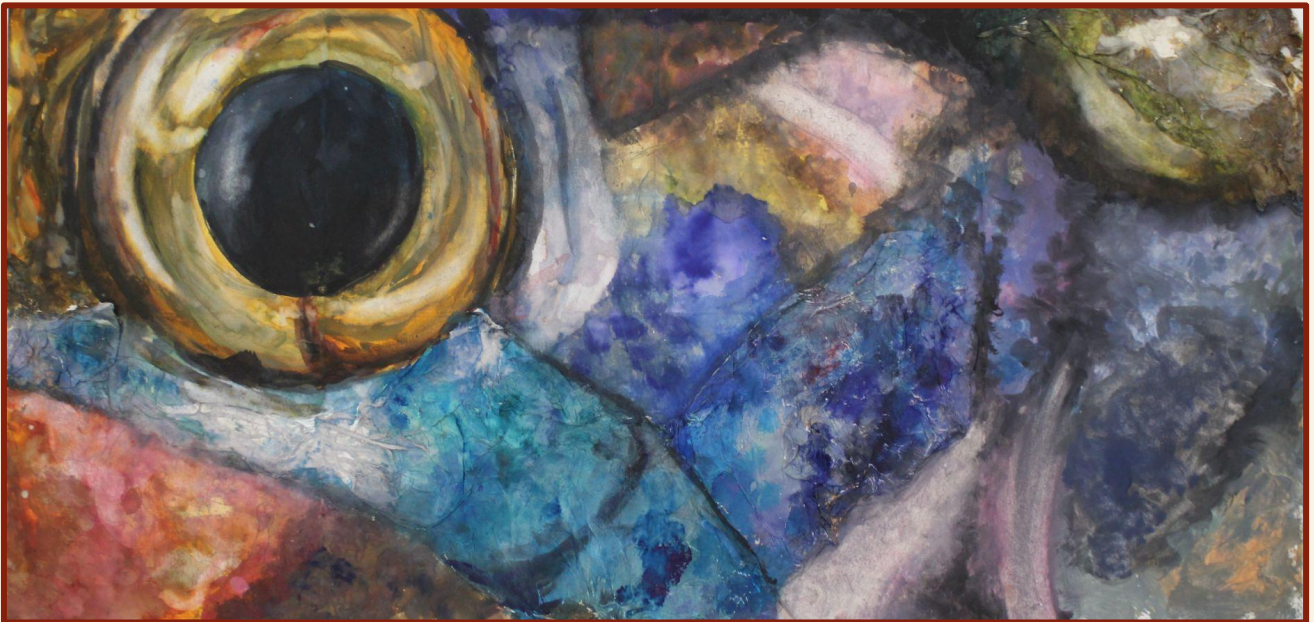


News, opinions, short stories, pets, photos, and more!

# MEOPHAM MONTHLY

Meopham School's Student Magazine



Cover Art by Izzy Stewart

ISSUE 9: JANUARY 2023

# WELCOME

Hello! Welcome to the January issue of Meopham Monthly. Our January issue includes the essence of the new year, while still focusing on the classic parts of what makes Meopham Monthly a school favourite, including book reviews, photography, art and inspirational articles.

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 (Year 12)**

## NEWS JUST IN!

Mrs Williamson announced in assemblies this term that we will be getting a new school library. There has not been a library at Meopham School since the new building was opened in 2019, so this is fantastic news!

The new library will be filled with brand new books, fiction and nonfiction, suitable for all year groups. There will be a classroom area for KS3 Library lessons as well as break out spaces to relax and read.



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

**Nshira Ansah (Yr7)**  
**Dominika Barliaieva (Yr9)**  
**Miss Biscombe**  
**Christian Davis (Yr8)**  
**Maisie Davidson (Yr8)**  
**Charlie Gannaway (Yr7)**  
**Harry Gower (Yr8)**  
**Olivia Hamblyn (Yr7)**  
**Casey Homden (Yr7)**  
**Charlotte Hooker (Yr12)**  
**Penny Ingles (Yr9)**  
**Daisy Lewis (Yr8)**

**Frankie May (Yr8 )**  
**Annabel Mealey (Yr8)**  
**Charlotte Millen (Yr12)**  
**Adam Nachyla (Yr7)**  
**Vesta Negreckis (Yr7)**  
**Maia New (Yr12)**  
**Lucy Parker (Yr12)**  
**Ashe Reeves (Yr13)**  
**Izzy Stewart (Yr8)**  
**Stella Santamaria (Yr8)**  
**Ella Taylor (Yr7)**  
**Mr Vilday**

# CHRISTMAS

The **Meopham Christmas Cracker** took place on Thursday 15th of December. The function was created and organised by our Year 12 Business Students, with the help of Mr Knight and Mr Dyer, along with Mr Vilday taking pictures.

