

News, opinion, short stories, pets, photos and more!

# ***MEOPHAM MONTHLY***

**Meopham School's  
Student Magazine**



ISSUE FIVE – JULY 2022



Cover Art by Robyn Fitzpatrick (Year 11)

# WELCOME

Hello! Welcome to our July issue of Meopham Monthly. This month we wanted to focus on summer fun, as the summer holidays are approaching! We have some great coverage of recent school events and trips, as well as stories, news features and plenty of photos on our gallery and pets pages.

If you would like to submit a short story, article, drawing, poem, photos or anything else for our future issues, please get in touch with the team at [MSS-magazine@swale.at](mailto:MSS-magazine@swale.at) or come along on a Thursday lunchtime to English 5.

**We hope you enjoy this issue!**

**Editor: Robyn Fitzpatrick (Yr 11)**

## NEWS JUST IN!

**Milly in Year 9  
won the Kent  
Junior Bake-Off!**

**Read our  
interview with her  
and find out her  
top baking tips on  
page 5.**



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**With thanks to everyone who  
contributed this month:**

**Priya Arshi (Yr7)**  
**Miss Bishop**  
**Laura Cooke (Yr7)**  
**Maisie Davidson (Yr7)**  
**Milly Dawson (Yr9)**  
**Mr Dyer**  
**Mrs Huggens**  
**Robyn Fitzpatrick (Yr11)**  
**Penny Ingles (Yr8)**

**Ella Maisey (Yr7)**  
**Grace O'Keefe (Yr7)**  
**Ashe Reeves (Yr12)**  
**Stella Santamaria (Yr7)**  
**Jess Tibbs (Yr12)**  
**Miss Tiller**  
**Mr Vilday**  
**Chloe Watkins (Yr7)**  
**Mrs Wrighton**

# SUMMER EXPECTATIONS

Article by Robyn Fitzpatrick, Year 11

With the summer season rapidly approaching, I would like to take the opportunity to discuss the negative repercussions surrounding summer expectations.

Body image tends to worsen in the summer months, as during winter it is easier to layer up in jumpers and jackets, however the burning heat brings along the need for lighter clothing. According to the National Eating Disorder Association, around 45% of men and more than 90% of women are unhappy with their bodies. Social media, especially in summer, reinforces people's already low self-esteem, as celebrities wear slinky bikinis and swimwear. Other media outlets, such as magazines and articles, also pursue this idea of obtaining a "beach body" in the months before summer, which truly punctures the general public's body image.

This concept of the perfect summer body during the months leading up to summer can increasingly lead to unhealthy habits that can majorly disrupt the balance in your life. However, there are alternative and healthy ways to enjoy summer without hyper-focusing on sometimes unchangeable insecurities. People aim to lose weight to fit in to a certain size, as they are influenced by the seemingly perfect bodies and lifestyles of celebrities and social media stars. What they fail to realise is that the people with the most ideal appearances majorly edit and filter their photos to remove anything they consider a "flaw" to make themselves seem more attractive and ideal than they truly are. Many also spend an unhealthy amount of time working on their shape and appearance, using cosmetics, and even surgery, to achieve what they see as the perfect body.

Despite summer triggering body image anxiety, it is crucial that you believe you are worthy of love and aren't held back from enjoying your warm, sunny days. To follow this, and aid you in experiencing a carefree summer, remember that you do not owe anyone anything, and neither does your body. During the summer you are allowed to be outside as yourself; you don't need to play an act and change your appearance to fit society's degrading standards.



As young people, it is increasingly important to focus on self-love rather than self-loathing. No child should desire changing their appearance by drastic measures in order to conform to the media's miniscule range of expectations.

If you are worried about body image or any mental health issue, visit the **Young Minds** website for ideas and support: <https://www.youngminds.org.uk/young-person/coping-with-life/body-image/>



# JUNIOR BAKE-OFF WINNER!

Interview by Laura Cook and the Editorial Team

**Congratulations to Milly in Year 9 who won the Kent County Council's Junior Bake-Off this month!** We spoke to Milly about how she got into baking and what it felt like to win such a big competition.

