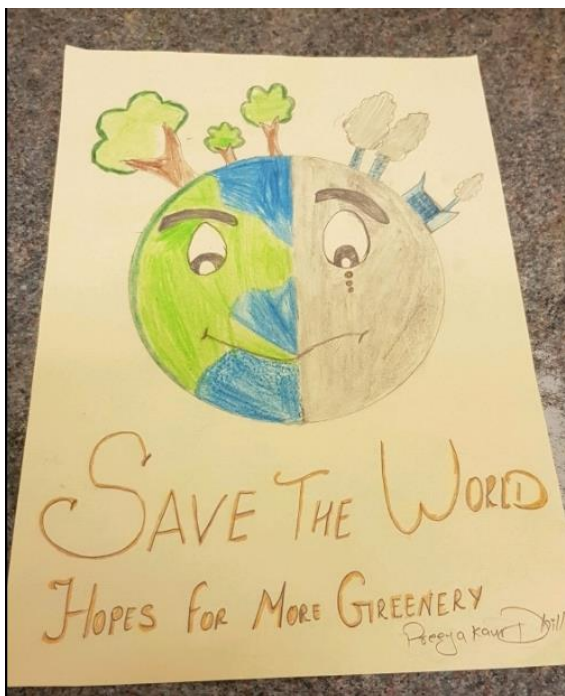
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This is a picture of me, Manjot doing two of my favourite things exploring different places outdoors and reading.

I am hopeful that one day I can freely explore new places and have new adventures.



Preeya







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Asha, sharing the love of reading



Armaan is looking forward to  
Playing football with friends  
in the park.





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Look on the Bright Side' by  
Gia



Hope captured by Harjot







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Jia said butterflies make her happy and hopes it will make others happy too



Bhavnoor's Picture of kindness ♥



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Avani's tree of HOPE



Ajeet has made a heart of hope for the school scrapbook

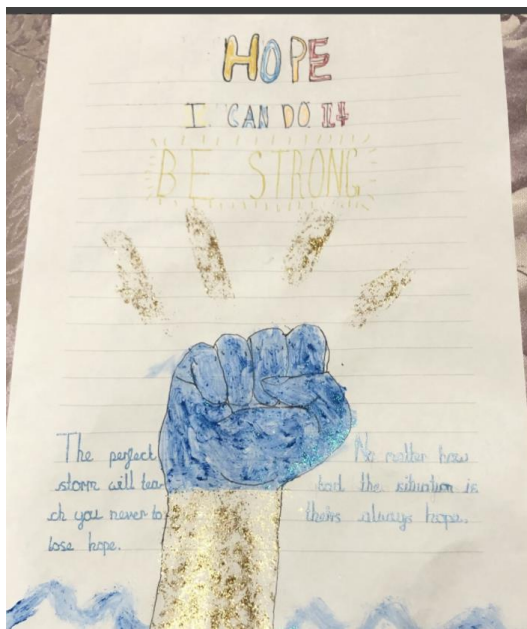




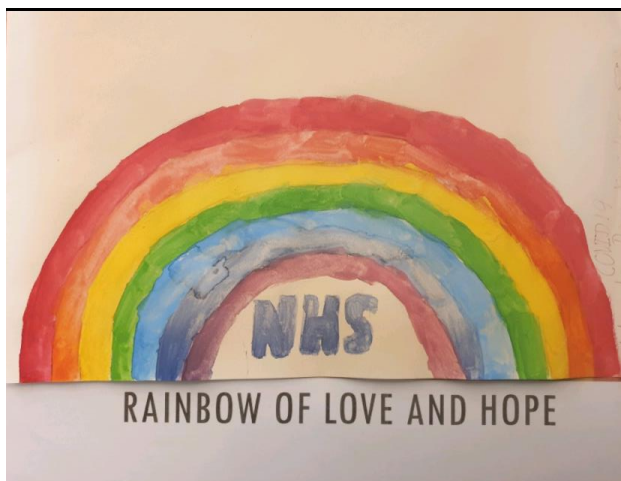


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Hope by Meeth



Daya's painting



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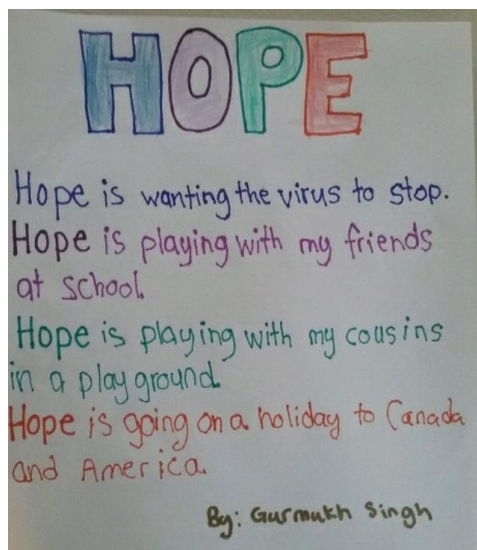


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Sharan wanted to show hope for a new day and that every thing will soon get better and normal again

