

Meopham Monthly



Cover Art by: Kristie T

Meopham School Student Magazine
May 2026



Welcome

Welcome to the May issue of Meopham Monthly, our 40th edition! It has been a real privilege to read this month's contributions on so many topics and also to see some of our talented Year 11 students' artwork. Thank you to all our student contributors and also to Ms Rajkumar, Ms Kerr, Miss Garnett and Mrs Waterhouse for their content.

We welcome your content for the magazine, which could be a short story, article, poem, photos or anything else appropriate for our readership. Please speak to Mrs Williamson, contact the team at MSS-magazine@swale.at or come along on a Thursday lunchtime to EN4.

We hope you enjoy this issue!

Meopham School Values

TENACITY RESPECT UNITY EXCELLENCE

T **Tenacity** - Try your hardest

R **Respect** - Respect comes first

U **Unity** - Always be ready to listen and help

E **Excellence** - Make the right choices

Contents

Welcome	2	May the 4th and May Day	19
Contents and Contributors	3	Tung Tung Tung Sahur	20
Things To Do in the Summer	4	Footballer Profile	21
Getting a Hamster	5	Invincible Variants	22
The Travelling Teacher	6-7	Game Review	23
The Knead to Know	8-9	BetaSquad	24-25
20th Century Movie Night	10	Ten Random Questions	26
Amazing Animals	11	Charlie's Transport Round-up	27-29
The Phantom Station Finale	12-13	Wellbeing Corner	30
Fruits	14-15	Enrichment	31
Art Gallery	16-17	Poetry Corner	32
The Amazing Digital Circus	18		

With thanks to everyone who contributed to this issue:

Siara B (Yr 7)	Patrick K (Yr 7)	Ms Rajkumar
Lilah B (Yr 7)	Ms Kerr	Lacie S (Yr 7)
Reggie C (Yr7)	DG K (Yr 8)	Jake S (Yr 7)
Charlie D (Yr 8)	Ethan L (Yr 8)	Kristie T (Yr 11)
Japjeet D (Yr 7)	Owen L (Yr 8)	Ethan T (Yr 7)
Miss Garnett	Harley M (Yr 7)	Mrs Waterhouse
James H (Yr 8)	Victoria N (Yr 7)	Enya W (Year 7)
Will H (Yr 8)	Kyle O (Yr 8)	Charlotte W (Yr 7)
Jack H (Yr 10)	Olivia O (Yr 7)	Ted W (Yr 7)
Mercedes P (Yr7)	Mercedes P (Yr 7)	Mrs Williamson
	Henry P (Yr 12)	

Things To Do in the Summer

By: Jake S (Year 7)



The beaches are booming with life! So why don't you bring the whole family for a fun filled adventure! Dive into the blue abyss to explore new worlds below. You could build sand castles, play with friends and so much more!

Fill your lungs with the crisp sea air while lapping up the beautiful sunshine. The beach is the answer to all your holiday needs. It's a great way to spend little but have a lot of fun.

So get your sunnies packed and suncream on to have a fun filled day out! Have a fun summer 2026... and get off those phones!!



Thing You Need to Know Before Getting a Hamster

By: Mercedes P (Year 7)

Before getting a first hamster, you should know they are nocturnal, solitary creatures (Syrians must live alone) with a 2–3 year lifespan. They need large, escape-proof cages (80x50cm minimum) with at least 6 inches of non-scented paper bedding for burrowing. Contrary to common belief, they are not low-maintenance pets, as they need consistent cleaning, proper nutrition and safe, large wheels (20-28+ cm) to prevent injuries.



This is a Dwarf hamster. This is the one I have. They are quite fast so you might want to get a running ball for them!

This is a Syrian hamster. They aren't as fast but they are bigger than Dwarf. They are fun to hold and play with.



Now you should be ready for your first hamster!

If you need more help for them, go to Pets at Home or your local pet shop and speak to someone there so they can help you.



The Travelling Teacher

Stunning St. Lucia



Parlez vous Francais? In St. Lucia? Don't worry, it's just to ensure you pronounce one of their iconic landmarks correctly. Earning the title of UNESCO World Heritage site, they are the Gros Piton and Petit Piton. These two volcanic spires rise straight out of the sea like green pyramids. The larger of the two, Gros Piton, offers a challenging but rewarding hike through protected forests, leading to a summit view that stretches as far as the neighbouring island of Martinique. Petit Piton is steeper and more rugged, standing as a dramatic backdrop to the town of Soufrière and the luxury yachts bobbing in the bay below.

Nearby, you'll find the world's only "drive-in volcano." The Sulphur Springs are a testament to the island's living geology. The highlight here is the sulphur pool and mud baths, where you can coat yourself in mineral-rich volcanic mud.



continued...

By: Ms Rajkumar

St. Lucia is a world leader in sustainable, eco-friendly tourism. Many of the island's most famous hotels, like Ladera or Anse Chastanet, utilise an "open-wall" concept, offering a panoramic, uninterrupted view of the Pitons and the Caribbean Sea. These resorts are typically built from locally harvested hardwoods and stone, blending seamlessly into the jungle canopy.