**How did you get into baking?** My mum bakes a lot and she was making cheesecake one day, but I thought I could do it better!

**What was your inspiration for the cake?** I made a version of the cake for the Swalefeast competition and adapted it for the Jubilee, making it red, white and blue.

**How long have you been baking?** I have been baking for about a year and I much prefer baking to savoury cooking.

**Do you have baking in your plan for the future?** If other ideas don't work out, I would like to try to set up a shop and sell cakes. I might start a company over the summer to bake celebration cakes.

**How did you enter the competition?** Over the jubilee week, I made a sketch for a cake and my mum entered it into the competition. I was so happy when I got into the final!

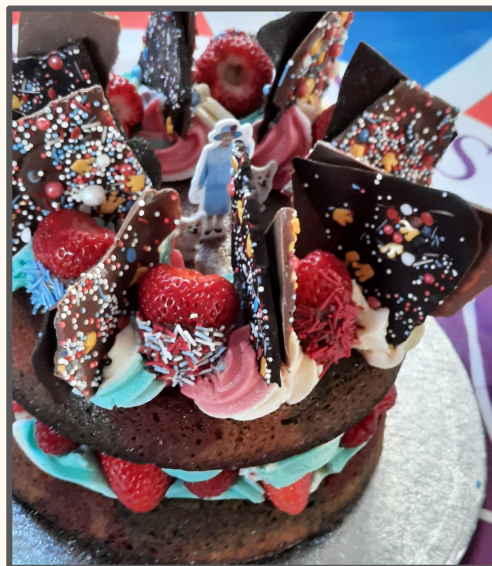
**How long did it take you to make?** All day! I made 2 cakes, but the pattern did not work out the first time, so I remade it and was much happier with it. My cake flavour was plain vanilla, with strawberry jam, cream, fresh raspberries and strawberries and dried raspberries.

**How did you find out you had won?** We went to a ceremony at County Hall where the judges were. I was standing with my cake and when I won I was ecstatic! But even funnier, my Dad thought I'd came third. There was another girl called Milly and she got third place!

**What did you win?** I won £100 of book tokens for the school and a £30 all-for-one voucher for me. I spent it on a new game that I've been saving up for. I, and all the contestants, got a special Jubilee 50p coin. I got a handshake from the Head of the Council!

**What was the process like?** It was fun but also nerve-wracking. I honestly had the best time and everyone there was really friendly.

**What's next for you?** My next plan is applying for the real Great British Bake Off, but I have to wait until I'm 16, so I have time to develop my techniques.



## MILLY'S TOP TIP

To make a cake that's not dry, weigh out the eggs first and match the quantity of sugar, flour and butter to that weight!



Milly with the judges and one of the judge's dogs, Hamish and Haggis!

# MR VILDAY'S VIEW

## Views from a latter-day Viking

So, we're almost there, that lovely stretch of time in the middle of the year between one school year and the next, only occasionally spoiled by stupidly hot weather. I know some students talk about getting bored during the holidays but that's not something that ever afflicts me. For me, the summer holiday is an opportunity, not only to relax, but to find time to do all the things I keep promising to do in term time but never get around to.

### Walking

I manage to get out every weekend when I can and just love exploring the beautiful county that we live in. Anything from 15 to 35 miles in a day, depending on the route, conditions and just how many scenes and creatures I find to photograph. The Summer holidays enable me to go further afield. I will be in my beloved Shropshire at the start of August, exploring the 'blue remembered hills' of AE Housman's "A Shropshire Lad". I'll also find another part of the UK to go and explore – Scotland is always beautiful and much cooler.



### Guitar

I have a little collection of 7 guitars and an electric ukulele.

Plug them into my Peavey practice amp or my 100W Marshall amp and, in the confines of my mind, I am Jimi Hendrix.

Just added this wee beast to the collection, I'm sure my neighbours love it.