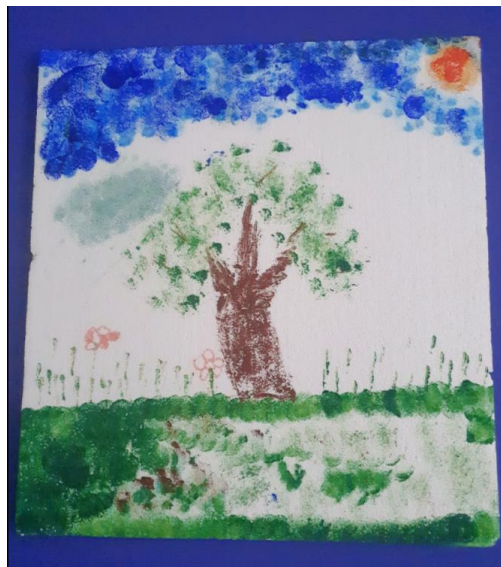






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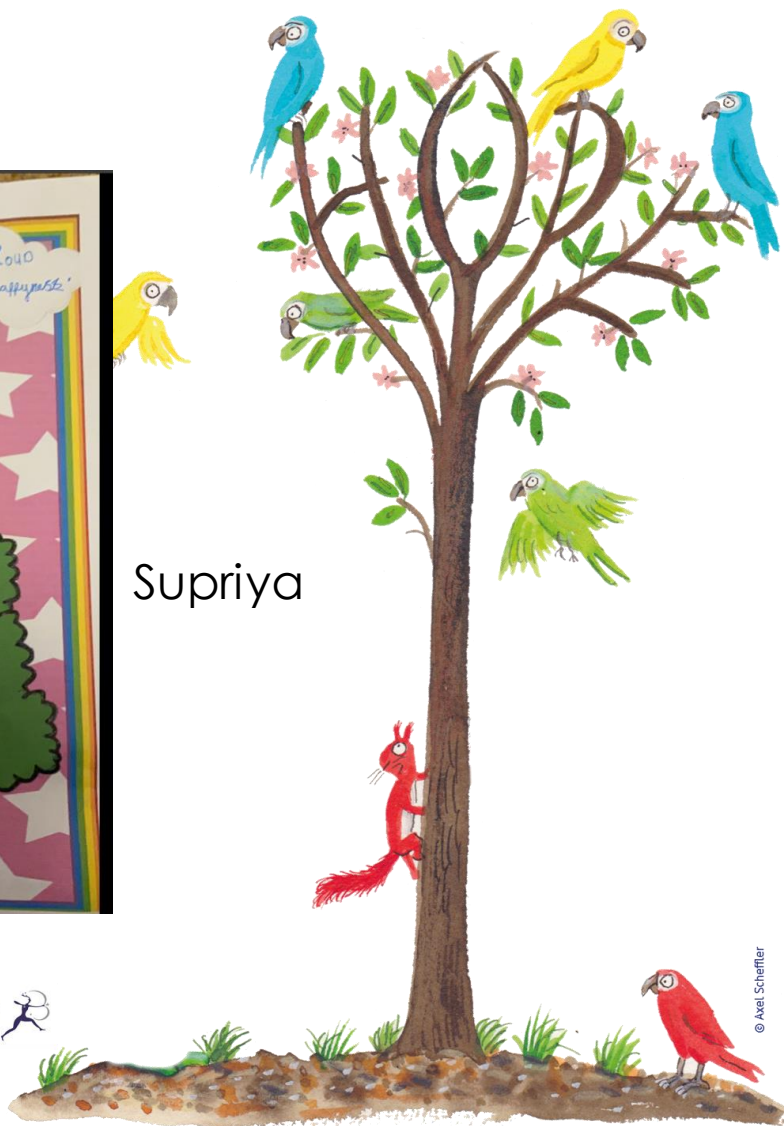
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Mansirat's painting



Supriya



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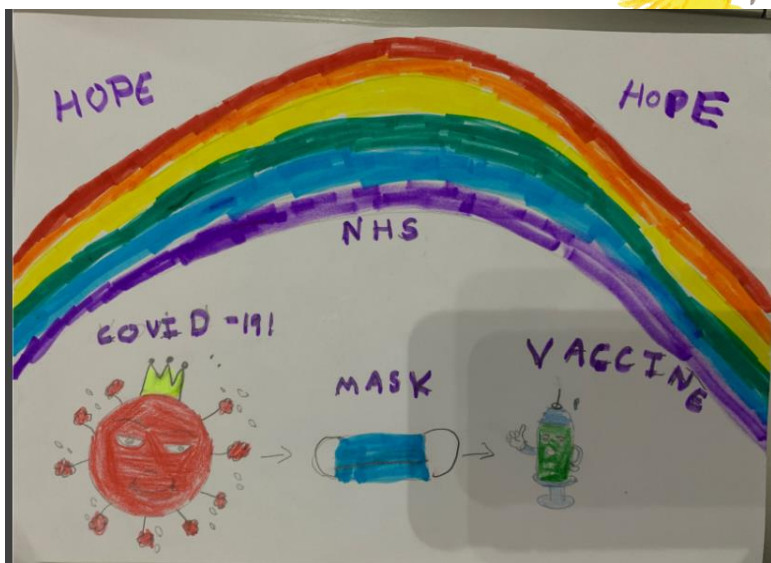
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Jagjeevan's hope sentence!

Hope! Hope!

Hope is when you hold hands and close your eyes so you can think of the light inside you