What elevates this experience is the unmatched customer service. The staff are renowned for their "island warmth," providing an attentive, personalised touch. You will never go hungry as the cuisine of St. Lucia is a testament of their history. Mixed with flavourful French, East Indian and British influences, the green Fig and Saltfish is a must-try. You can warm your tastebuds with the local cocoa tea which is a Caribbean version of hot chocolate.

Beyond the Peaks: Popular Interests

While the Pitons are the stars, the island offers endless discovery. The national landmark, Pigeon Island, highlights 18th century British ruins while a hike to Fort Rodney allows a 360-degree ocean view. St. Lucia is an island of contrasts, where the thrill of a steep mountain climb is balanced by the serenity of a mud bath, and where the ruggedness of a volcano meets the eco-elegance of a world-class resort. A choice of being able to laze around or having an exhilarating hike is the life in St. Lucia. As they say in France, *c'est la vie!*



The Knead to Know

The Food Tech lab became a studio. Watching the students work the dough was like watching young sculptors at a bench. There was the initial mess - the shaggy, sticky stage where dough clings to fingers - followed by the transformation. After ten minutes of rhythmic kneading, the shagginess vanished, replaced by smooth, elastic spheres of potential.

Students didn't just make standard loaves, they explored form and texture:

- Intricate Plaits: Braiding three strands of dough with the precision of a jeweller;
- The Scoring Stage: Using "lamés" (or sharp knives) to etch patterns into the crust, allowing the bread to bloom in the heat.

Well done Year 7s. You were brilliant!

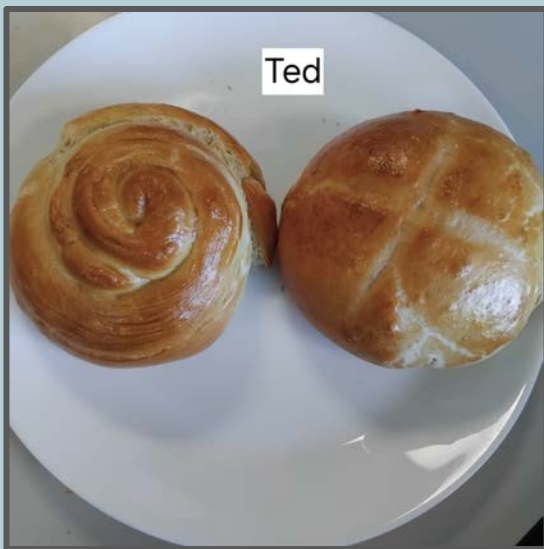
Special mentions go to:

- Victoria N
- Ted W
- Olivia O
- Lacie S
- Mercedes P
- Harley M



continued...

By: Ms T Kerr



Ted



Victoria



Lacie



20th Century Movie Night

By: Patrick K (Year 7)

Welcome to another 20th Century Movie Night. For this month the film is...

BACK to the FUTURE!

Are you ready fo this sensational race against time? If so, buckle in, and get ready for a wild ride back to the future.

The year is 1985, young Marty Mcfly is working for the elderly (yet energetic) Dr Emmett Brown. He has just invented the world's first time machine. After Dr Brown is shot dead, Marty has to go back in time to try to warn Doc, but not to his knowledge, he in fact has travelled back to 1955. But will he get back in time?...

If you loved this movie, there are two more in the trilogy and a musical you can see in London!



Amazing Animals



By: Lilah B (Year 7)

Aardvarks

Aardvarks are solitary, nocturnal mammals native to sub-Saharan Africa known as “Earth pigs” (Afrikaans) due to their appearance and rooting habits. They are the only living species in the order Tubulidentata, making them unique in evolutionary terms, and are related to elephants and golden moles.



Diet and Habitat

Aardvarks emerge at night to forage for ants and termites, sometimes consuming tens of thousands of insects per night. They travel along familiar paths in a zigzag pattern, using their keen sense of smell and hearing to locate prey. Their long tongue and sticky saliva allow them to efficiently lap up insects, while their thick hide protects them from bites and stings. Aardvarks inhabit savannas, grasslands and woodlands, avoiding rocky areas. They dig extensive burrow systems, often 2–3 metres long, which provide shelter and are sometimes used by other animals like African wild dogs. Burrowing also helps them escape predators such as lions, leopards, hyenas, and pythons.

Characteristics

Aardvarks have a stocky body with a narrow, elongated snout, large upright ears, and a long, sticky tongue up to 30 cm for extracting insects. Adults typically weigh 40–65 kg and measure up to 2.2 metres including the tail. Their skin is thick and leathery with sparse hair, often coated with soil from digging. The front feet have four strong, spade-like claws, while the hind feet have five, enabling rapid excavation of burrows and termite mounds.



Risk of extinction? Least concern

Phantom Station: Cloggy's Return (FINALE)

Previously:

Louie was captured and locked in the chamber! Cloggy's footsteps were heard by Connor and Emily, who were under the dangling sign.