### Painting

I'd always believed I couldn't paint because I couldn't draw what I could see in front of me. Then came Bob Ross and 'The Joy of Painting'. After watching just a few of his half hour Art programs, I was believing his mantra of "anyone can do this". I started working on his method of painting onto a blank canvas with no guidelines or outlines. I enjoy the fact that from pure imagination I can produce a painting, often within 30 minutes. Here is one of my paintings »





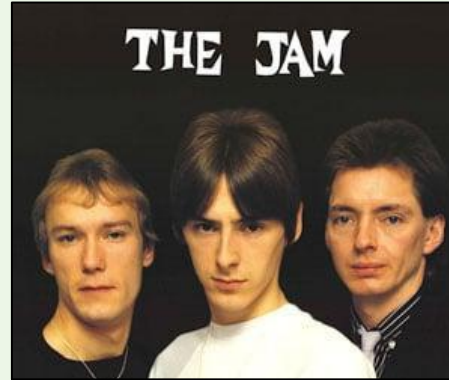
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## Music

I cannot imagine a world without music. I have no particular type or genre that I like. If I'm asked what sort of music I listen to, my answer is simply "Good". Having older brothers and a sister, I grew up listening to music early on.

The most enduring and influential bands for me would have to be The Jam, Joy Division, The Beatles, The Cure, Half Man Half Biscuit and The Pogues.

In more recent years I have discovered Paramore, Coeur de Pirate, Emilie Simon, Maisie Peters, and Billie Eilish. However, my tastes range around the whole world.



## Engraving

A few years ago I was bought a basic glass engraving kit by my parents as a Christmas present. It is a hobby I'd love to have more time to work on but I have been able to get to a level where I can make gifts for people.

It requires a great deal of patience as, unlike when I paint, Bob Ross's maxim "there are no mistakes, just happy accidents" does not apply. Engrave incorrectly and you need a new piece of glass.

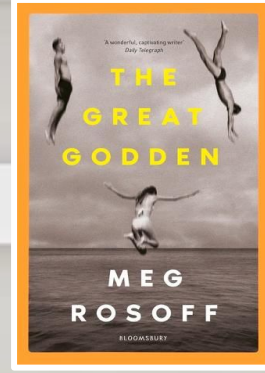
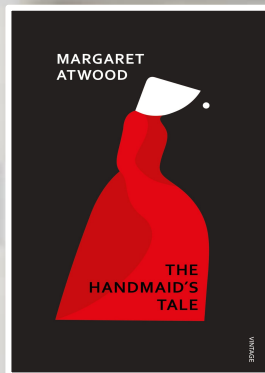


*Alice and the Rabbit – engraved then painted.*

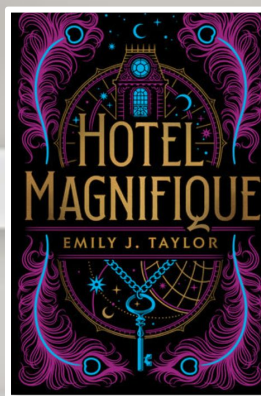
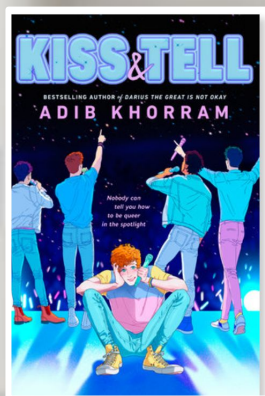
So, hopefully you will enjoy the summer break, find loads of fantastic things to do, and just make full use of every moment you've got. Have fun, be creative, be active, just don't be bored.

Thanks for reading.

