

Meopham Monthly



Cover Art by: K

Meopham School Student Magazine
June 2026



Welcome

Welcome to the June issue of Meopham Monthly. It has been a busy month so far in school, especially for students with end of year or public exams. Well done to all of our students who have worked so hard towards these: all those extra hours will pay off! This month's issue of the magazine is full of sunshine and smiles, with recommendations for things to do, fun facts and some beautiful poetry on the back page.

We welcome your content for the magazine, which could be a short story, article, poem, photos or anything else appropriate for our readers. 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

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With thanks to everyone who contributed to this issue:

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The Start of Summer ☀️

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

Summer ☀️ starts on the 21st of June. Some people say that Summer starts on the 1st June, but technically it starts on the 21st of June because of the Summer Solstice ☀️. The Summer Solstice occurs is 'longest day' and 'shortest night' of the year. On this day, the number of hours of daylight are at their maximum, while the number of hours of night are at their minimum.



Fun Summer Fact:

Cricket thermometer: you can determine the temperature by counting how many times a cricket chirps in 15 seconds and then add 37 to find the temperature in ☀️ Fahrenheit!

Summer is most people's favourite months because of the lovely weather and heat we can get sometimes ☀️

Can you find 10 ☀️?

Things To Do in the Summer (part 2)

By: Jake S (Year 7)



Time to head down over to a sunny holiday destination. Maybe to the USA or somewhere closer to home. 😊 More friend hangouts, maybe at a park or the zoo. 😊



Let's go to the beach! You can find many funny looking fish in the sea.

FUN FACT: there are over 30,000 types of fish! And also, they have better eyesight than a human when it comes to colours but also have a memory that lasts only a couple of months.

The flies are coming out due to heat rising, so close your windows. This may sound hard due to the heat, but, trust me, the flies are worse!



Summer break is coming up, so don't waste your time, have some fun outside, because it's sunny summer! Enjoy your last term coming up and make sure to have lots of fun!

Amazing Animals



By: Lilah B (Year 7)

Dracula Parrots

Dracula parrot, also known as Pesquet's Parrot (*Psittrichas fulgidus*), is a striking and elegant bird native to New Guinea. The Dracula parrot is known for its specialised diet and unique adaptations. As a species that is both rare and vulnerable, it highlights the importance of conservation efforts in preserving the biodiversity of New Guinea's rainforests.



Diet and Habitat

Dracula parrots are endemic to the hill and mountain rainforests of New Guinea, typically found at elevations ranging from 328 to 5,905 feet. They prefer habitats with constant low-lying cloud coverage and tall trees, which provide the necessary environment for their diet. These parrots are highly specialised frugivores, primarily feeding on a few species of figs, along with flowers and nectar. Their diet means they have a bald head to prevent feather matting from the sticky fruit juices. They are often seen in pairs or small groups and are known for their piercing squawks, which are quite different from the typical chirps of other parrots.

Characteristics

The Dracula parrot, is notable for its large size, reaching about 18 inches (46 cm) in length and weighing between 24 to 28 ounces (680 to 800 grams). Its plumage is mainly black with gray scaling on the chest, complemented by a brilliant red belly, upper tail coverts, and wing panels. The adult males have a distinctive red spot behind the eye, which is absent in females. The parrot's bald head and long, hooked beak give it a vulture-like appearance, which is part of the reason for its common name.



Risk of extinction? - Vulnerable

Facts about Octopuses!

By: Nicole N (Year 7)

Octopuses are highly intelligent boneless marine molluscs and they have 8 arms with suckers.

Lifespan

Most species only live up to about 1-2 years.

Habitat

Found in every ocean, from shallow coastal waters to the deep sea.



Did you know?

- Octopuses have 3 hearts and blue blood. They actually have no bones which means they can crawl into tiny cracks and spaces.
- All octopuses are venomous but only the blue ringed octopus is known to be deadly to humans.
- Octopuses are so intelligent that some scientists say that if humans went extinct they could be the next civilisation which may be actually theoretically possible.