Now:

Connor spotted an emergency exit hatch. "We can climb through there, and get to Louie in time," noted Connor. With all their might, Emily and Connor lifted the little door open and squeezed through the opening. Slowly, they slithered through a steel duct, leaving small, bite-sized pieces of a "Cloggy Cake" they found behind. When they eventually made their way out of the shaft and into "Cloggy's Corner", they spotted Louie's signature red baseball cap, half-torn and half in neat condition, just the way Louie would leave it.

All of a sudden, they heard a heavy thud, followed by grinding and screeching. Connor and Emily peeped round to see the exit shut tight with some copper wires tied around the lock. In the distance they heard paced steps; the shoes clanking on the floor with each one. "No passenger is to leave the subway yet..." echoed a faint, rough voice, "That's... Not... Nice."

Out of thin air, Cloggy appeared with Louie tied up under his armpit. Louie's hair was all scuffed up, and he looked like he had aged a couple of years. In a soft but threatening voice, Cloggy hissed, "1 down, 2 to go!" Connor lunged toward Cloggy, reaching out his arms for Louie, but he was forcefully yanked back.

"Stop! STOP NOOOOW!" screeched Cloggy, as steam poured out of his ears. His nails begin to sharpen, until they became rough, jagged claws. With all his anger, Cloggy reached out and scarred all down Louie's back.

"AAAAAAH! NOOOOO!"

Louie let out a bloodcurdling scream. The scream penetrated through the air like a bullet, piercing Cloggy's ears entirely, allowing Connor to take the upper hand. Just

continued...

By: Reggie C (Year 7)

as Connor started to flail and thrash his limbs violently at Cloggy, Louie's body flopped to the ground in a heavy heap.

"My...MY...BROTHER!" exclaimed Connor. His eyes went bloodshot with fury. As Connor darted to Cloggy, his eyes looked like a roadmap of crimson veins, streaked with broken capillaries. Fear started to fill Cloggy's mind, Connor was just a kid, he'd never do anything too bad? Right? The silence between them was bruised, battered by the hammer-blow intensity of Connor's deathly glare. His hand movements were quick and accurate, as he sent a flurry of heavy strikes into the clown's chest.

"This is my last resort, I didn't wanna fight," Connor began, "but I'll defend my bro with my life." Connor's hands became slow and paced, almost as if rehearsed. He reached for the 2 rusted chains beside him and started to swing them in a circular motion. Connor leapt into the air before plummeting back into Cloggy's face, taking one final blow on the hideous creature. "WH-TCH"

"Oh my gosh, Connor, that was so brave!" cheered Emily. They both began to crawl back into the steel duct. The two peered back one last time at Phantom Station before continuing out of the conduit. Little did they know, that would be the last time they ever saw it, that anyone saw it. Two weeks after the incident took place, a construction company demolished the ride, replacing it with a merry-go-round named "Percy's Palace" after a former worker went missing on halloween night dressed as a clown in a polka-dot suit. Emily and Connor came to pay their tributes for Louie one last time by riding Percy's Palace. But to their surprise, they still heard paced footsteps underneath the ride...



Fruits for May



By: Victoria N, Charlotte W & Enya W (Year 7)

In the early summer month of May, tangy, succulent strawberries are entering the height of their season, particularly in the UK, highlighting the beginning of the soft fruit season!

Strawberries: May marks the start of the British strawberry season, when they are seen their finest, freshest and most flavoursome. *Fragaria x anassa* aren't berries although named so. They're actually “accessory fruits”. A strawberry is an aggregate fruit because it forms from many tiny ovaries in ONE flower!

Fun Fact

In strawberries, the real fruits are the achenes, the tiny hard bits on the outside, while the juicy, red part we eat is just the flower's receptacle! This makes strawberries a type of aggregate fruit, since they form from many achenes clustered together.



Gooseberries: While often overlooked, gooseberries [*Ribes uva-crispa*] are a true culinary treasure, packed with zing and adaptability! They grow on spiky bushes and ripen into colours of green, yellow, red or even purple. Each gooseberry is a single fruit (not an aggregate), but clusters of them form on one plant meaning you can end up harvesting many at once!



Strawberries

By: Enya W (Year 7)

Strawberries, we all have heard of them, so since it's the fruit of the month, here are facts about them and how many people are obsessed about them online!

Many people on the internet have this aesthetic for it: strawberry core. People get clothing, furniture and everything to have strawberry themed everything!

There are also many cafés fully strawberry themed attracting many strawberry obsessed people!

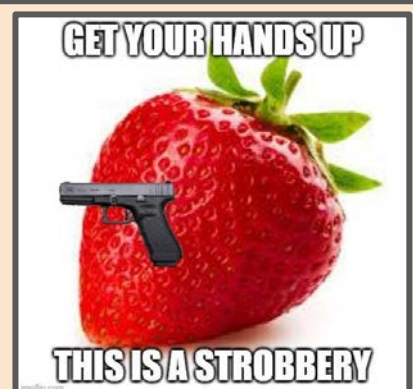
In fashion there are many patterns and clothing that are strawberry themed or inspired! On the internet there are many videos on 'strawberry asmr' and things like nails and make-up.