Ajooni

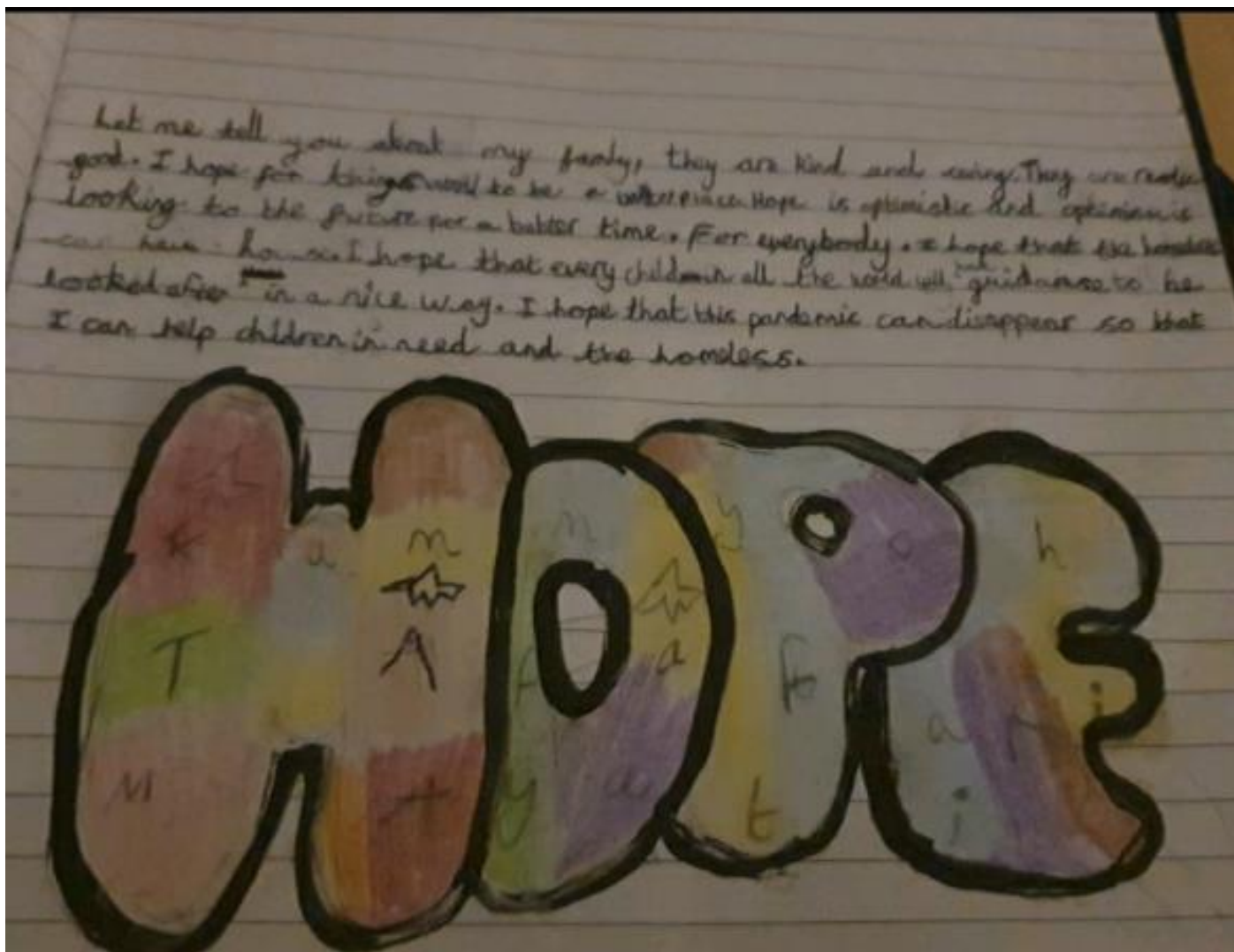






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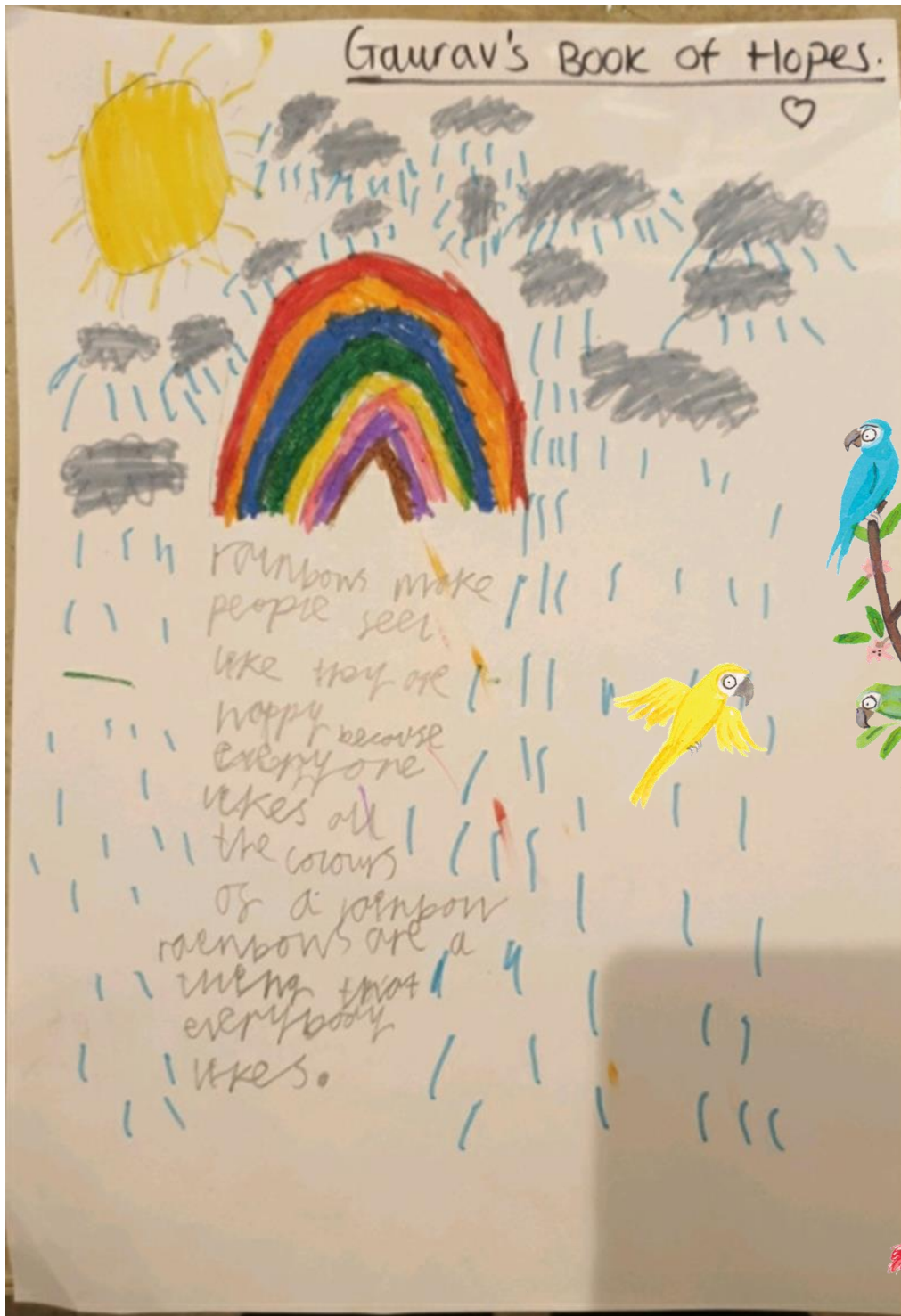
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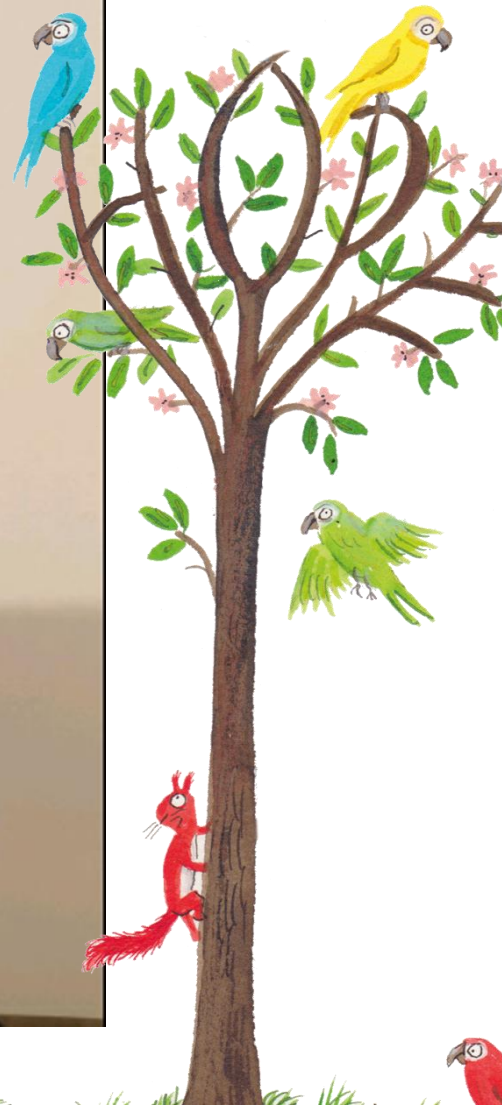
Tafari



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My picture showing what Hope means to me :-)  
Gaurav