The Travelling Teacher

Beautiful Barbados



“Shine bright like a diamond!” And that’s just what “Little England” better known as Barbados does! Home to the queen of pop music, Rhianna, Barbados boasts of being an experience that engages every sense. This coral island boasts a unique blend of historical depth, world-class luxury, and a rhythmic, sun-drenched culture that feels like a year-long celebration. The beaches of Barbados are legendary, particularly on the calm West Coast, often called the "Platinum Coast." Here, the water isn’t just blue; it’s a brilliant, translucent turquoise that laps against powdery white sands. Near the capital, this crescent-shaped harbor is a dream for snorkelers, where shipwrecks sit just beneath the surface in crystal-clear. On the southeast coast, you’ll find dramatic cliffs and pink-tinged sands, frequently voted among the most beautiful beaches in the world.

Barbados holds a singular distinction in American history: it is the only country George Washington ever visited outside of colonial America. In 1751, a young Washington stayed at a house in the Garrison area (now a UNESCO World Heritage site). Today, you can tour the George Washington House, where the future first president was nursed through smallpox—an experience that gave him the immunity he needed to survive the American Revolution.

continued...

By: Ms Rajkumar

The island's energy peaks during Crop Over, a three-month-long festival that originated in the 1780s to celebrate the end of the sugar cane harvest. It is a whirlwind of calypso competitions, street fairs, and "foreday morning" jumps. The season culminates in Grand Kadooment (ca-doo-ment) Day, a massive masquerade parade where the streets of Bridgetown explode in a kaleidoscope of sequins, feathers, and infectious Soca music.

Barbados is often called the "Culinary Capital of the Caribbean," and nothing represents its soul better than the national dish: Cou Cou and Flying Fish. Cou Cou is a smooth, savory cornmeal and okra porridge. It is paired with Flying Fish, which is seasoned with spicy Bajan herbs and either steamed in a rich tomato and onion gravy or fried to a golden crisp.

The island's greatest pride is its people. Rihanna, is the island's most famous daughter—even having a street, Rihanna Drive, named in her honor. But the island's talent runs deep, from cricket legends like Sir Garfield Sobers to the pioneer of beatboxing, Doug E. Fresh. The "Bajan" personality is defined by a quick wit, a proud heritage, and a genuine warmth that makes every visitor fall in love with Barbados making them wonder 'where have you been all my life?'



Meme of the month: pt 1

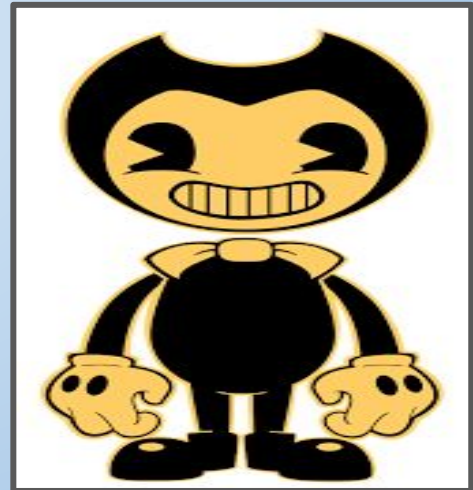
By: Millie H (Year 7)

Why because we're playing bendy



Why because we're playing bendy is a newly originated meme that has populated a few days ago. It came from a 2019 music video made by a gaming channel for kids called FGTeEV with 25.3 million subscribers and over 26 billion views.

The meme was about a game called Bendy and the Ink Machine that the youtubers often did live streams about and played and commented.



People also animated Tung Tung Sahur, which is an AI generated brain rot that has been trending, into the trend to make him dance. There have also been templates on Capcut, so you can edit him to any background.

Meme of the month: pt 2

By: Millie H (Year 7)

Ian Boggs

Ian Naoto Boggs was born on November 11th 1998 in Japan. He grew up with his white father and Japanese mother. He grew up in many different locations due to his father working the US Navy. He had to move every three years.



In early 2021 Ian Boggs became famous on the internet for his funny cringy povs. One of his most famous skits is uh-ni-mae where he showed how to pronounce anime in Japan. Another is his cosplay of Sukuna from the anime Jujutsu Kaisen.

