A month in the life of
Samantha
Durham
Foreword by the editor:
Samantha (Sammie) Durham is 13 years old and just finishing Year 8, because her academy follows a three year GCSE curriculum, she has just chosen her subjects. She stands 5 foot 10 inches tall, and is still growing! Friends, sports, music, drama, air cadets and other activities, play an important part in her life, and help a lot with stress and getting to know her friends better. Her current special interests are primarily in the computer game ‘Undertale’ (Toby Fox, 2015) and animals, which is something she has always been interested in.

It is very important to Sammie that her own thoughts and feelings are portrayed in this book and diary; without adding “extra bits, just to add suspense” or “just to make it more intense”. Therefore, the following autobiography has been written using Sammie’s own words, which have been arranged and edited with Sammie having the final say.

A piece of important advice given by Sammie:
“If you going to write about autistic people, or, if you’re going to try and find something out about autistic people, you don’t just group them all together; you’ve got to understand there are differences between each of them. You can’t just group them into one big thing.”
My reason for this book:
When I revealed to some of my friends that I had autism, they did say it wasn’t that obvious, but a couple of them, well actually all of them, asked what it was. I did my best to describe it, by saying it was more of a social thing.

Something I would change is the overall awareness about autism and Asperger’s. Every single time I’ve said to someone who doesn’t know that I have autism, their first reaction is either, I didn’t know you had that, or, I have no idea what that is. Even teachers, some teachers don’t know what it is. So spreading the overall awareness of it would be useful. It would mean that I didn’t have to explain it every time.
My ideas on autism:
It’s much more well-known in boys, because there were more boys than girls who had it. Also, I think it may be partly a genetic thing, because several people in my family have autism. It can’t just be a coincidence, I don’t think.

Something I’ve noticed with all the autistic people I’ve met is that they all have one habit that makes them feel better. Also, I think what’s true with all autistic people, is that they have great ideas in their head, they just don’t know how to say them, and once they learn how to do that, that’s when they become great people, they’ve just got to find a way to express it.

There are a lot of famous people who are, theorised to be autistic because of the way they acted. I mean, some people even say that maybe Albert Einstein was, and Isaac Newton, because of the way they acted.

Some people may group together a ‘bunch’ of autistic people as exactly the same. But, just like ‘normal’ people, we are normal people, we just think differently; we are all individuals, with different thoughts and feelings. We don’t think exactly as statistics say, we won’t talk exactly as statistics say, we each have an individual personality, it’s just that we share some traits. Even some traits, that are apparently really common, some autistic people might not even have in the slightest.
Some things about me and my autism:
The diagnosis was a positive thing. I did loads of research about it as soon as I found out I had it. As soon as I take an interest in something I’ll, try and find out every little thing about it.

I know that this is quite a common thing, because I have a routine, I will be sitting on my bed, and then I’ll be on my phone and then I’ll get up, and I’ll pace back and forth, down a specific place. Once I’ve gone through my thought, I’ll sit back down again and go back on my phone. It’s how I get through my thoughts. When I have a particularly difficult thought, or when I want to re-enact something in my head, I’ll just walk around my room and do it. I might talk it through out loud as well.

I still do this occasionally, take things literally. Like I got really confused when my mum walked up to me and said, “don’t throw rocks in a glass house”, and I literally thought of that and I was like, “What!”

I do quite like drawing it’s a good way to get things across. It’s not perfect with little details. It’s just getting the main point across in the picture.