Wow! It seems people are really obsessed with strawberries!

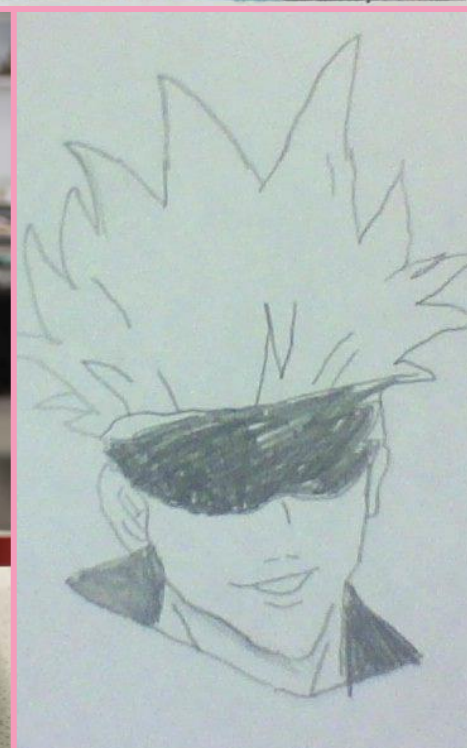
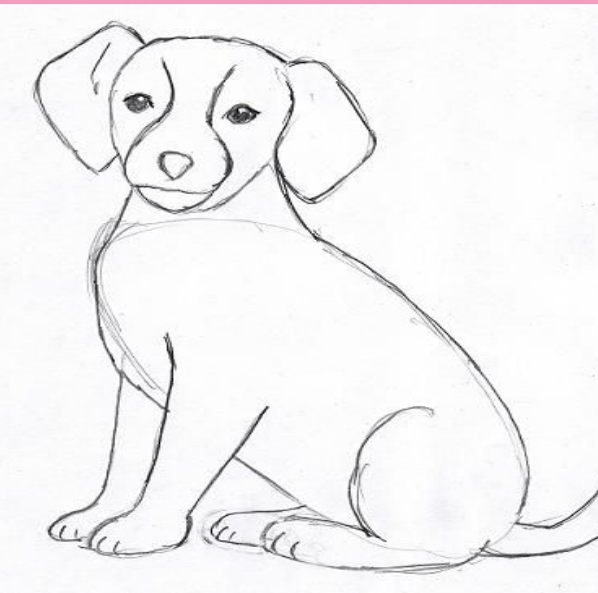
The reason the internet seems to be obsessed with strawberries is because they are 'visually striking', with bright, eye catching colour and a very yummy taste!



Mom: You can only pick one strawberry from the farm
me:



ART

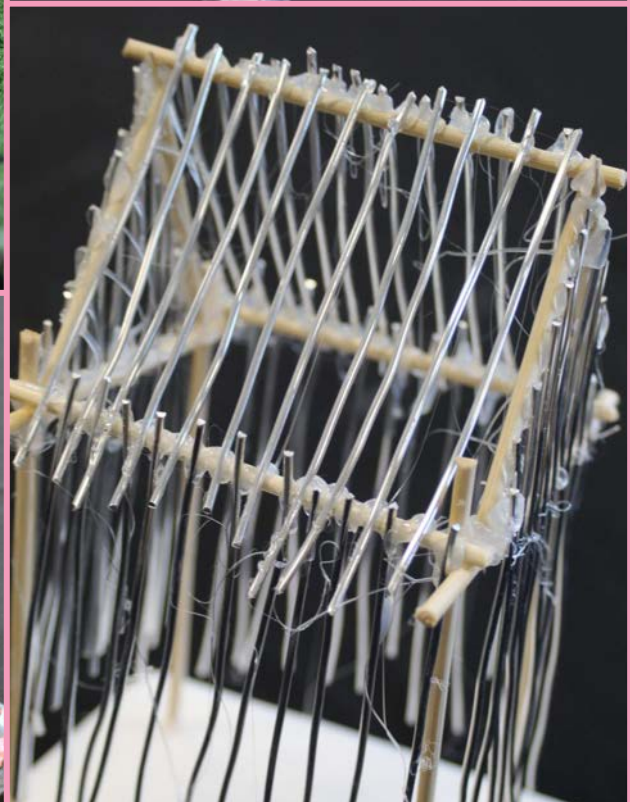
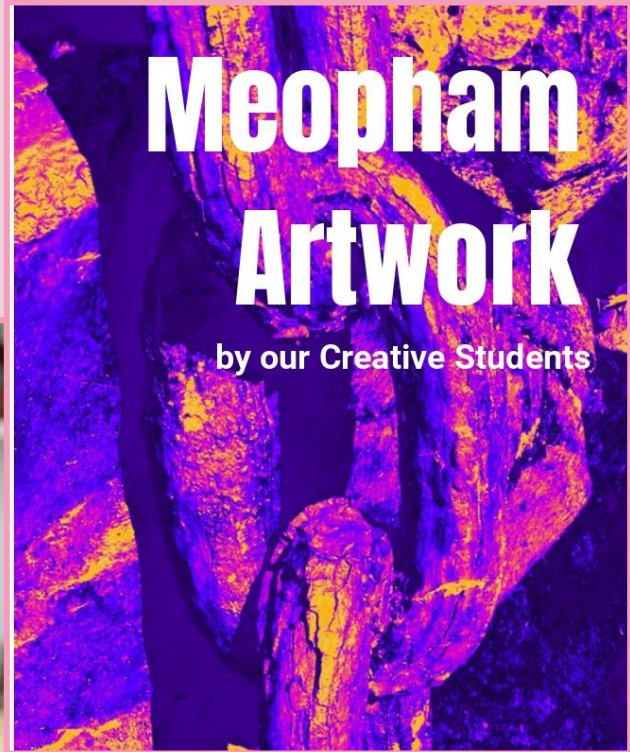