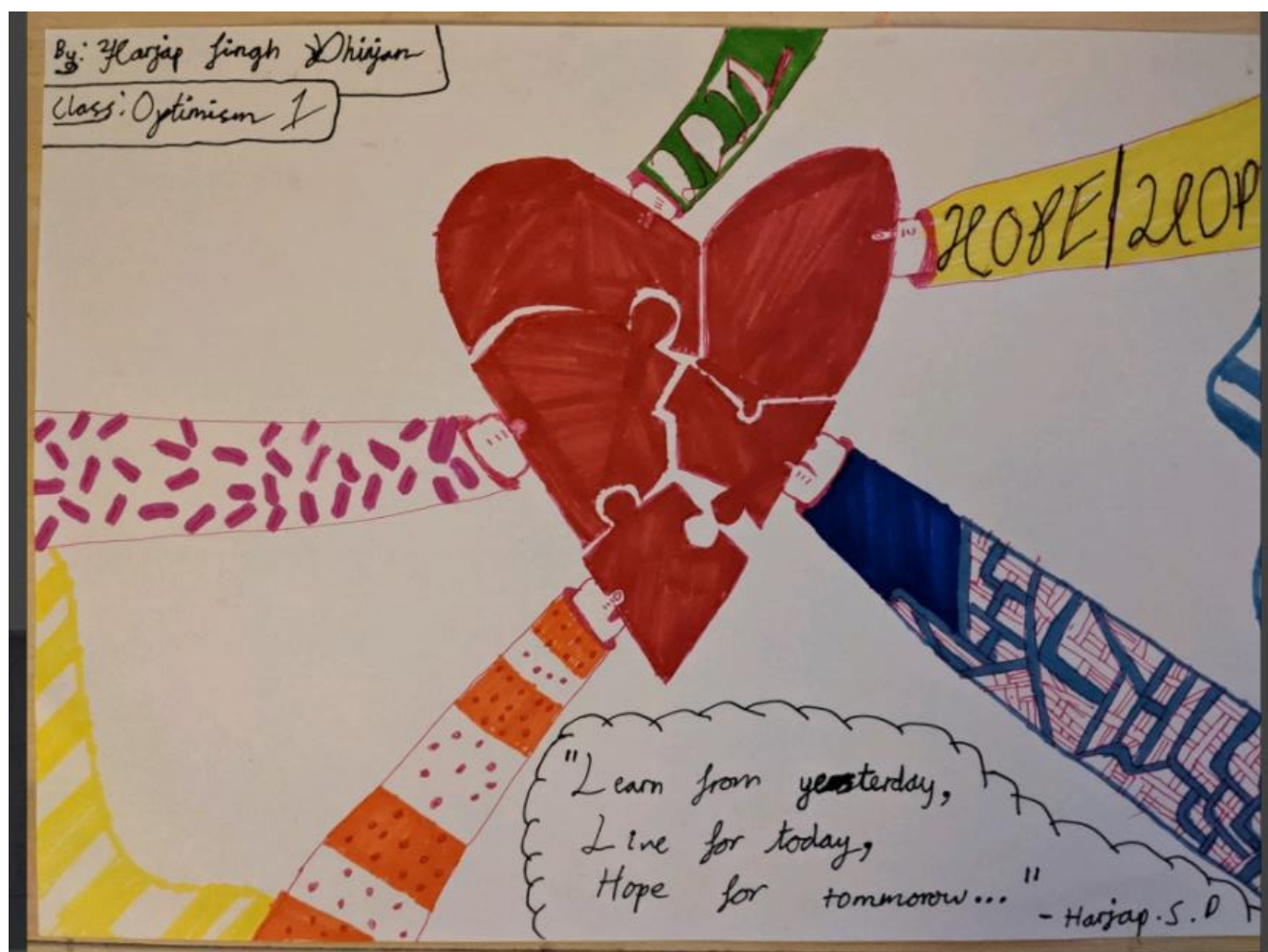






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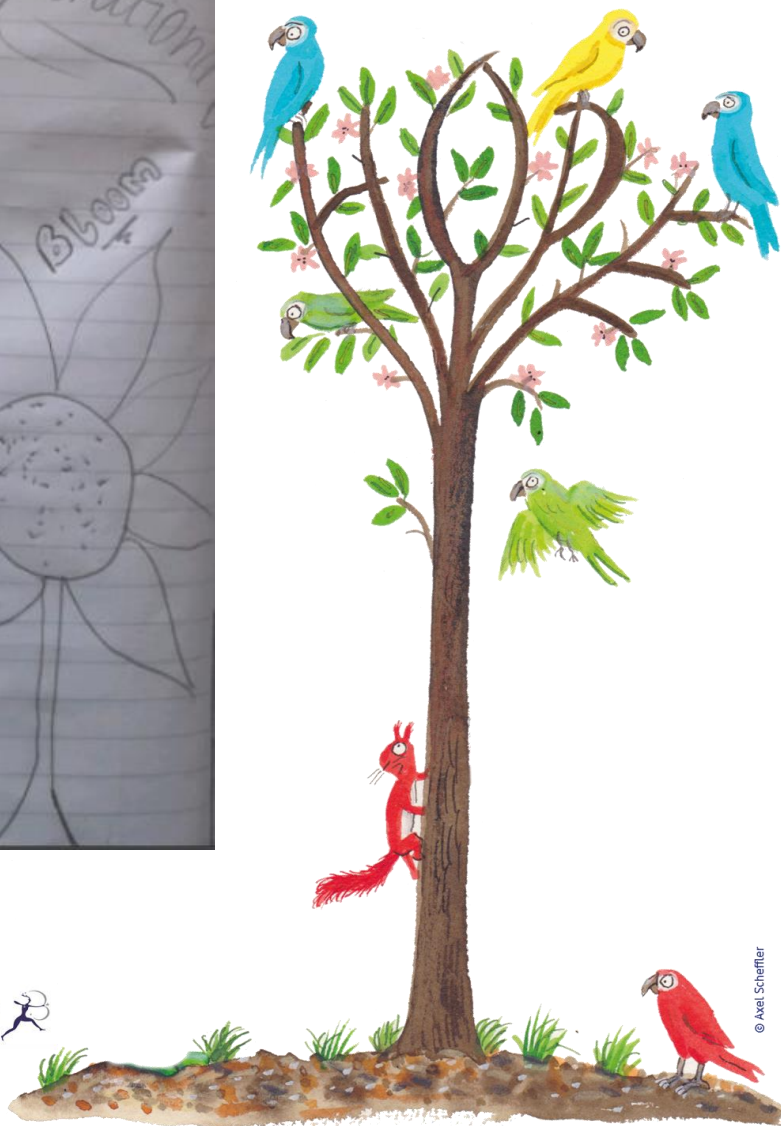
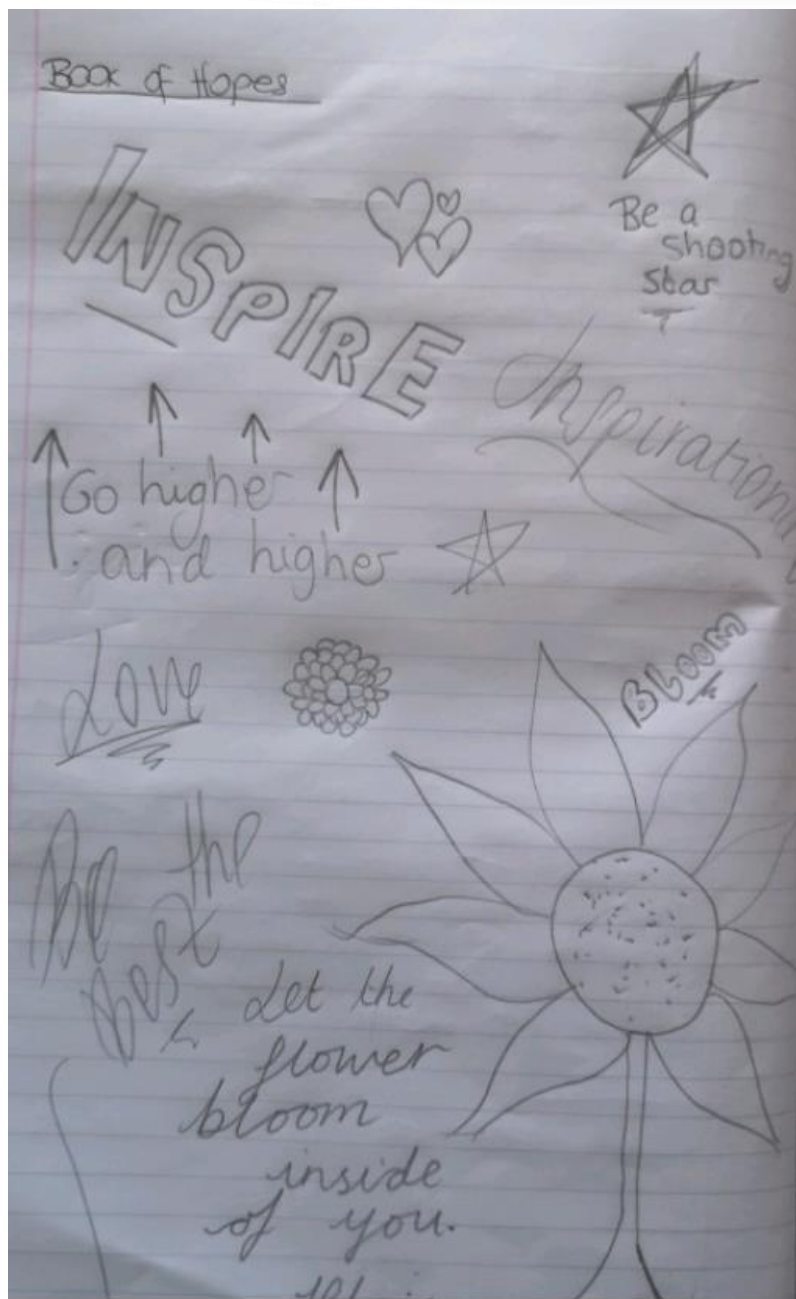