Clubs help me meet new people, and if there are any people I know that go to the clubs, I guess it helps me know them more than just in school. There’s also the weekend clubs where I get to know Ted better, because he goes to the drama and singing. One thing I found tricky about Air Cadet Camp, was I didn’t like that you couldn’t relax there. I did quite like marching through the town, and all the activities we did. That was all really fun.
My senses:
**Smell** - I like identifying smells of certain things. When I was doing a show in Year 7 there was a distinct smell in the (drama) department, so whenever I re-smelt that it reminded me of the show. Sometimes I completely ignore smells, and sometimes they have a distinct thing about them. Also, I can smell rain coming, and it’s really useful. It smells quite irony (sic) before it comes. But it’s only occasionally. I don’t smell it all the time.
**Touch** - The feeling thing is quite obvious, I just don’t like. That’s the reason why I wear boy clothes, because they’re a lot more comfortable. I especially hate labels, because they ‘dig in’. They’re not nice.
**Hearing** - My hearing is ultra sensitive, which means I can hear when someone turns on old electricity. I can hear the ringing of it turning on. I had a worst time, you know how Christmas lights switching-on, are really old technology? Turn them all on at once and I had a massive ringing in my ears, and it really hurt, and no one else was feeling it. I was like, “how can you not hear this, it’s really loud!” I can also hear bats talking to each other. It’s really cool, but I’m terrified of bats. I’ll be sitting by my window and then I’ll hear “tss, tss, tss, tss”, and I’ll see bats flying by and think, “Ahh!” and close the window.
**Taste** - Certain foods are annoying. For example jelly, makes me throw up! I really don’t like it. It’s not a particularly horrible texture, it’s just the way that it’s made, and it tastes. I’ve always had a massive problem with clumps in drinks. I don’t like any kind of drink that has a lump in it, especially not orange juice, “Argh!”
Stress, anger and hormones:
Hormones make a *massive* difference. I think, it makes girls more emotional, and that can be hard for an autistic person to deal with. With the normal teenage hormones along with it, I am a really overly hormonal person, and I sometimes don’t know how to express it.

The thing I have the worst trouble with is anger, or stress. Basically, I have a moment where I’ll either take, I’ll usually do this with inanimate objects, but, I’ll grab it, and I’ll throw it on the floor, or something. It’ll sound like I’m doing a tantrum, but I don’t know how to get rid of the stress.

I’ve tried several things. I think ‘Stress Balls’ are my favourite things. I’ve tried ‘Twisters’, I think they’re called that, you can move them round your hands. The only thing that annoys me, is that I think they get me more stressed out when I un-pop them. So, I think ‘Stress Balls’ probably help the most.

I guess I get a bit stressed when I don’t exercise, or when I don’t get the stress of the day worked out. For example, I had a really stressful day, and then I went to athletics and I did a run, I was doing really fast sprinting, and it just let all the stress out. So I guess I get annoyed if I don’t do sports.

I’m not *overly* bothered about routines, but sometimes having routines in certain situations can be comforting.
My experiences at school:

Primary school
In primary school, I had real trouble because of the whole, standing up for myself and getting the blame for it kind of thing. Yeah, that wasn’t fun. Most of it was just us getting in fights with boys. How the fights would usually happen, either they come up to me and start trying to annoy me, or, they’ll be annoying someone else. So I’ll stand up for myself, or them, and then they’ll initiate the fight and then I’ll just finish it, and then I’ll get all the blame from it from the teachers. I think that was the time when I got the most ‘red cards’ which were basically DTs (Detentions).

But, as the years went on, after they diagnosed me, everything got better. My favourite system though, was the thing that the Head Teacher brought about, which was the stamp card, where, if I went through the whole week, I’d get to take a toy home and that was really nice. I think my class teacher took to it very well, she seemed quite eager to help out, since I was having so much trouble.

The overall experience of primary school was good. I think it’s true of everyone, to a certain extent, you’re kind of oblivious and restricted in primary school, and all of that kind of goes away once you’re in Secondary School.
Secondary School

I do quite like school, especially Secondary School. I don’t know what changed. I think it may have been the sudden change of me being able to do stuff on my own. As soon as I got to Secondary School, I instantly made a lot more friends. A couple of us from our primary school being thrown in the deep end, and us just getting together and swimming to the other end.

I think I prefer the memories I’ve had so far at Secondary School; although I did really like the teachers at my primary school, it’s just been a better overall social experience than in primary school. The good thing is I’ve got better at socialising. I like making people laugh, I’m pretty good at that. I like being more independent. It just felt nice, and it felt nice not to be oblivious to everything.