Artwork by DG K, Jake S and Year 11 Fine Art Students

GALLERY

Meopham Artwork

by our Creative Students



Artwork by Year 11 3D Art Students

The Amazing Digital Circus

By:DG K (Yr 8)

The Amazing Digital Circus (TADC) is an extremely popular TV series, featured on Netflix and Youtube. It is made by Glitch Productions and Gooseworx. It is right now on episode 8 and they are making the finale (ep 9). The first series will appear in cinemas with ep 8 and 9 on June 4th-9th.

One of my favourite ships in this show has to be funnybunny (Pomni and Jax), since I find it so funny and the skits you can find on youtube are actually pretty interesting.



I am extremely excited for this show and I know lots of people are excited too! Although some people haven't tried it and are really skeptical, but as someone who finds trouble having a film I actually like, but this really shocked me! Actually I was one of the OG's since I started watching it when the first episode came out!

Although this series does look like a baby film, it is not; actually it's practically the exact opposite. It is rated 12, so it is not that bad for teens who don't want to be embarrassed or told off by their parents for watching older stuff. I would really recommend it, since it is the perfect balance of funniness, seriousness and a nice sensation of not knowing what will happen next!

May the 4th and May Day

By: Ethan L, Kyle O, DG K,
Owen L & Will H (Year 8)

Star Wars Day

May the 4th is known as Star Wars day because of the pun "May the Fourth be with you", a play on the iconic phrase "May the Force be with you" from the film franchise. The date serves as a global, fan-driven celebration of Star Wars, featuring movie marathons, costume events, and special merchandise releases.



May Day

May Day is a European festival of ancient origin marking the beginning of Summer and usually celebrated on 1st May.

There is a traditional dance around a maypole called maypole dancing and many villages, including Meopham, have their own May Fayre. If you took part in this year's fayre, why not write us a review or share your pictures with the magazine? Come along on a Thursday in EN4 to find out more.

Tung Tung Tung Sahur

Can you find the 2 secret tung tungs on the page

By: Siara B (Year 7)

T³, otherwise known as Tung Tung Tung Sahur, is a famous meme that people love. Triple T is described as an AI character that holds a wooden bat and stands in a certain position. Often he has his eyes wide and a sinister smile. He is also seen with big feet likely to add more personality to the character.



Tung

Tung

Tung

Sahur



Pronunciation

Tung is pronounced like an actual tongue “tu-n-g” and sahur is pronounced as “su-h-or”.

Tung Tung Tung Sahur is mainly known from the category of “brainrot” as he was a big part in the game “steal a brainrot”. He was removed then added back as a secret brainrot, making a comeback to the game with his own song, admin abuse and character.

Personally, I think triple T is very, very tough and inspirational.



Have a tung tung tung school day!

Hannah Hampton



By: James H (Year 8)



Hannah Hampton is England's number 1 when it comes to goalkeeping. She was part of the mighty Lionesses when they won the Euros, and won the women's Yashin trophy in 2025 (Ballon D'or for goalkeepers). She is currently playing for 'The Blues' at Chelsea FC. Throughout her career she has made some crucial saves for Chelsea and England, sealing her place in football history. She has saved England many times, keeping them in crucial competitions and is an iconic player in women's football. She is currently 25 years old and was born on the 16th November 2000 in Birmingham. Hampton was born with strabismus, which is an eye condition which makes her eyes squint, but even with this condition, she still has accomplished so much and has so much more to give to football in the coming future.

Invincible Variants

By: Will H (Year 8)



Sinister Mark

Origin: This variant is similar to regular Invincible, but rather than going against his father (Omni-man) after his betrayal to earth, he joins him, leaning towards the side of the viltrum empire.

Death: likely still alive, sent to the wasteland dimension by Angstrom Levy with 7 other variants.



Viltrumite Mark

Origin: this variant fully embraced his Viltrumite heritage. Unlike the main series Mark, he likely grew up with heavy influence from his father, leading him to view Viltrumite values as his only path.