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Jaanvi







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Harshaan



Roop's addition of hope





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Simmer feels that this gives us  
all hope

Pavan's tree  
of hope



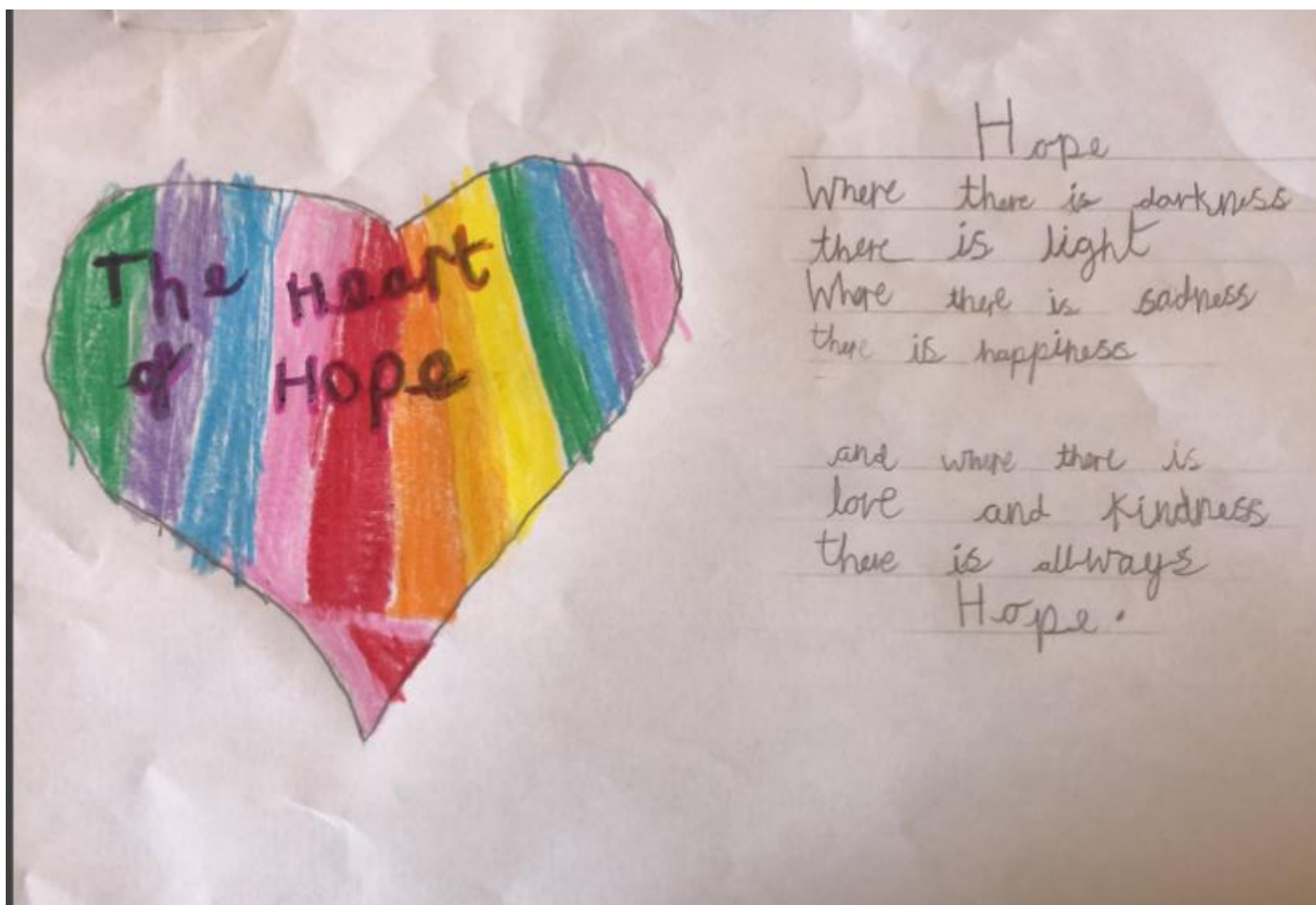




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Mannat



