7 Hours of Sanity

7 hours of sanity,
That's what the school day means to me,
A place with heat, water and light,
And somewhere to rest after a sleepless night.

7 hours of sanity,
That's what the school day means to me,
A place I can get two meals to eat,
And every day I attend, I have the same seat.

7 hours of sanity,
That's what the school day means to me,
A place to get a band-aid from the nurse,
And maybe antiseptic so it doesn't get worse.

7 hours of sanity,
That's what the school day means to me,
A place I can jump rope and play basketball,
And see the gym teacher who is six foot tall.

7 hours of sanity,
That's what the school day means to me,
A place I can go to learn,
The only place where I'll get a turn.

Russell Valentini