One of his well known memes is Ganbare Ganbare where it's spoken by Sukuna, his favorite anime character. In Japanese, it means "do your best", "you can do it" or "hang in there". It's used in Japanese to cheer someone up if they are feeling down, so if someone's feeling down, just say GANBARE GANBARE to make them have a good day :)



20th Century Movie Night

By: Patrick K (Year 7)

Hello and welcome to the 4th instalment of 20th Century Movie Night. This month's fantastic film is...

ROCKY

In this brilliant film, struggling boxer, Rocky Balboa (Sylvester Stallone) has been challenged to fight the undefeated boxing heavyweight champion, Apollo Creed (Carl Weathers) after his scheduled opponent is badly injured and is unable to fight. In the time period between the fight, Balboa trains with eager trainer Mickey Goldmill (Burgess Meredith) so he has at least a chance to defend himself against the champion. But the question is, is it possible for him to win...?

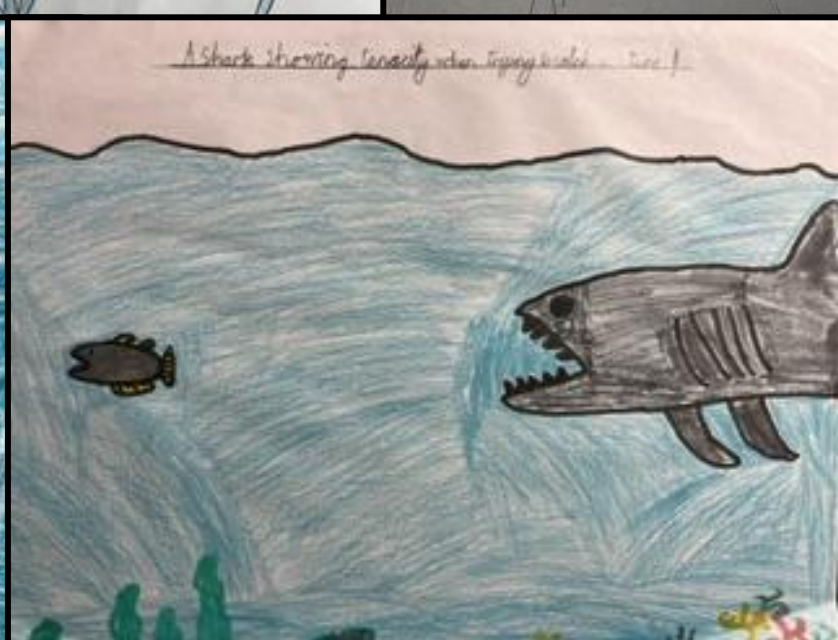
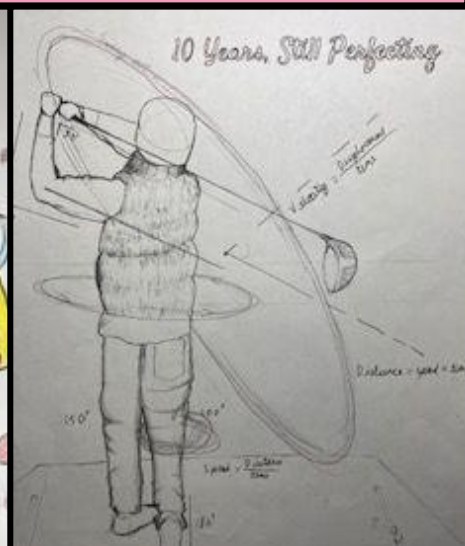
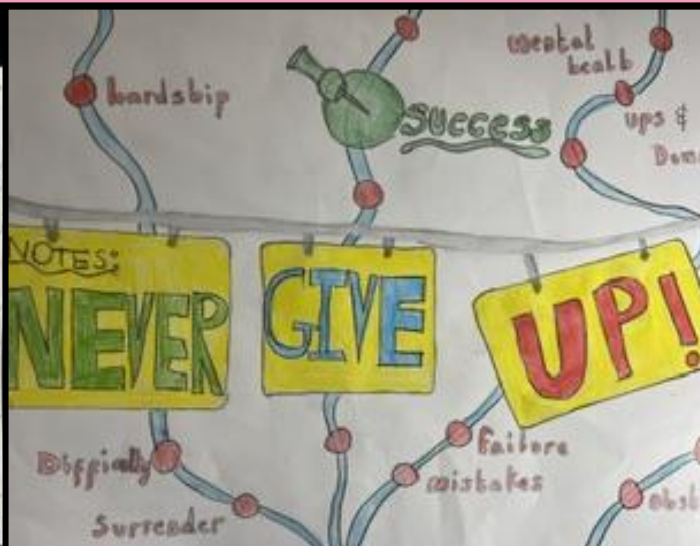
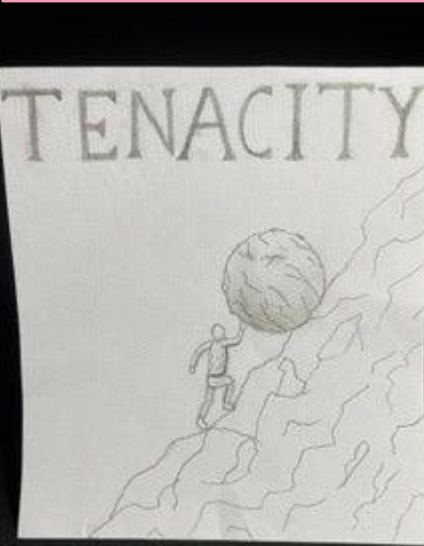
Fun facts:

- ★ Sylvester Stallone wrote the story for this film in just 3 days! He also wouldn't agree to sell the story for the film unless he starred as Rocky Balboa.
- ★ Sylvester Stallone was so unfortunate with money, that before the film's success, he had to sell his dog in order to pay his rent.





ART GALLERY



Thank you to our students and the Art department for their brilliant work, some of which will be on display at the upcoming exhibition.

Fruits for June



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

Cherries, some love them, some hate them, but for all the cherry lovers out there, here are some facts about them:

- 🍒 Cherry trees can take 4–7 years to bear fruit for the first time !
- 🍒 They belong to the *Prunus* genus!
- 🍒 There are two main types, sweet and tart cherries!
- 🍒 They can help regulate your sleep cycle and strengthen your immune system!
- 🍒 They were first cultivated in ancient Greece and Rome, and were spread across Europe by Roman soldiers!
- 🍒 Cherries are drupes, soft fruits with a firm pit!
- 🍒 The popular Japanese cherry blossom trees do not produce edible fruit!
- 🍒 Sweet cherries must be hand-picked (or they get squashed) while tart cherries can be shaken off!

That's all for this month's page! But make sure to stay tuned for next month's page, Fruits for July!



Did you know?

The oldest cherry tree in Japan is over 1,000 years old and still produces fruit!

Sewing!

By: Enya Whitethread
& Ana Flores (Year 7)

Here, we will be talking about sewing and its advantages!

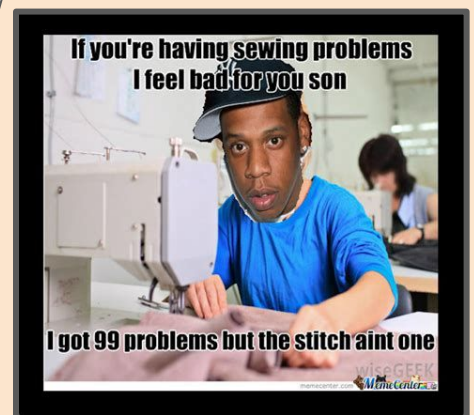
Ever had broken trousers? Tiny hole in your shirt? Or threads loose on your clothing and it suddenly makes a huge hole? Well, sewing can remove all those problems!

It is a very calming hobby actually. We spend hours sewing and for beginners, we recommend drawing in pencil on fabric, grabbing a needle and thread and just 'colour' it in with thread (by sewing of course)!