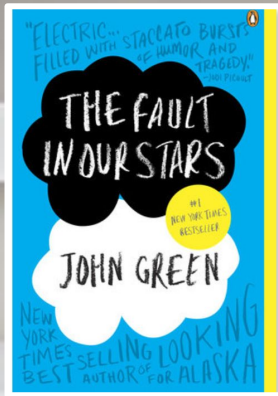
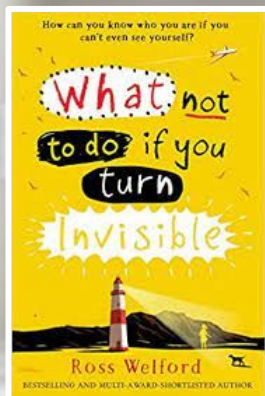
# BOOK RECOMMENDATIONS



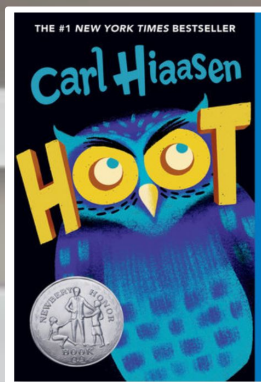
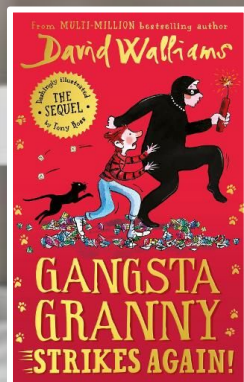
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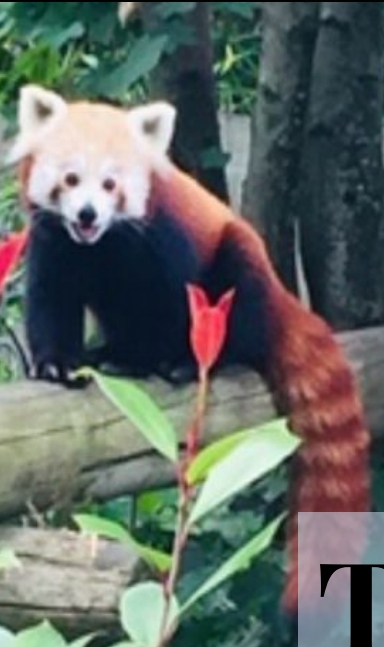
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Recommendations by the editorial team. If you have a recommendation, or would like to write a review for a future issue, email us at [MSS-magazine@swale.at](mailto:MSS-magazine@swale.at)





Photos and artwork by : Robyn F, Penny I and Mr Vilday





# SPORTS DAY

Sports Day was a huge success this year and the PE department would like to thank everyone that was involved. This year we had more events, more participants and more school records broken (23!!!) than ever before, which we are extremely proud of and so should you be.

The track was filled with resilience from the athletes fighting for 1st place. Events included sprinting the 100m and 200m, middle distance running of 800m and 1500m, and a team performance in the 4x100m relay.

The field events included long jump, high jump, javelin and shot put, and this year we offered alternative activities such as tin can alley, penalty shootout, bean bag throw, skittles, basketball free throw, football golf and the sack race.

The final section of Sports Day brought the teams together for a Volleyball tournament. Volleyball meant students had to work together as a team, communicating and thinking on the spot about tactics and which passes/shots to use to try and beat their opponents. Our winners across the year groups included; **7N2-A, 8B1- A, 9N2 and 10H2.**

**Well done to everyone for taking part and making this such an energy-packed day.**





# 2022

Written by Mrs Huggens

## Record breakers for the track:

- Jordan Aderibigbe - year 10 100m (11.11s)
- Ava Bullas - year 9 100m (12.48s)
- Arturo Pascual-Surko - year 10 800m (2m 42s)
- Lois Shooter - year 9 800m (3m 07s)
- Louis Sanders - year 7 1500m (6m 07s)
- Hannah Painter - year 8 1500m (5m 26s)
- Lois Shooter - year 9 1500m (6m 23s)
- 10B1 boys relay team - year 10 (52.27s)
- 10R2 girls relay team - year 10 (64.27s)