## Amelia Rogers

Following Mr Knight's opening speech where he reinforced how the audience were there to celebrate the students' "massive talents.", Amelia put on an amazing first performance of *Jingle Bell Rock* that got the audience clapping along,

## Meopham School Choir

Next on the set list was Meopham School's very own choir, singing *Read All About It* for their first performance of the evening.

## Dilpreet Dhesi

The third performance was a beautiful cover of *Wonderful Christmas Time*, that the audience loved.



## Aaron Beck

Aaron gave us a confident rock rendition of *All I Want For Christmas* that the audience absolutely adored.

## Bailey-May Wareing

This cover of *Last Christmas* was incredibly beautiful, and the entire song was performed with outstanding confidence.



## Frankie Bailey & Ryan Reffell

This hilariously funny, festive rendition of a scene from Shakespeare's play *Macbeth* had the audience crying with laughter, featuring an epic lightsaber fight, Frankie running into the audience, and the quote "It's tinsel time..."

## Meopham School Dance Group

Next up was a brilliant dance to *About Damn Time* and although this was the group's first ever performance, you could tell that they were enjoying it!

## Lola Gardner

Following the Dance Group was a beautifully soft cover of *Santa Claus Is Coming to Town* that had the audience singing along.



## Lucinda Martin Cooke

Next was an amazing cover of *All I Want For Christmas* in such a pure and beautiful voice that it got the audience swaying together to the lyrics.

## Ryan Channa

This captivating piano medley by an incredibly talented, yet completely self taught, student was played perfectly, with some of the audience members even recording it!

## Robyn Kavanagh

Yet another beautiful voice! Robyn covered *When I Was Your Man* so flawlessly that it left the audience speechless, and the applause afterwards truly spoke for itself.

## Penny Ingles

Penny played her own piano medley, featuring a carefully selected mixture of recognisable tunes. The amazing songs and her inspiring confidence bound together to create an outstanding performance overall.

## Mazie Webster

This confident cover of *Make You Feel My Love* was performed with Mazie's professional voice that the audience truly loved.

## Meopham School Choir

And they're back! The Meopham School Choir performed a cover of *White Christmas* filled with great harmonies and their confidence in this second performance was incredibly apparent and deserved.

## Interlude

Next there was a brief break when Mr and Mrs Briscoe's daughter sang *Jingle Bells* to the audience!

## Mahi Punni

This last minute reinclusion of the piano piece was beautifully played and enjoyed by the audience.

## Harriet Pritchard

This brilliant cover of *Try* was performed by one of the magazine's very own contributors! Well done Harriet.

## Niamh Hilton

Last but definitely not least, Niamh sung *Somewhere Only We Know* in such a beautiful voice, that it concluded the evening in just a perfect way.



# NEW YEAR'S RESOLUTIONS

By Charlie Gannaway (Year 7)

Coming into the new year of 2023, the people around us may decide to set a goal to complete by the end of the year [AKA, a New Year's Resolution].

## WHAT ARE NEW YEAR'S RESOLUTIONS ?

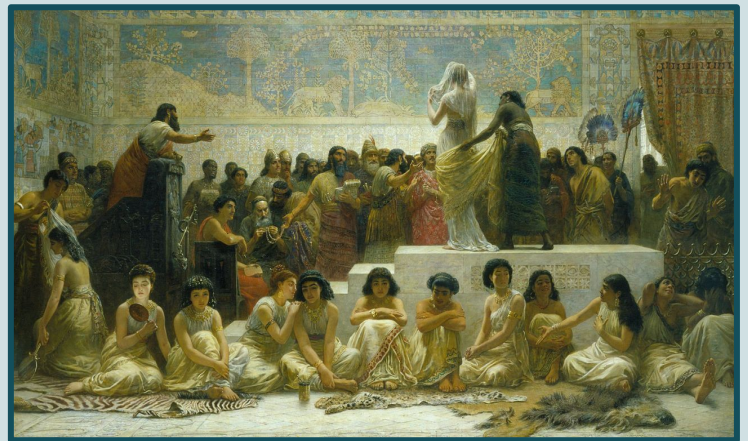


A New Year's Resolution is a goal to hopefully be completed by the end of the year. An example of this for one person could be **healthy eating**, whilst for others it could be **spending less time in front of a screen**.