In a way it felt like, the way I thought about it was, in primary school for those 6 years, I felt like I was constantly looking down, like I never looked up that much, and then once I started looking around me and realising what was around me, things got a lot better. Also, I never used to have a thought in my mind for the first like month or so in Secondary School. I didn’t because they expect you to be able to express your thoughts really well. I didn’t know how to get my thoughts across, but then as the year went by, I managed to learn how to express myself better. My friends definitely helped out a lot with the whole expressing part. I think being around people who knew, especially Ted, and all of those really over-the-top hyped people, taught me how to express, I guess.
Good things
True friends
I know that me and Caty had a special sort of thing, because we both revealed at the same time that we both had autism, and I think in a way it comforted us both because in a new environment it’s nice to have someone who knows how you feel.

I usually sit with a group of girls, and then the other table that I occasionally join, is the table of lads I hang out with. When I sit with the girls our conversations sometimes have breaks in between, and the conversation usually entails something that’s happened in the lesson that day, or, we usually talk about a game that me and Caty both love, called ‘Undertale’ (Toby Fox, 2015). Me and Caty both play it and I do all the voices for it, and it’s all about moral choices and it’s really fun because it’s like an old RPG game (Role-Playing Game). Then on the boys table we’ll usually be making jokes. We’ll occasionally talk about serious stuff, but it’s mostly just jokes.

I guess the boys, it’s 90% of the time messing about, and then with the girls it’s general chat. The things we mainly avoid are ‘gossip’, and ‘flirty’ things. We don’t like talking about that. I see other groups of girls who are just constantly bitching about other people, and I just don’t like them. I just don’t think they’re true friends. The moment you’ve reached true friend status is when you would happily, without a single thought, give your life away for them. If they were in danger, you would happily sacrifice yourself for them.
Most teachers
80% of my teachers help out really well; especially people who seek to help me with a passion. I think those people really help. I guess all my teachers are pretty aware, and they all seem pretty intrigued to hear about my opinions, because I’ve got very strong opinions.

The teacher I like most at the moment, when it comes to assessments, has got to be my science teacher. Because of the way he sets out our revising; it’s always the exact same way, and I like that. I know that part of autism is liking a routine. I’m not overly bothered about that. But it does comfort me that he uses the same revising technique each time, and he doesn’t change it. That’s why I’ve been doing quite well in my science assessments. I just wish that every teacher would, because it would be helpful.

Subjects
I do really like things like PE. I do like quite practical subjects, because I like subjects that I can clearly see how I can use them in the real world. Like drama - confidence is really useful for the real world. I got my options: French, History, Resistant Materials and Drama. Resistant Materials is useful because it’s all about following an instruction to the dot; and then French is useful because, just doing another language, and being able to learn it, is useful; and History, if you ever want to be something that moves forward, you’ve got to know what happened in the past, because History has a tendency to repeat itself, you’ve got to be ready for that.
Not so good things

Lunches
I don’t like it at lunch. Basically, how it works in lunches, we’ll have a rope across and then they hand-out things, and then we’ll go off, and we’ll pay for it. What I don’t like about it, is that everyone just runs into a group. It’s not even a line, it can’t be counted as a line, and we just individually go up. Anyone can push, and you’re squished up against a mass of loads of other people. And it just feels disorganised. I just don’t like it!

Some teachers
20% I don’t really like. I just don’t like the way that they teach. I’ve had real trouble with English this last year because we’ve had 4 different teachers. One of them we got rid of because he treated us like babies. We spent an entire lesson where he wrote ‘nut’ on a board, and said, “What kind of nut is it?” And we didn’t know. We went through every single nut and then one person said, “doughnut”, and that was the answer. No clues or anything. I was like, “What was the point of that?” So we got rid of him, and we’ve got a new teacher. She’s an ok teacher overall, and she does have good days, it’s just with assessments that I have big trouble, because I am a bit of a perfectionist, bit being an understatement! I got a 3+, and me being a perfectionist, had a mental breakdown midway through English. She’s an ok teacher she’s just overly negative.