## Record breakers for the field events:

- Ben Brown - year 8 shot-put (9.43m)
- Leyla McCallen - year 8 shot-put (7.45m)
- Devonte Husbands - year 9 shot-put (12.69m)
- Arturo Pascual-Surko - year 10 shot-put (11.90m)
- Lottie Tearle - year 10 javelin (18m)
- Louis Jarrett-Height and Sonny Selwood equal - year 7 high jump (1.25m)
- Maisie Davidson, Jasmine Chambers and Beau Standley equal - year 7 high jump (1.25m)
- Joshua Oladapo-Gamu - year 8 high jump (1.55m)
- Danny Tucker - year 9 high jump (1.60m)
- Ava Killaly - year 9 high jump (1.35m)
- Ola Frencek - year 7 long jump (3.70m)
- Ollie Green - year 7 long jump (4.42m)
- Jordan Aderibigbe - year 10 long jump (5.60m)





# SUMMER TRIPS & SHOWS

## Sylvera Dance Show

By Ella Maissey and Laura Cooke, Year 7



Every year Sylvera dance school puts on a spectacular show at the Orchard Theatre in Dartford. There is a different theme every year and the theme this year is 'YOU NAME IT'. The dance teachers come up with songs to make dances which fit with the theme and we all perform them in a few hours over 2 nights. There are so many amazing dancers that perform spectacular routines and the ages range from 2 all the way up to adults.

## Shakesfest

By Ashe Reeves, Year 12

Shakesfest is a Swale Academies Trust run competition in which each school's Drama department is given a play written by William Shakespeare. This year, Meopham was given 'Macbeth'. Every Tuesday and Thursday the actors have been trying their hardest to prepare for the show, which includes acting, dancing and stage fighting. It is very exciting to watch all of the students and teachers (Miss Wedge and Mr Dyer) being so dedicated to the formation of this production, which will be performed on the 13th of July in front of a panel of judges.

## Year 7 Legoland Trip

By Laura Cooke and Priya Arshi, Year 7

On Thursday the 23rd of June, 50 Year 7s got the opportunity to go on a school trip to Legoland as a reward for good behaviour. Before the trip, Year 7s grouped up in the quad, where envious Year 11s were waiting for an exam. The Year 7s were buzzing with excitement as they "had never been on a trip before", said Laura. The students recalled that there were a few other schools that they encountered on their trip, but due to it being a weekday where most people were busy, they didn't have to wait long for the rides. "It was a fantastic day! Thank you to Mr Huggens for organising it!"



# THE OASIS

## Short Story by Ashe Reeves, Year 12

The wind, which had turned biting cold, continued to tear through the trees, turning previously green lush leaves into frostbitten petals. Thunder echoed loudly overhead, the more X travelled the more anxious they felt, nature giving them all the signs to turn back and stop this foolishness.

They stopped. The wind that was howling and the thunder roaring had a new addition: the snaps and snarls of the fauna around them. Fear rose in X's spine, bristling the hairs on their arm; the words of a thousand fears freezing on his tongue.

The fauna seem restless. Snarling grew in volume and the snapping of jaws seemed closer. Ever closer. Until they were right next to their ear. X became rigid, their eyes scanning wildly for any sense of danger, the dark oak trees providing cover for their assailants. Stumbling forward, X rubbed their hands together to try and gather some warmth to heat their aching frosty body. Mumbling words became lost on the savage winds as X moved forward yet again.

Then they came to a clearing. It was different here. The grass was reanimated with life, the gorgeous jade reflected by the warming sun. An oasis of life seemed to be blossoming within the confines of the frantic sub-zero outside conditions. Flowers of all kinds seemed to bloom: lilacs, roses, carnations, an explosion of colours before their very eyes. A small pond resided in the middle, its water lucent and warm to the touch. It filled X with energy from just a sip from the surface, reinvigorating them for the trek home afterwards.

Several animals rested in this oasis. There was a small group of deer, fluffy to the touch, that did not seem scared of X at all; a mini flock of assorted birds, all vibrant in colours, chirping and singing along to a tune that X couldn't understand. Finally a bear and its cub basked under the sun, their brown fur blowing gently in the light wind.