We are all different and all will have different goals that we would like to achieve. Furthermore, not everybody will participate in this tradition of making a New Year's Resolution. That being said, where did it originate and who started it ?

## WHAT ARE THE ORIGINS ?

The concept of a New Year's Resolution was officially recorded to be founded in 2300 BC, and were created by the Babylonians who would make promises to the gods in the hope that they would earn good favour in the upcoming year.



# 2023

# TIME FOR THE NEW YEAR!

By Nshira Ansah (Year 7)

Don't you feel great when the year is over and the new year is about to start? Doesn't it feel good when you look back and remember all the memories and laugh to yourself? But what about the sad things that happened in the old year? Well, now there is no need to worry so much about that. We're talking about 2023! This is a chance to forget about all the old times, and think about how you are going to change something in your life.

2023 is the best opportunity to try and correct the mistakes you have made the year before. It is also the best time to spend more time with family and friends if you didn't get the chance to hang out with them in 2022. So enjoy this new year and take it as a chance for a fresh start!

# NUCLEAR POWER PLANTS

By Harry Gower (Year 8)

Nuclear radiation is what you get when you break open a uranium atom. You are exposed to radiation everyday from the sun, your technology, X Rays and more.

Nuclear power plants work by producing radiation. This is done by nuclear fission to break open the uranium atom and when this is done it produces energy and heat in abundance. Heated water goes up to a cooling system where normal water is boiled to create steam the steam then goes along pressurised canals to a turbine. The steam then spins the turbine which turns a shaft that is connected to a generator and it then produces electricity.

# FUTURISM - THE START OF A STORY...

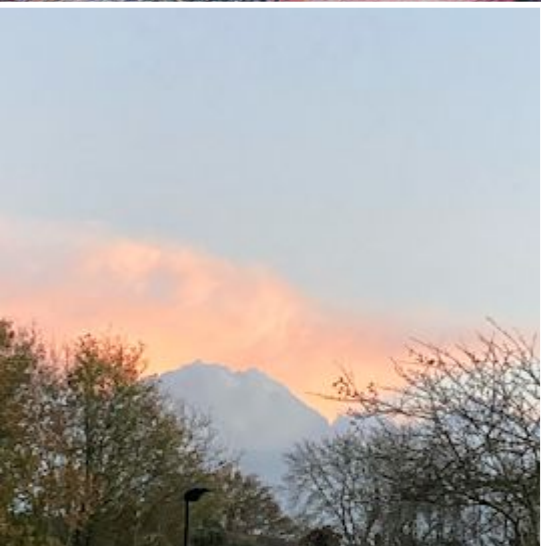
By Vesta Negreckis (Year 7)

The year is somewhere in the future. Nothing has to be specified any longer, some citizens rioting for it to be legal to do so. World hunger is no longer a problem, you can just imagine anything, its taste, size, what it is, and it'll *pop* in your mouth. Robots have exceeded the expectations of the humans who created them, war broke OUT as soon as the automated machines became as self-aware as a person.