Here are some sewing facts:

- ★ Sewing dates back to at least 30,000 years ago! The first thread was made by plant fibers, sinew or animal hair!
- ★ The first woven fabric was linen created 3600 BCE in Egypt!
- ★ The first sewing machine was made in the early 19th century (1800s) improved by Isaac Singer in 1851!
- ★ 80% of clothing now is mass produced through industrial sewing machines!
- ★ Astronauts sew in space, an example is in the 1970s when they used a sewing kit to fix a CO₂ filter!
- ★ The largest hand sewn stitch is 3582 feet long!
- ★ A single thread can hold up to 25 pounds (11kg)!

There are also many memes on sewing and lots of hacks and tutorials to make almost ANYTHING!



More About Hamsters

By: Mercedes P (Year 7)

Here are some hamster name ideas to get you started:

Girl hamster names:

- Hei Hei (Moana)
- Belle (Beauty & the Beast)
- Daisy
- Lavender (Matilda)
- Marshmallow
- Luna (HP films)
- Hermione (HP films)

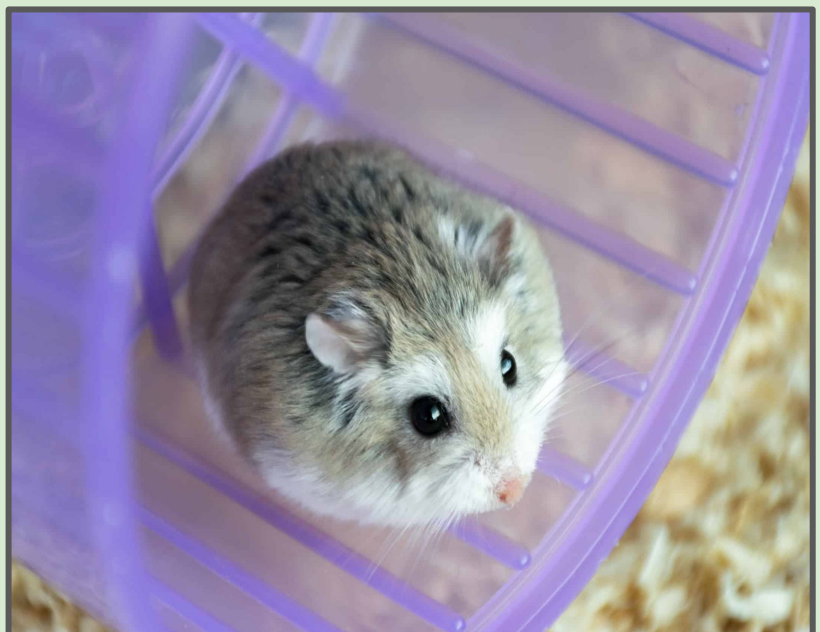
Boy hamster names:

- Mercury (my hamster's name)
- Harry (HP films)
- Ron (HP films)
- Fred (HP films)
- Rocky (Rocky Road ice cream)
- Toad (Mario Kart)

Roborovski hamster breeds:

They are the smallest but fastest hamster breeds of all time. They are classed as Robo for short. They are best known as look-at-only hamsters. The word Roborovski naturally comes from Russia. I do recommend them, but I would not get them out as much as you do with a Syrian or Russian dwarf, as Robo hamsters are much smaller than the other two.

If you need any more help with Robos, please go to your local pet shop or go to Pets at Home for more info.



Bruno Fernandes

By: James H(Year 8)



Bruno Fernandes was born on 8 September 1994 in Portugal. He is the Premier League Captain for Manchester United and, ever since he joined, he has tried to make it legendary again. He has a penalty conversion rate of 85-90% meaning he has scored over 60 goals in his career. In 2024, Manchester United won the FA Cup against Manchester City with a 2-1 victory (scorers: Kobbie Mainoo, Alejandro Garnacho, Jeremy Doku). He is a master class assister; many are saying he is the best in the Premier League and, after all, it is down to the vote who is the best!

GAME REVIEWS

Knock Knock (Roblox)

Knock knock is a game on Roblox where you have to knock on your neighbour's door and run, but a monster comes out and chases you until the sun comes up.

What do I do?

When you are close to the monster or when you survive the night, you get money that be used to buy traps to slow or even kill the monster (or just light up the area). There are also lots of maps and difficulties to play on.