Annoying people
Whenever someone insults your friends, you tend to get more annoyed about it than when they’re annoying you. I mean, people annoy me, but I can tell it’s a jokey way. Even when they do mean it, I just take it as a jokey way because I don’t really care. So I guess I’m not bullied, I don’t think, I don’t take it as bullying. I’m certainly not intimidated by anyone.
**DTs (Detentions)**

Oh, yeah. I really hate DTs. I think a rule that should be something is, just not to give autistic kids DTs, because it doesn’t help, and it doesn’t change anything. Just saying, “don’t do it again”, would be enough as a punishment for us. I just think, giving me a DT, I know myself, just makes me incredibly stressed, incredibly distressed and it just, overall, ruins my day. It just doesn’t work out. I mean, I know I’ve done something bad, and I know I’m probably not going to do it again, but giving me a DT doesn’t help anything.

All the DTs I’ve got so far are either for forgetting homework, or forgetting to sign my planner. And forgetfulness, I think, is a common trait with autistic people. So we can’t help it, we just forget things. For me, a promise is something personal and it’s significant, so I always remember a promise. Something like a planner is insignificant, so I don’t remember it.

I don’t think, even when it is our fault, I just don’t think DTs help us, because, we know we’ve done something bad, we know that, and I think, autistic people tend to have a very engraved moral compass. They don’t tend to do things wrong. They just tend to misinterpret things, but they never mean it maliciously, I don’t think.

I understand that not all autistic kids are ‘little rays of sunshine’, but I think you just shouldn’t give them DTs for insignificant stuff that’s part of the disadvantages of having it. If they do something **seriously wrong**, like bullying – punish them for it - by all means, just not insignificant stupid stuff.
Top Tips:
• Awareness of autism; less negativity; less DTs for insignificant stuff; free time along with structure (but I think they already do that at school, which is good)
• I’d really like a time of the day with ‘nap time’ that would be good, because I always seem to be sleeping better in day than at night, having a nap time would be useful 😊

My special interests:

Animals
Animals have a set pattern of communication, there’s no different meaning to what they say. They just express everything. And that’s quite a nice thing for an autistic kid to be around, especially very little kids, so they overall, just get on better with animals. That’s why I really like dogs, well basically all animals. The only reason I don’t like my rabbit, is because it doesn’t like me, and it’s sassy. But I love Goldie. I think the reason I really like dogs, is that they don’t, not like you back. The reason my favourite animals are dogs and horses is because, they’ve just got a kind of undying love back. I read up, that autistic people like the company of animals.

Undertale (Toby Fox, 2015)
I know every little thing about Undertale, every tiny little detail. I know everything about it, because I had a massive interest in it, I loved all the characters in it. I loved the soundtrack, the visuals. Everything about it was really great to me. Especially, I noticed there’s 3 different routes in Undertale, there’s ‘pacifist’, ‘neutral’ and ‘genocide’. Pacifist
meant you saved everyone, even though it’s an RPG game, and you know that your automatic response to getting into a fight in a RPG game is to defeat it for XP (Experience points). Well this one, you have the option to spare the creatures. If you do that, you get the ‘true’ ending, with a ‘happy ending’, where you save everyone. And it’s all about morals.

What most people do, when they first open the game without knowing anything about it, they’ll kill a few monsters, then realise it’s a bad thing to do. They’ll instantly feel horrible about it. Most of the time they’ll kill the first ‘Boss’ by accident, called ‘Toriel’, who tries to be your mum, because of bad experiences she’s had with children in the past, which you find out about later. It’s probably one of the saddest deaths, because they make it horrible to watch as well, because she’s such an innocent character, and you just see her heart pop-up. Each soul is represented by a heart, and it just shakes, pops, and shatters. Most people do that, and then you’ll get the neutral ending. It’s not meant to be a good ending, it’s not meant to make you feel great. The creator of it is so clever. If you did explicitly go out and search and kill things you aren’t going to enjoy the experience. He made it so the game was overall less interesting, made you feel horrible, and it was meant to be like that. It’s really clever. It’s just such an interesting game.