Death: stranded in the wasteland dimension and killed by Sinister Mark.

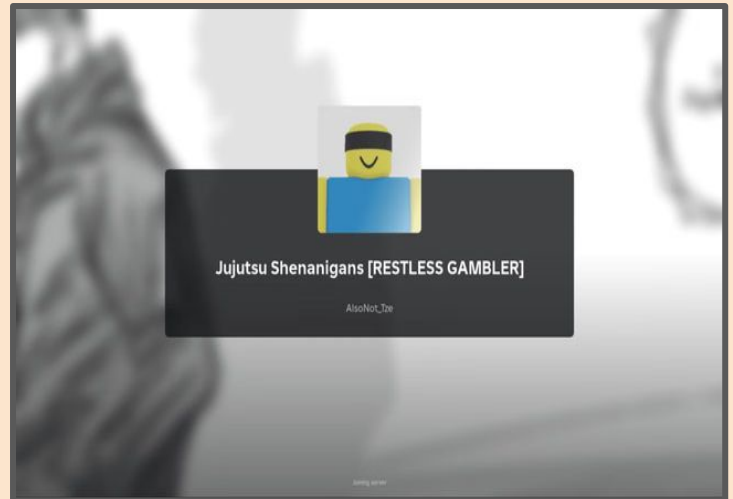
Thanks for reading! If you have any suggestions, feel free to let me know and I might feature them in a future issue!

Game Review: Jujitsu Shenanigans

By: Ethan T (Year 7)

JJs is an all-out fighting Battle Royale, based on an anime, and you can test all the 16 movesets.

Fun fact: if you make a private server, you can use the workshop and in settings to make it dark and play horror hide and seek with your friends.



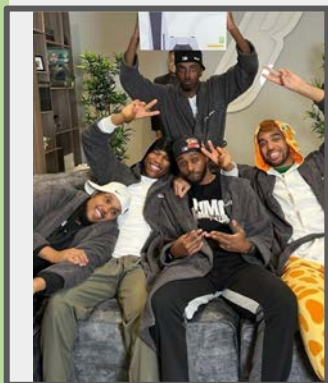
A domain expansion is an overpowered move to stun, hurt, evolve or kill your enemy instantly. You can save up for emotes with your money and overall just have fun with your friends.

This is the how you can use custom movesets:





BetaSquad



BetaSquad are a popular British Youtube collective formed in February 2019, known for their entertaining content. BetaSquad consists of 5 members: **Niko Omilana, Chunkz, AJ Shabeel, Sharky and King Kenny**. They also currently have approximately 11.75 million subscribers on YouTube.



This is **Niko Omilana (Nikolas Daniel Adegajumo Omilana)**. He was born on 4 March 1998 in London to an English mother and a Yoruba Nigerian father. He has two sisters and a brother. He began his YouTube career in June 2011, initially uploading FIFA gameplay and skits, and later gained fame for comedy sketches, parody videos and pranks. Niko cites British YouTuber KSI as an inspiration for his content creation. He is also the founder of the NDJ Movement (Niko Defence League), which promotes his brand and merchandise. He also owns the brand "Shades."

Fun fact! Niko ran as an independent candidate in the 2021 London mayoral election and the 2024 UK general election, although he was unsuccessful in both attempts. His campaigns often included humorous and satirical elements.

This is **AJ Shabeel (Ayaanle Shabeel)** and he was born on August 30 1996 in Leidschendam-Voorburg, Netherlands, to a Somali family. He moved to the UK with his family when he was about nine years old. He has a sister named Suaad Shabeel, who is also a content creator. He started his Youtube channel on October 1, 2015 and quickly gained popularity for his videos. AJ is recognized for his bold and creative approach to content creation, appealing primarily to a younger audience. His work has made him a prominent figure in the UK social media scene, and he continues to expand his influence across various platforms, including TikTok and Instagram.



continued...



By: Lilah B (Year 7)



Chunkz, (Amin Mohamed), was born on February 21, 1996, in North West London, to Somali parents who immigrated from Somaliland in the 1980s. He is the youngest of five siblings and grew up in a multicultural environment that influenced his humour and communication style. Before his rise to fame, he briefly studied financial mathematics at London Metropolitan University but dropped out in 2016 to focus on YouTube. Chunkz began his YouTube journey in 2015, creating content that included vlogs, challenges, pranks, and rap battles, often featuring friends like Sharky and his cousin Darkest Man. He gained significant popularity through his #MANDM series and later became a member of the collaborative group Beta Squad in 2019.

Sharky, (Sharmarke Mohamud), was born on December 31, 1995 Utrecht, Netherlands, and is of Somali descent. Sharky is a YouTuber, TikTok star, and social media personality known for his soccer-related content, FIFA gameplay, challenges and pranks. He is the oldest of seven children and grew up in a family that has occasionally appeared in his content. He began his YouTube career under the username afcSharky on August 17, 2015, later shortening it to Sharky. His channel gained popularity for soccer vlogs, FIFA gameplay videos, challenges, and pranks, with notable videos like "DIMITRI PAYET FREE KICK CHALLENGE!!" amassing over 1.5 million views.