Finally, after hours spent in this miracle, X moved to leave; they had promised to be at the camp by midnight and it would take roughly three hours to venture through the forest to camp. The time read 8:55 pm. X readied their belongings and as they stepped out of the oasis, they turned to look back. Nothing was there. Not a trace of the previous wonder. The wonderful mirage seemed to fade before their very eyes.

The frostbite crept in, their fingers turning white and the aching started. Blisters appeared along their hands and they were beginning to lose vision. Collapsing to the ground they struggled to breath in the harsh air, destroying their lungs from the inside, stabbing and prodding the lining.

Then a numb nothingness consumed them; the feeling of pain ebbed away, replaced with an eternal calm.

# END OF YEAR MESSAGE

Written by Robyn Fitzpatrick, Year 11

With the July Summer Edition being the final magazine of this school year, the Meopham Magazine Editorial Team thought it would be nice to reflect on the past.

The school year beginning in September of 2021 and concluding in July of 2022 has held many changes: finally there is a sense of normality as we begin to move on from the terror of Covid-19, as we spend time daily in the classroom physically; as we experience school the way it was originally supposed to be experienced.

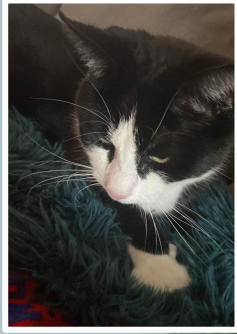
This magazine was created in March 2022, and the Editorial Team has experienced so much growth, not only within the number of people aiding us in completing these monthly editions, but also the passion that is felt by the people producing them. Having spoken to students from all across the school, it is wonderful to hear about the excitement they feel in regard to the monthly editions of this magazine. I sat in a Year 7 history class editing the Pride edition in June and I had students asking for a sneak peak of the magazine. To have people genuinely care about the magazine is an exceptional thing and on behalf of the editorial team I would like to say: THANK YOU !

As a Year 11 student myself, I feel incredibly nostalgic at the moment as our GCSEs have just finished and we had our leavers' celebration. Speaking on behalf of all the Year 11s who have already left the school for extended summer holidays, it is bittersweet. The memories made at school stick with you for life and it is important to truly appreciate the people around you. For any younger year students reading this worried about their future and their GCSEs, I am telling you that there is nothing to be worried about! As long as you truly apply yourself and strive to do well, then you can achieve anything you put your mind to.

Personally, I will be staying at Meopham for sixth form, so I look forward to seeing the school, and magazine specifically, continue to grow and prosper. Being a part of the Editorial Team has been an incredible experience, and you can join our team by coming along to our meetings during Thursday lunchtimes in English 5.



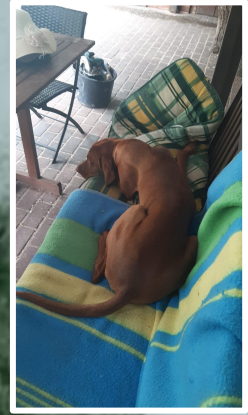
# THE MEOPHAM (PET) FAMILY



**Yoda - Miss Tiller**



**Zeus - Mr Dyer**



**Ari- Ashe R**



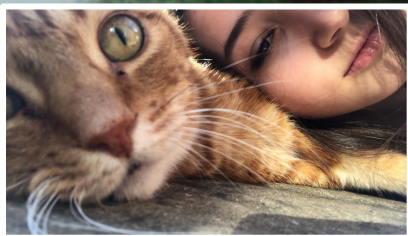
**Evie - Mrs Wrighton**



**Tiny - Grace O**



**Luna - Miss Bishop**



**Tom - Robyn F**




**Bonnie - Jess T**



**Luna & Duke -  
Miss Bishop**

**If you would like to share a pet photo for a future issue, email it to [MSS-magazine@swale.at](mailto:MSS-magazine@swale.at), along with a note of your pet's name.**



**“Rise above the  
storm and you will  
find the sunshine.”**

—MARIO FERNÁNDEZ