Last year, when ‘Five Nights at Freddy’s’ (Scott Cawthon, 2015), came out as a game, I was not interested in the horror aspect of it, it’s was just the theories about it were brilliant! But, then it became less interesting, and ‘Undertale’ came back. So, that’s what my interests mainly focus on.
Dear diary,
Today I went to school at about 8:19, since mum did wake me up at 7:15, but then I fell asleep again and woke up again at 7:45! So I had a rush to school with Dad driving and Katy in tow at the back (I was so rushed I didn’t even separate my school books, I just took all of them).

As we arrived at the Meadows, I saw my two friends Ted and Nick, so I kissed Dad and Katy ‘Goodbye’ and walked to school with those two (while having a laugh of course).

Throughout the day, I could tell that my cough was getting progressively worse and worse, but as long as I kept drinking it was copable.

My first lesson was PSHE (a lesson I really love because I can say my opinion and the teacher is really nice😊), where we learnt about the many dangers of alcohol, and then we got homework to complete a poster for teenagers about alcohol. The whole thing makes me never want to drink in my lifeټ!
My second lesson was English where we learnt about Macbeth and Lady Macbeth’s relationship. It was okay.

Then we had break, where I mainly talked to Caty about ‘Undertale’ *(our favourite video game)* and the different voices in it, and how it was funny that I sounded like a man.

Then I had PE where we were doing trampolining and I was pretty good at it. Sally cried a bit due to her hay-fever. I hate it when she cries because I never quite know what to do 😞. Also, I hate when people question her, even though she’s clearly frustrated with it. How come I’m the only one who notices? Anyway, during that lesson it felt like I was about to cough out a lung!

We had lunch, where I sat with the usual girls’ table (Janine, Sally, Anna, Helen). The reason Caty wasn’t there was she was at a choir, and then I went to a Student Leadership meeting at 12:45, where they talked about student politics.

In Art I talked to Jim and we laughed about how a substitute teacher said that a scribble could be Art 😊.

Not a lot happened in tech.

After school I went to Rounders, and I caught Sally’s super-fast balls and we played a match, but as I ran I strained both hamstrings. *(Forgot to stretch)*
I was too tired after school to go to cadets, so I just stayed home. Tea was burgers, chips and beans (*I ignored the beans since they were to under-cooked*). Then I stood outside for a bit and felt the calming rain, and noticed how light it was at 8 pm. Must be getting lighter...
Dear diary,
Today I woke (+ got up at) 7:20 am and went downstairs, got ready for school and walked Katy to nursery, before going to school.

My first lesson was maths where we were learning how to find a graph when say for example 20 km = 2 miles.

Second lesson was PE, where I learnt a whole routine by heart (see next page), and I even learned how to do the backdrop ½ twist to feet. But my favourite is seat drop to front drop. Sally cried again (due to dust) but luckily nobody questioned her today. Kim (another girl in my year, part of my netball team) was able to do the front flip!

At break, I spent the whole time sorting out an issue with a student in which inappropriate touching was involved, so I had to file a report and give it to Mr Brown (I had to do this because I’m part of the student leadership; Welfare).

My third lesson was English, in which I’ve noticed that Miss Poultney’s negativity is dispersing and she’s much more positive. She even told me to read out my letter from Macbeth to Lady Macbeth, since it “fitted the tone exactly”😊.
Full twist; straddle; swivel hips; ½ twist; pike; back drop ½ twist to feet; tuck; ½ twist
At lunch, I sat with the usual girl table, where we laughed at the voices I tried to do with my messed up voice.

My fourth lesson was Science in which my table (*Sally, Abi, Ted, Anna and me*) were talking about crushes but they seemed to take, “I don’t really have one”, as “yes”! So I just ignored the conversation, and changed the subject after they were done.

My last lesson was Art, where the teacher told us to make a collage of a shoe, and the thing I learnt from that lesson was, “I’m bad at collages”!

