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2017 STUDENT ESSAY WINNER

The Sioux County Sheriff's Office held its second annual essay contest for area 6th grade students.

The topic of this year's essay was "Courage."

Students were asked to describe what courage meant to them and how they have seen it exhibited in themselves or others and how it can make a difference, in their lives, and the lives of others.

In March, the submitted essays were reviewed by Sheriff Dan Altena, SRO Deputy Pollema and Mrs. Julie Visschers' Honors English class from the Boyden-Hull JR/SR High School in Hull, IA.

Katie Van Den Top, a student at Boyden-Hull Elementary, was selected as the winner of this year's essay contest. Katie is the daughter of Brent and Amy Van Den Top of Hull.

Katie and her parents were honored by having her essay posted on the Sheriff's Office website and Facebook page. They received a tour of the Sheriff's Office and had the opportunity to do a ride-along with School Resource Officer (SRO) Deputy Waylon Pollema in his patrol vehicle.

SRO Deputy Pollema said, "There were many well-written essays again this year, which made the decision difficult. I want to take the time to thank everyone who participated."

Congratulations, Katie!



(Read Katie's essay on the next page)

Courage

By; Katie Van Den Top

Courage, the one word that describes the brave, fearless, heroic, and the adventurous. Just because you aren't the biggest or toughest in your class does not mean you can't make a difference. Great things can happen, if



you believe in yourself. Take, Helen Keller, for instance. Just because she couldn't see or hear doesn't mean she gave up on wanting to learn how. Helen kept working hard until she accomplished her goal. In the end, she overcame her

disability of being deaf and blind by learning hand symbols and learning to talk. Then she went on to help other people with her disability. I believe we can do the same.

Sometimes, all it takes is a little bit of courage. Sometimes courage can be as small as walking away from a bully at school or asking someone who's alone at lunch to sit with you. Personally, that can be hard sometimes. We all have certain groups of people we like, but maybe it is time to expand that circle. We all can help make a difference, why not start now while we are still able to.



Fear holds us back from doing what is right. I think it's time to stand up to fear and show everyone who you truly are. Even if you are a little different. You may be as harmless as a mouse or as ferocious as a lion but deep inside we all have the same feelings. Courage can turn dreams into something that can really happen. While running into a burning building to help someone and trying to help out someone who is being robbed are certainly courageous and admirable acts, even smaller, less heroic things can count as acts of courage. For example, helping someone with their homework or standing up to a bully can really be appreciated. I hope that you could have learned a lesson from this, thanks for listening to my courage essay!