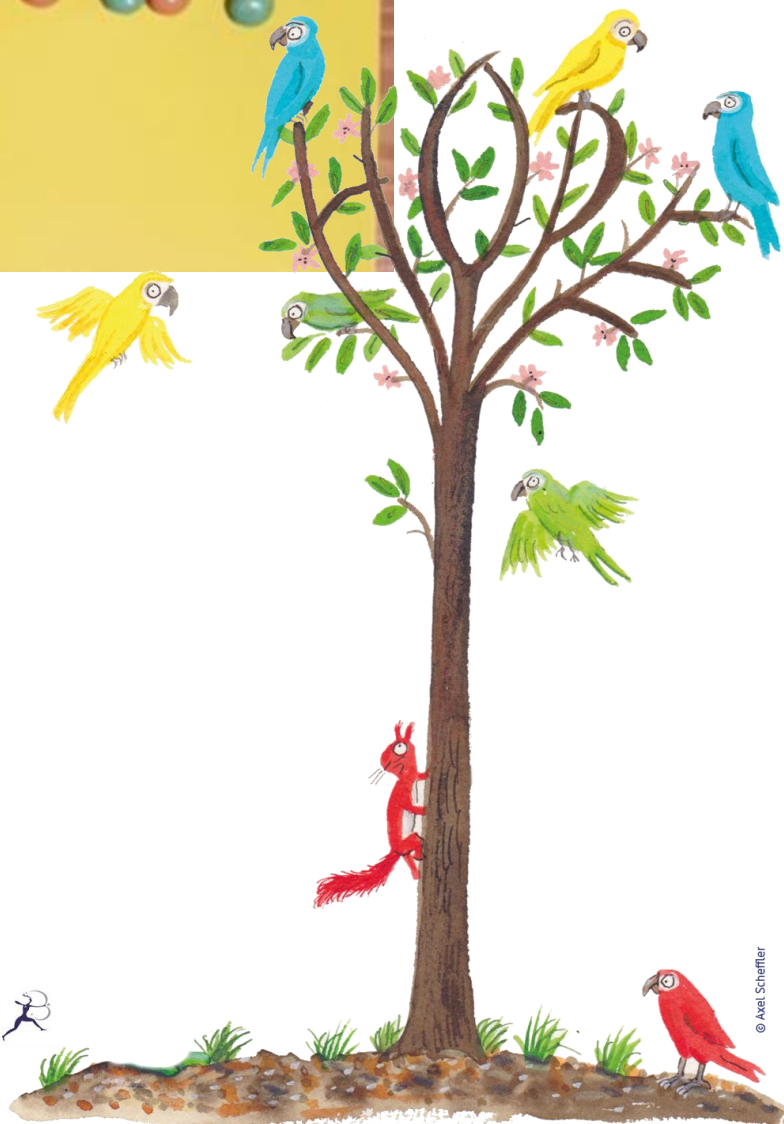


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Family gives us hope  
- Simran





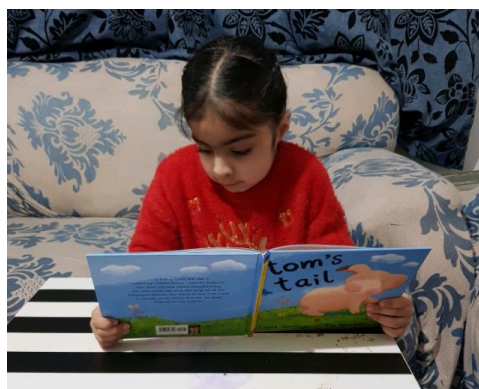


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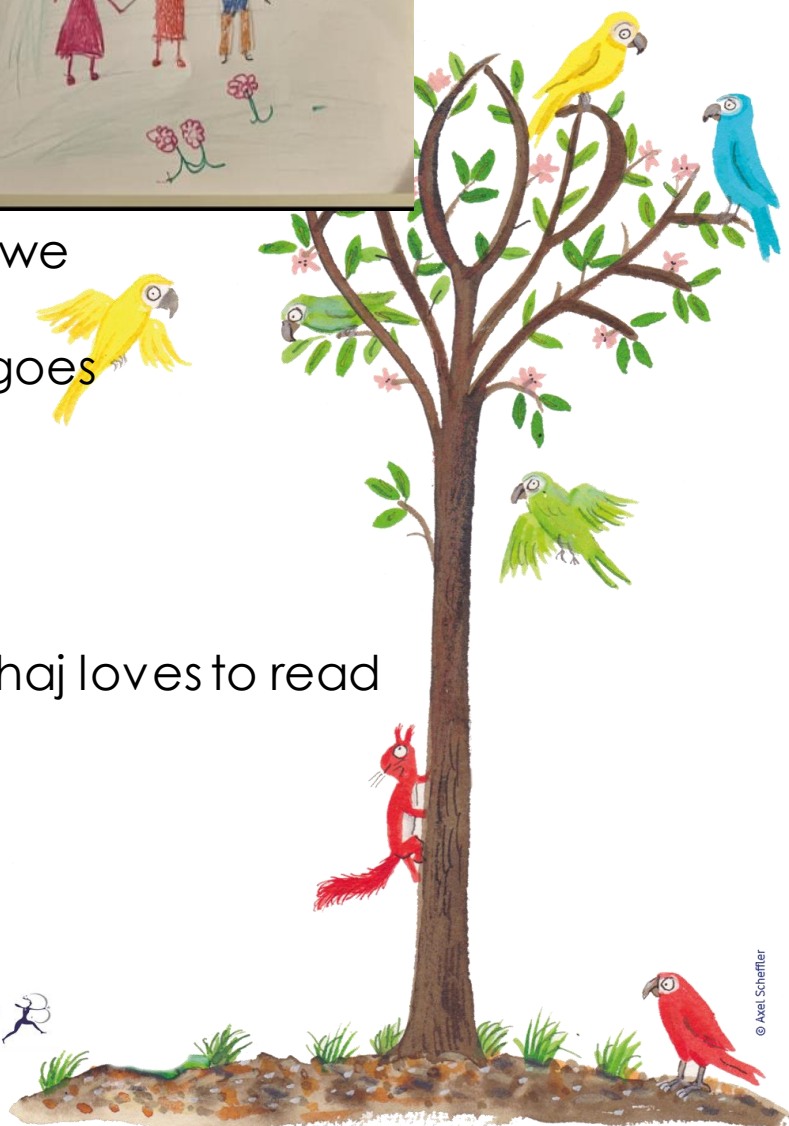
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Manmohan said I hope we  
can play together in  
playground when virus goes  
away 😊