After school, I walked home with Sally (*in the beautiful rain*), and for tea I just had a chocolate spread sandwich (*since I had cooked dinners at school*).

PS: I’m going to try to go to sleep to the sound of rain on my headphones.
Dear diary,
Sorry I haven’t been able to write for a while, because I either forgot, or I was too tired, and went to sleep before I could. Also, I am going to keep this short-ish since I am tired.

The main things you missed, was just that my sister got shouted at by my English teacher, just because she didn’t hear her knock! Also Penny annoyed me so much by continuously turning off my phone in Tech so I couldn’t do any work (*then she blamed it on me*)! Nothing else really was important that week.

Today I woke up at 7:30 but I stayed in bed till about 9:00, then at 11:55 I went to college (*after a breakfast of Weetos of course*), where I talked about my role in Much Ado About Nothing as Don Pedro, and I completely destroyed my voice by singing (*out of tune*).

Then me, Mum, Jennifer and Katy all went swimming and Katy jumped in for the first time in my eyes! Also, me and Jen both went into the sauna, even though I’m under 16 (*Shhh...*). Then we went to the shop: Jennifer bought a ham and cheese Panini (*which she split*), Katy bought a green twister lolly and I got a Belgian triple chocolate cookie (*drooling*).
In the afternoon, I just sat in a chair outside watching the sun slowly go down. The air was really fresh smelling today, the sky was a beautiful baby blue, the chirping was uneven yet comforting, and it felt hot, yet cold. The rabbit, in the corner of my eye, was standing on her hind legs looking at me (what a cutie) 😊.
Dear diary,
Today I woke up somewhere around 11:00, then I sat and watched videos for about half an hour. Mum got me up and told be to get washed and dressed for Sunday dinner, where I did surprisingly well, considering I hate Sunday dinner (but mostly just the meat). Something about the taste or texture, or how it takes to long to chew. I just don’t like it 😒.

On the bright side my voice is almost completely back now 😊. YAY!

We went to the park for a bit, and Goldie actually did well in an interaction with a tiny jumpy dog 😊. But Katy got stung by a stinging nettle so Dad found a doc leaf and then dropped it on my head (I also fell over twice). I asked Dad who came up with the idea to rub a random leaf on a sting and he just shrugged.

I also got annoyed at Charlie and Lola, because they changed the intro and put in a random whistling in it, which really annoyed me for some reason.
I also sat down and revised, for about 2 hours, science and maths. I did about 6 hours of revision!!

Then this afternoon I had a shower and tried out this new shampoo, conditioner and oil that’s meant to de-frizz my mane of hair *(pray it works)* *(ps I LOVE THE FEELING OF SHAVED LEGS)*. 

Then I moved Katy *(because she was snoring)*, and she made really raspy sounds *(so Yeah...!)* IT WAS EVEN MORE ANNOYING 😞!

(PPS: we ordered the Grade 5 book I need for guitar, and I’m sooo excited! Almost as excited as I am for Pokemon Moon and Sun...did I tell, I went from 0-5 in less than a year? )... 😊😊😊

G’night.
Thursday 19th May 2016

Dear diary,
Yet again same excuses 😅 (sorry xxx)
I either forgot or was too tired.

This week nothing particularly jumps to mind, other than
the teacher telling me and Jim off for English messing
around, and that I’ve been in a really ‘weird’ mood all
week, and even I can’t explain why I’m acting up 😊
shrugging shoulders -__(>'v')_/-

Today, my first lesson was music, where we had to
perform our own songs, but I got a little embarrassed
because I’m the singer and I play the guitar (also every
time I sing the song people always question me about
the tune, lyrics and completely ignore the fact that I’m
uncomfortable).

Next lesson was ICT, where we just finished some old
work (me and Betty finished early so we just searched up
some funny memes).