By: Callan L (Year 8)



Anyway this game is really good for teamwork. I would recommend giving this a try!

WARNING:if you don't like horror, loud sounds or flashing lights, then don't play this!

By: Harvey K (Year 7)



Blox Fruits

When playing Blox Fruits, there are many islands, but on some islands there are fruit gachas where you can collect money to roll a fruit.

There are many different types of fruit, such as elementals, close and far range.

Throughout the game you will experience many different boss and pvp fires to the death .

FILM REVIEWS

The Mandalorian and Grogu

In the new Mandalorian and Grogu movie, the bounty hunter, Din Djarin, also known as the Mandalorian, and his foundling Grogu work for the New Republic to hunt down Imperial warlords.

One of my favourite scenes was where the Mandalorian had to team up with Rotta the Hut to save Grogu from a cage. They have to fight lots of big creatures using all of their skills.

I also enjoyed the part at the end of the film where the huts got defeated by the Mandalorian.

I would recommend this film to Star Wars fans and anyone who enjoys action or Science Fiction films.



By: Duncan D
(Year 8)



The Super Mario Galaxy Movie

Well, the Super Mario Galaxy Movie was an amazing movie and it was available in cinemas from 1st April. It was an amazing movie to watch and I watched this movie at bluewater in April. I liked how they used power ups and almost like the Super Mario Bros Movie. I also liked that Bowser Jr changed himself to a scary one, like the game in Super Mario Bros Wonder.



By: Charlie D (Year 8)



New CrossBus in Kent

I ❤️ Buses

Go Bus is now operating CrossBus, which is part of go2 network. These buses are electric. I saw them at Bluewater. They are one of Sigma 7s ad rightech Rb6's. They are very tiny buses. They are for go2 pre booked only like the optare solos. LOL! I saw one in South East Bus Festival 2026, which was LX75 APF: a baby electric bus younger than the Fastrack Irazar ie trams.



CrossBus

go2

Summer Bus Tours



By Charlie D (Year 8)



Tourist of London? Well hop on or hop off on a tour bus, like ones operated by Big Bus tours, City Sightseeing, Golden Tours, Tootbus, Topview and See London by Night tour. Hop on to see amazing adventures like Big Ben.

Tourist of Scotland? Hop and hop off on a Big Bus tour or a City Tour bus tours. Hop on to see Edinburgh castle and amazing adventures!

Tourist of Paris? Well, take the hop on hop off bus tours by Tootbus or Big Bus tours. You can see the Eiffel Tower and more locations!

Tourist of Washington? Well, get on a hop on and hop off bus tour operated by Big Bus tours and other companies to see the White House!

Tourist of Madrid? Hop on on a bus tour which is operated by Big Bus tours and other companies to see outside Spain!

Tourist of New York? Go on hop on hop off bus tour you see Time Square and more places. This is operated by Big Bus tours, Topview and more companies!

TOP TIP: Take a bottle of water with you, because the weather will be hot! Stay hydrated!

BIG BUS MEOPHAM



Ten Random Questions with One Random Teacher

By: Japjeet D & Reggie C
(Year 7)

This issue's random teacher is: Ms Lajnef

1. Would you prefer four heads or four hands ?

"I would prefer four hands because it will be easier to multitask."

2. What is your favourite colour?

"My favourite colour is white."

3. What is your favourite car?

"I do not have a specific favourite car - any will do."

4. What is your favourite food?

"Tunisian couscous is my favourite food."

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

"I would take water, food and my children."

6. What is your favourite animal?

"My favourite animal is a tortoise."

7. What is your dream vacation?

"My dream vacation would be to the Caribbean islands or Hawaii."

8. If you were a flower, which one would you be?

"I would probably be a rose."

9. What was your favourite lesson in school?

"My favourite lesson was Languages!"

10. What is your favourite biscuit?

"Digestives."