King Kenny, Kenny Ojuederie was born on March 20, 1997, in Watford and raised in a Christian family. He has a younger brother named Wisdom, who frequently appears in his YouTube content. Kenny is widely recognised for his KingKennyTv YouTube channel, which features pranks, vlogs and social media commentary. He began his second YouTube channel on July 3, 2013, after his original channel, KenDaKid, was shut down due to copyright issues. His content has attracted millions of subscribers, with some videos, like "TEACHING A 8 YEAR OLD HOW TO DRIVE ALMOST DIED POLICE CALLED", amassing over 900,000 views. In 2019, he joined the Beta Squad, a collaborative YouTube group, further boosting his online presence.

Ten Random Questions with One Random Teacher

By: Japjeet D & Reggie C
(Year 7)

This issue's random teacher is: Mrs Sreedharan

1. What is your favourite subject in Maths?

"My favourite subject is definitely geometry."

2. What is your favourite car?

"My favourite car is a Mercedes convertible."

3. Why did you choose to be a Maths teacher?

"I wasn't actually interested in Maths at all before I started teaching! I quite enjoyed, and was good at Science, but instead I switched to Maths so I could work with peers."

4. If you were an animal, what would it be?

"I would choose to be an eagle."

5. If you were stranded on a desert island, which 3 things would you take?

1. "A notebook and pen."

2. "A pocket knife."

3. "A bar of chocolate!"

6. What is your dream job?

"My dream job would be to work in a community that helps underprivileged children and adults."

7. If you could live anywhere, where would it be?

"I'd choose to live in Trinidad."

8. If there was only one meal left on earth, what would you want it to be?

"I would like for it to be breakfast."

9. If you could time travel, what year/timeline would you go to?

"I would go back to the time to when the people of Atlantis supposedly lived, so I can see them for myself!"

10. What is your favourite biscuit?

"My favourite biscuit is a chocolate cantuccini."

Brands Britannia and Heritage Transport Show Review

By: Charlie D (Year 8)

I ♥ Buses

There will be a Brands Britannia at the MSV Brands Hatch circuit on Monday 25th May 2026! Gates will open at 8am sharp! There will be Brands bus tours, car clubs, supercar displays and more!



Review



With special thanks to everyone who attended the South East Bus Festival and the Heritage Transport Show on Saturday 11th April 2026 and who rode the X25 from Gravesend to Detling showground!

The bus I rode was Alexander Dennis Enviro 400 BU02 TOP (Ex LK59 DZE And LK09 ELC) (Ex Metroline London). It has the ibus system upstairs and downstairs and it is a very nice bus to be honest. Thank you to bus companies who supported the event: 1st Bus Stop (my favourite bus company), Nu Venture, Arriva bus, Autocar, Stagecoach London, Chaseside, Go Bus, YMS Travel, Ensignbus and more bus companies who supported the event.

My favourite bus in the South East Bus Festival was a preserved Stagecoach London Dennis Trident alx400 LX05 LLO because it is my childhood bus, since I rode on it for a school trip from Langafel CE Primary school. But it has a different livery as my childhood bus had the old 1st Bus Stop livery. Well, I love this livery but they are transferred to another bus company. I miss this livery so much! I also love the BU02 TOP (LK59 DZE and LK09 ELC) Enviro 400 ex Metroline London which has the ibus system and operated the X25.



How Did TFL Increase the Penalty Fare for Buses and Transport?

By: Charlie D (Year 8)

Well, on the 3rd of March 2024, the penalty fare increased from £80 to £100! This is because there are more fare dodgers using the network, which has caused many financial issues. From now on if you fail to show on demand a ticket or a valid oyster card for your journey, a penalty fare will be given to you and you will be prosecuted. Please use oyster cards and tickets on all TFL transport to avoid a penalty fare!



😭 Last Day of First Bus Operating in Cornwall 😭

By: Charlie D (Year 8)



On Saturday 14th February 2026 First Bus finished operating in Cornwall and retrieving the buses. They still operate in Essex, Western Bristol, Glasgow and more. The Cornwall buses will go out of service. If anyone in Cornwall is seeing this, don't worry! Transport of Cornwall will look after you!



 first bus

Wellbeing Corner

Content chosen by: Miss Garnett

Great advice!



- 1 Journaling.
- 2 Grounding & 4-7-8 Breathing Techniques.
- 3 Peer Support Groups.
- 4 Meditation & Mindfulness.
- 5 Healthy Diet & Exercise.

* KEEP IN MIND THAT EVERYONE'S PATH TO HEALING WILL BE A LITTLE DIFFERENT; CERTAIN SELF-CARE TIPS WILL WORK BETTER FOR YOU THAN OTHERS.

Your Nervous System has four main states.

These states help protect you. Awareness helps you *choose*.