Sehaj loves to read

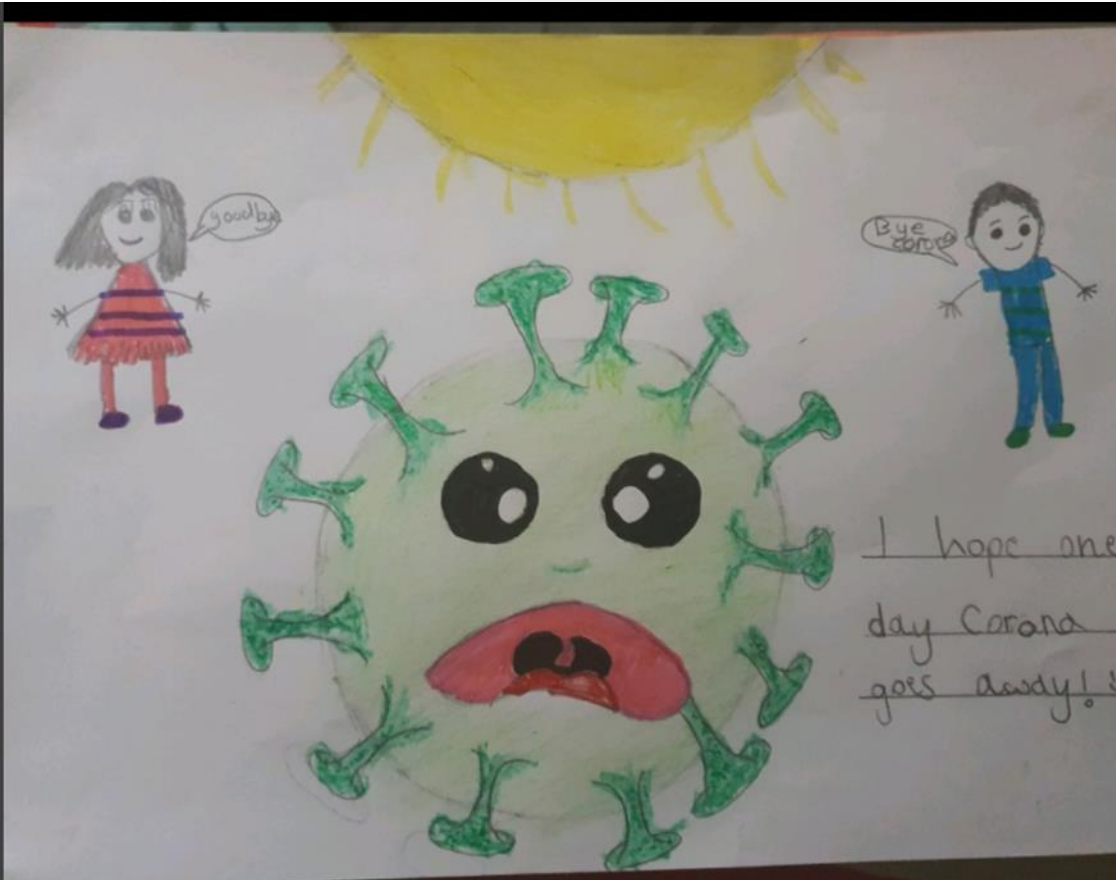




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Larin



Gurmehar's  
Heart ♥ of  
rainbow 🌈







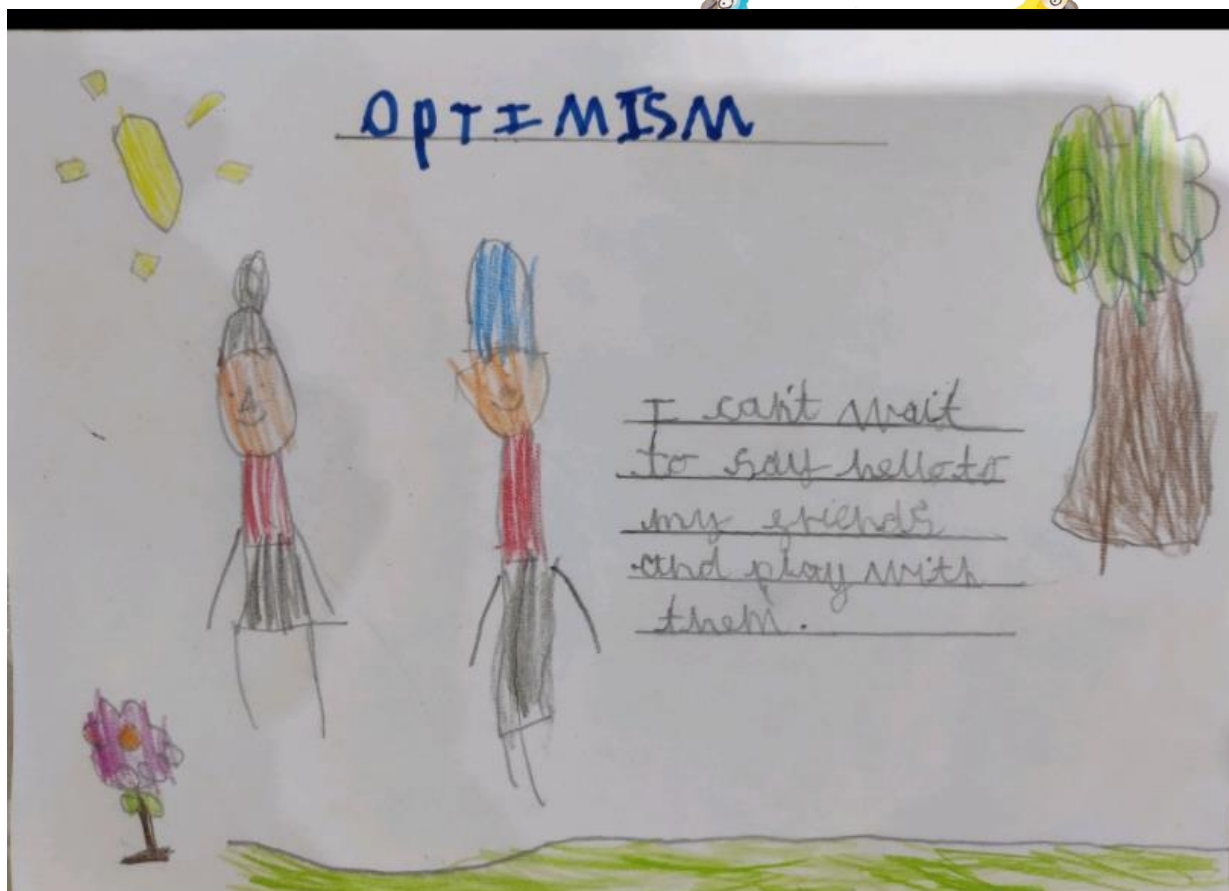
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Sahib chose this picture to represent light as hope to bring you from darkness into light.