Wellbeing Corner

Content chosen by: Miss Garnett

GROUNDING TECHNIQUES FOR WHEN YOU'RE FEELING REALLY FRUSTRATED

When frustration feels overwhelming, try one of these grounding techniques to help your mind and body feel more calm and in control. ♥

1. 5-4-3-2-1 USE YOUR 5 SENSES

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste



2. BOX BREATHING BREATH. PAUSE. REPEAT.



- Inhale for 4 counts
- Hold for 4 counts
- Exhale for 4 counts
- Hold for 4 counts
- Repeat 3-5 times

3. PRESS & RELEASE TENSE, THEN LET GO.

- Squeeze your hands into fists tightly.
- Hold for 5 seconds.
- Release and notice the difference.
- Repeat with your shoulders.



4. 5 DEEP BREATHS SLOW. DEEP. FULL.



Breathe in slowly through your nose and out through your mouth. Do this 5 times.

5. COUNT BACKWARDS FROM 100

100, 99, 98,
97, 96...



Count backwards by 1s, or try 7s. This helps your brain focus on something other than frustration.

6. CHANGE YOUR ENVIRONMENT SHIFT YOUR SPACE, SHIFT YOUR MIND.



- Step outside for fresh air.
- Move to a different room.
- Notice the new sights, sounds, and energy.

7. GROUND WITH TOUCH FEEL SOMETHING REAL.



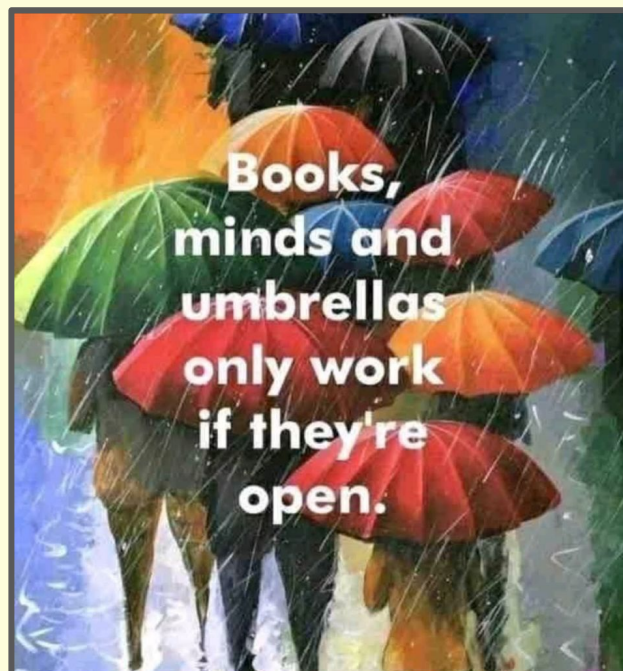
- Hold something cold (ice, a cold water bottle).
- Feel the texture of a soft blanket or a stress ball.
- Press your feet firmly into the ground.

8. POSITIVE REMINDER TALK KINDLY TO YOURSELF.



"This feeling won't last."
"I can handle hard things."
"I choose calm."

♥ IT'S OKAY TO FEEL FRUSTRATED. ♥
You're not your feelings. You're stronger than you think.



Books,
minds and
umbrellas
only work
if they're
open.

The Poetry Corner

Poems for Those With AUDHD

~ Sienna S (Year 8) ~

The Dance of AuDHD Brain:

In the tapestry of my mind, threads weave wild and free,
Autism's focus, ADHD's dance, a dual symphony.
Colours burst in vivid hues, thoughts race like a storm,
Yet patterns form in quiet spaces, where my heart feels warm,
I fidget, twirl, my body hums to rhythms none can see,
A restless beat, a need to move, it's simply part of me.

The World on High Volume:

A girl sitting quietly is all you see,
But in my mind I am far from free.
I become overwhelmed by the smallest sound:
Clicking pens, ticking clocks, that boy's chair and the way it rocks.
All different smells attacking me: the perfumes, the coffee, the
teacher's tea.

Quiet Girl, Loud Mind:

A quiet girl sits inside her chair,
While lightning thoughts and sharp sounds fill the air.
The clicking pens fight daydreams wild,
A spinning, restless mind inside a quiet child -
A hidden storm behind a calm, still face.

Fact time: An AuDHD brain constantly bounces between craving new exciting adventures and needing quiet predictable safety.

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.