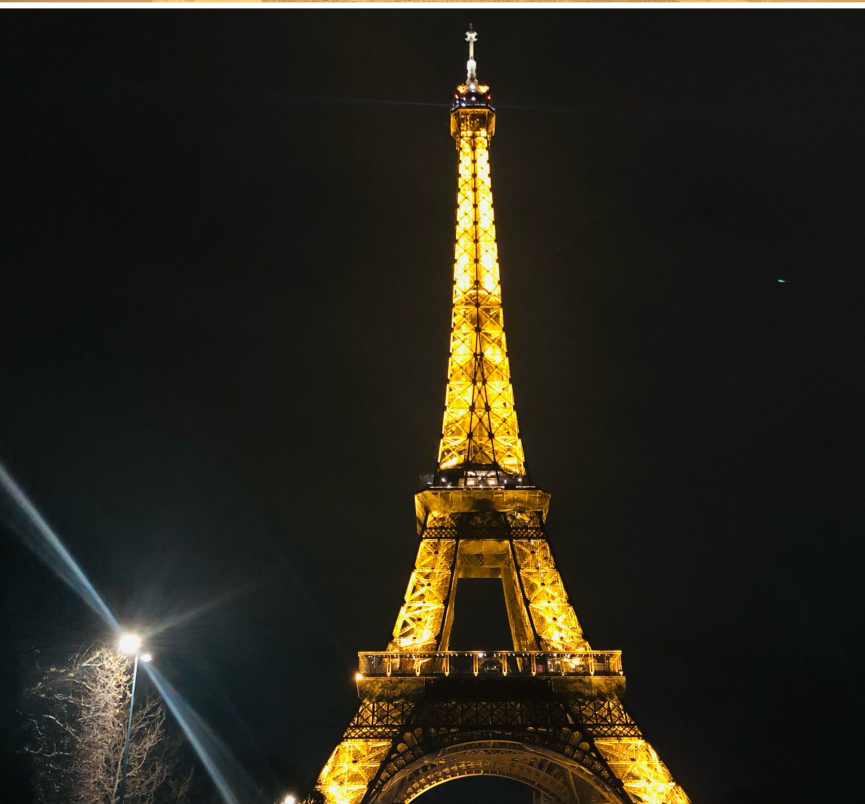
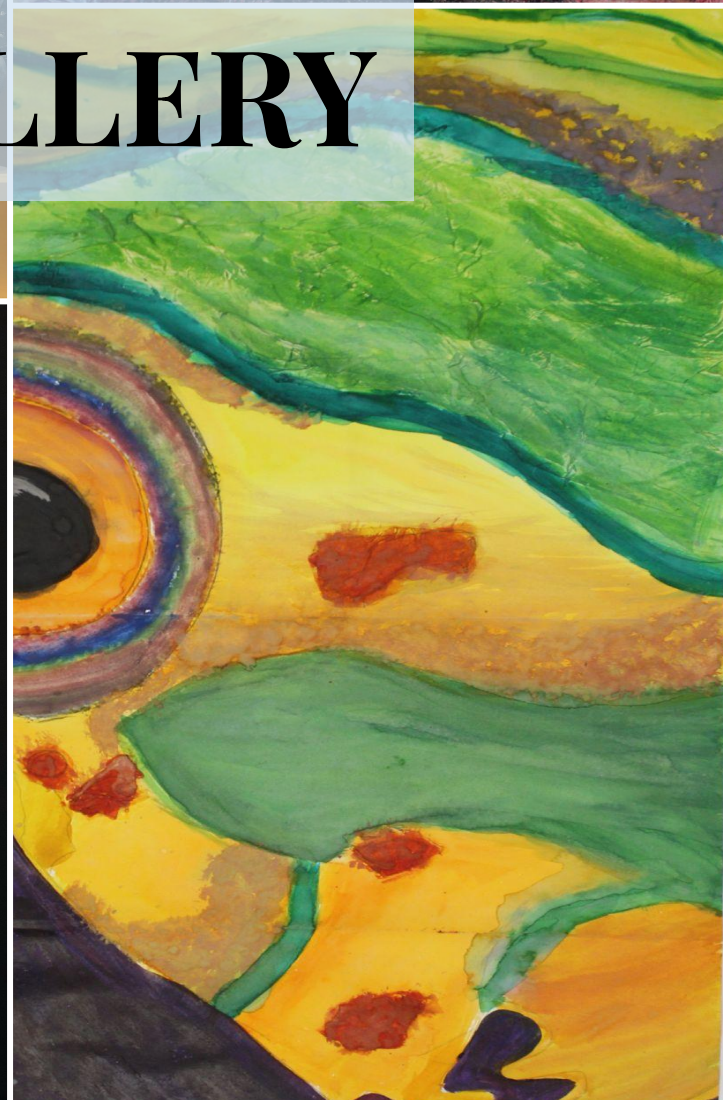
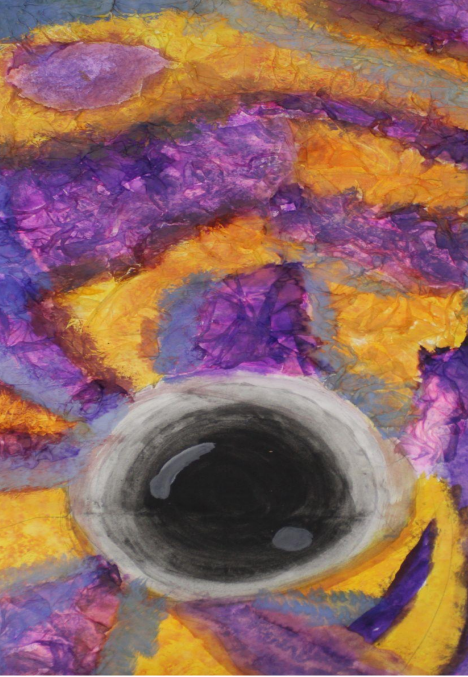
Cambridge has transformed into a battlefield, triggering havoc as soon as any engineer stepped foot into their land...