Then I had History (quickly becoming my fave subject 😊
so happy I’ve got it for GCSEs), where we had a discussion
about whether or not Japan, Germany or the US were
evil, and then questioning if the Nagasaki or Hiroshima
bombing was necessary, brutality or something else, and
I said that if it was, it was a matter of perspective (each
side thinking the other is evil).
Then I had lunch where I didn’t get any crisps because we ran out☹️, also Sally tried to force Anna to keep her hair down by stealing her hair band.

Next, I had Tech where we were designing a pillow for the Mexican festival of the dead (all about celebrating someone who’s passed away life).

Finally, I had Science in which I think my friend Abi is avoiding me, but I don’t know why...

I then went to the park with Dad and Katy and we threw a Frisbee around, and then I went to guitar, where I practiced that Grade 5.
Yesterday not a lot happened, other than I went to Stay Club and Henrietta asked me to stay the night. We spent most of the night eating, and Henrietta ordered me to learn the words to Wonder Wall by Oasis, so that I could sing along to her playing her guitar.

This morning me and Hen walked to college where we bought a mint and chewit packet, then went to drama, and then to singing.

After singing, Ted and I decided to go to town where we bought MacDonal’d’s and went to Poundland, then Ted dragged me to the Body Shop so he could “window shop.”

I then went back to Ted’s, where we played Halo 4 and listened to music.
This afternoon, I went to the next door neighbour’s 30th birthday party, and it was really awkward since I only knew 2 people (excluding Mum, Dad and Katy). So I spent most of the party playing with Katy and drinking coca-cola.

I brought Katy back early, because she needed a bath and to go to sleep. After I got her to sleep, I watched Netflix in the living room until Mum and Dad came home (at 11 pm) where I went upstairs, because Dad was obviously drunk, and I don’t like dealing with drunk people. (PS I’m learning a French song called papaoutai about Stromae losing his dad)

\[ \text{Où t’es, papa où t’es; Où t’es, papa où t’es; Où t’es, papa où t’es; Où t’es, où t’es, où papa, où t’es} \]
Sunday 22nd May 2016

I forgot to write this on the day, so it’s going to be short, but beside, I went to Aunty Brenda’s house and played with Katy, Edward and Annabel.

I discovered that it is much easier to talk to adults and children, than teens.

Also I’ve found my social skills with family have improved (especially when talking about things that I love e.g. animals!)

(PS I can tell the difference between a male and female golden retriever).
Today was REALLY stressful!

My first lesson was History (was brilliant as always), where we were learning about how warfare changed from 1066-1950 (Revising).

Then I had French, which is usually pretty good, but today it stressed me out because of 2 reasons:
1: Miss was going WAY too fast and I didn’t understand a thing.
2: I was surrounded by people who were making my mood (Penny – keep in mind for later)...

Then I had PE, which was great: I found that I’m good at shot-put (better than most of the boys, and just when I was in a good mood ‘she’ came over and annoyed me beyond belief, so I kicked her twice, then walked off and kicked a wall (which really hurt my toe)).

At lunch, Jim and my other friends managed to calm me down. But something to point out, as much as I love Caty to pieces, her constant questioning, and breaking of my personal space, didn’t really help.

Then I had LRC where we read books, and I annoyed my teacher with the voice from Little Britain, “Yeah know!”

Finally, I had Geography, where Penny and I made up...sorta...since we were okay, till she annoyed me again, and I threw her blazer across the room. Honestly, I don’t know whether to punch her, or be friends with her.
Finally, the highlight of the day was when I did guitar! 😊 I’ve nearly finished my first Grade 5 song and I can play (sorta) in B major scale.

(PS I might be singing in Rock School Sat, I dunno?😊)
(Half Term Week 30\textsuperscript{th} May – 3\textsuperscript{rd} June 2016)
Wednesday 8th June 2016

Today I did a dance routine, but I burst out laughing because it was so awkward!

I’m really annoyed because my planner is officially a pile of paper!

Finally, I really want to go on a trip to Cornwall with school because I might finally learn how to surf.

Peace

Sammie
Written and illustrated by Samantha Durham & edited and foreword by Trudi Rainsberry MMXVI