- RED Too Little**
 - When we're in red...
 - the body is shutting down
 - there's not much energy available
 - and it can feel numb or far away
- ORANGE Stuck**
 - When we're in orange...
 - the body is pulled in two directions
 - there's energy but it can't move
 - and it can feel stuck or conflicted
- YELLOW Too Much**
 - When we're in yellow...
 - the body is activated
 - there's a lot of energy moving
 - and it can feel overwhelming
- GREEN Just Right**
 - When we're in green...
 - the body feels settled
 - there's enough energy to stay present
 - and we can connect, think, and engage

Conflict isn't the problem.

Your nervous system's response to it is.

When conflict arises, your brain doesn't register a disagreement. **It registers danger.**

Your survival response kicks in. Heart rate spikes. Muscles tense. Cortisol floods your system. Reasoning & empathy go offline. **You are neurologically compromised.**

Biases take over.

- You look for proof you're right
- You judge them, justify yourself
- One negative moment overshadows everything
- Emotions become evidence

It feels like objectivity. It's actually distortion.

The damage isn't in the disagreement. It's in the disconnection that follows when no one knows how to come back.

The shift happens when you move from reaction to regulation.

- Pause. Breathe.** Slow your breathing. Lengthen the exhale.
- Activate safety.** Signal your body through the vagus nerve.
- Downregulate.** Cortisol clears. Heart rate slows. Your prefrontal cortex comes back online.
- Respond, don't react.** You can think. You can listen. You can see the human, not the threat.

Conflict doesn't break relationships. Disconnection does.

Rooshi



ENRICHMENT PROGRAMME TERM 5 & 6

Monday

Pride Club	Lunchtime	Hums 7	Miss Williams
Debating Society	Lunchtime	English 8	Mr Roberts
Mindfulness Art	Lunchtime	Art 2	Miss Hodd
Year 11 Revision	Lunchtime	English 9	Miss Bland & Mrs Hartley
Homework Club	Lunchtime	Oasis	Oasis Staff
Cricket Club	Afterschool	Leisure Centre*	Mr Goldsmith & Mr Smith

Tuesday

English Club	Lunchtime	English 6	Mrs Porter-Clarke & Ms Rajkumar
MFL Club	Lunchtime	Languages 2	Mrs Lajnef
Macramé Club	Lunchtime	Art 2	Miss Jarvis & Miss Kesby
Football Club (Year 8)	Lunchtime	Leisure Centre*	Mr Payne
Year 11 Revision	Lunchtime	English 9	Miss Bland & Mrs Hartley
Homework Club	Lunchtime	Oasis	Oasis Staff
Rounders	Afterschool	Sports Hall*	Miss Broad
Photography Club	Afterschool	IT2	Miss Kerr
Games Club Board Games, Table Tops Games & Trading Card Games	Afterschool	Hums 4	Mr Obbard
History Club	Afterschool	Hums 7	Miss Williams

Wednesday

Doodle Club	Lunchtime	Art 3	Mrs Nicolaou
Year 11 Revision	Lunchtime	English 9	Miss Bland & Mrs Hartley
Homework Club	Lunchtime	Oasis	Oasis Staff
Carnegie Book Club	Lunchtime	English 5	Mrs Briscoe
Year 10 Book Club	Lunchtime	English 5	Mrs Williamson
KS3 Football Club	Afterschool	Field*	Gillingham FC

Thursday

School Magazine Club	Lunchtime	English 4	Mrs Williamson
Football Club (Year 9)	Lunchtime	Leisure Centre*	Mr Goldsmith
School Choir	Lunchtime	Music 1	Mr Knight & Mrs Hill
Year 11 Revision	Lunchtime	English 9	Miss Bland & Mrs Hartley
Homework Club	Lunchtime	Oasis	Oasis Staff
Dance Club	Afterschool	PA Room (Dodmore)	Mrs Greenwood

Friday

Equation Invasion	Lunchtime	Maths 8	Mr Hicks
Football Club (Year 7)	Lunchtime	Leisure Centre*	Mr Wood
Year 11 Revision	Lunchtime	English 9	Miss Bland & Mrs Hartley
Homework Club	Lunchtime	Oasis	Oasis Staff

*meet at the main changing rooms for PE clubs

The Poetry Corner

Invictus - (1875)

~ William Ernest Henry~

Out of the night that covers me,
Black as the pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds and shall find me unafraid.

It matters not how strait the gate,
How charged with punishments the
scroll,
I am the master of my fate,
I am the captain of my soul.

Latin for 'unconquered', Ernest Henry's ode to resilience was deeply rooted in his personal struggles. Aged twelve his leg was amputated due to tuberculosis, an experience which remained with him in later life. He spent much of his life in hospital, which is where he wrote 'Invictus'. The poem's most famous line 'bloody but unbowed' serves as his ultimate call never to relinquish mastery of your own spirit, despite the adversity that was so abundant in his life.

Chosen by Jack H.

If you have a poem or any other contribution for the magazine, hand it in to your English teacher or Mrs Williamson, or come along on a Thursday lunchtime to EN4.