Uptej



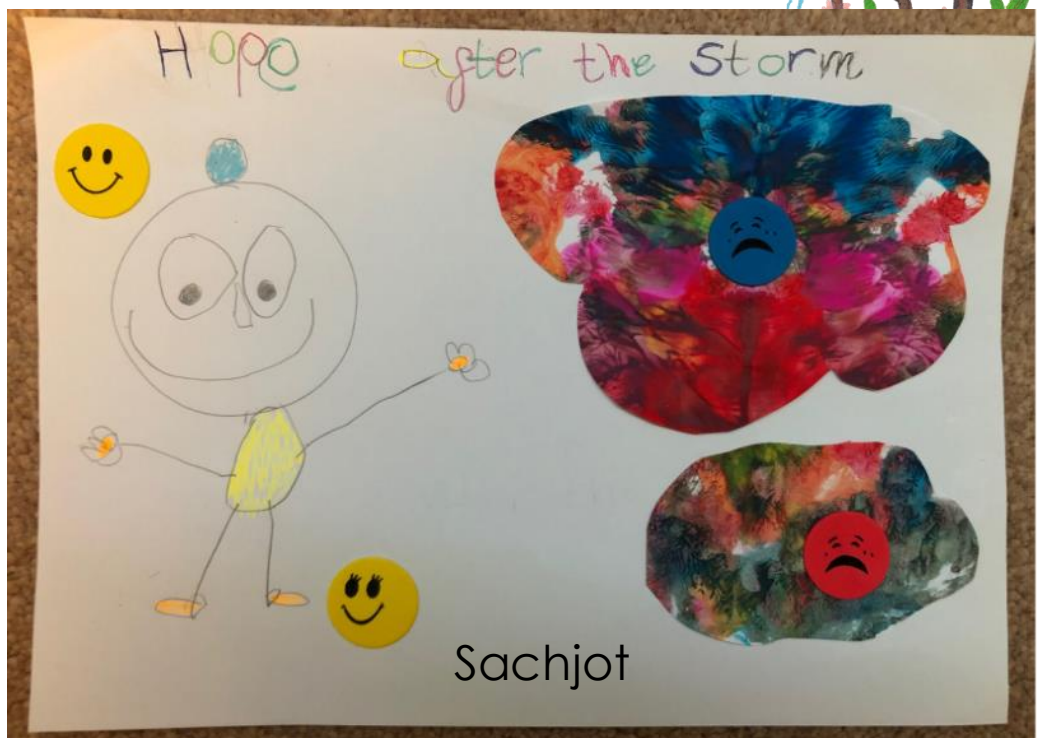


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Daya



Sachjot







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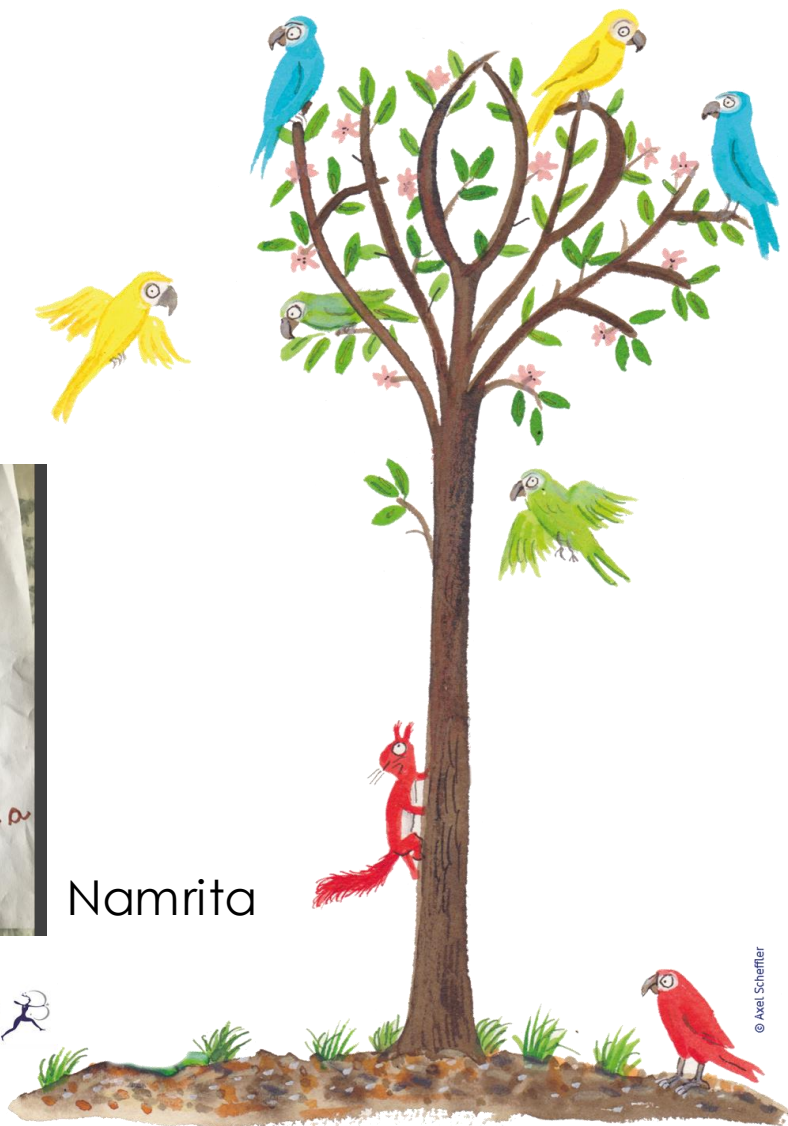
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Jujhar has done a heart of hope ♥



Namrita



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Anika wanted to make a rainbow and wrote hope in different colours.



Amar drew a picture to represent hope and being optimistic about the future. He stated he thinks about going on holiday again and going back to school.







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## Creativity *Rachnātmaktā*

*'He created the Creative Power of the Universe,  
within which He dwells.'*

**GURU NANAK DEV, SRI GURU GRANTH SAHIB, PAGE 83**

*'Imagination is the beginning of creation. You imagine what you  
desire, you will what you imagine, and at last,  
you create what you will.'*

**GEORGE BERNARD SHAW**

Creativity is the power of imagination. With creativity, people can discover new ideas, new thoughts that might never have been thought of before. Creativity is a way to use what the Creator has given you, to bring something new into the world. It is seeing something in a new way, finding a different way to solve a problem or get something done.

### Signs of Success

I discover the gifts I have.  
I use knowledge and training to develop my gifts.  
I think of new ways to make things work better.  
I use my imagination.  
I take time for inspiration.

Creativity helps me to use the talents God gave me.

Thank you for using the  
Virtue of Creativity