# THE GALLERY

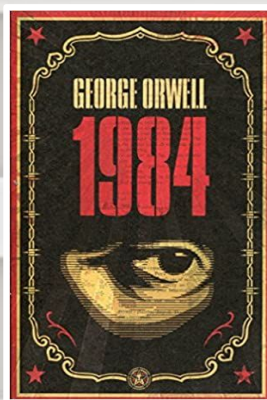
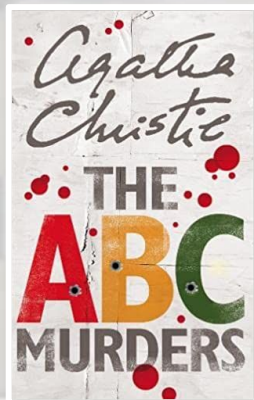


Photos and Artworks by: Casey H, Robyn F, Olivia H, Stella S

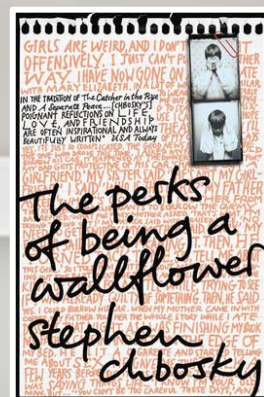
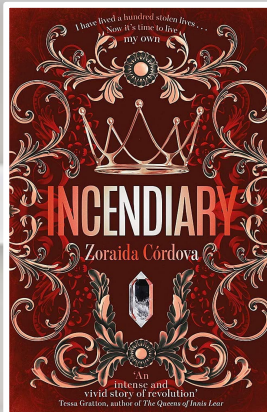
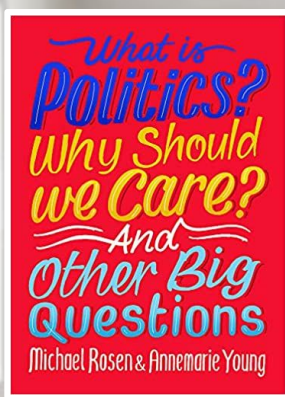


Photos and Artwork by: Penny I, Dominika B, Annabel M, Daisy L

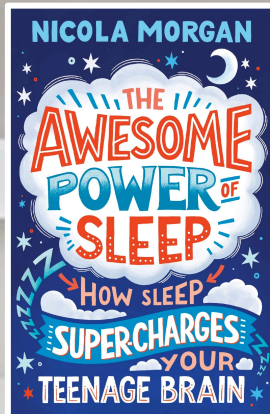
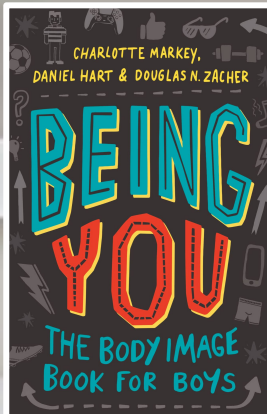
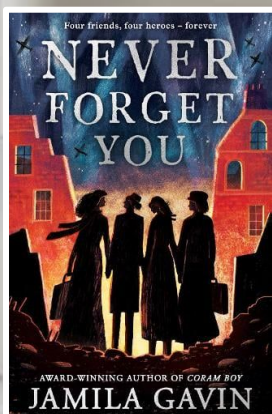
# BOOK RECOMMENDATIONS



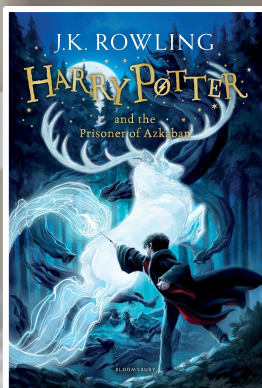
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11



9/10



7/8

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)

# BOOK REVIEWS

## *The Girl On The Train* by Paula Hawkins

Review by Charlotte Hooker (Year 12)

This book is told from the point of view of three people, which I personally enjoy. Sometimes with multiple perspectives, the characters can sort of blend into one another, however Hawkins does an excellent job at giving each of them a unique voice. Another thing I liked about the book was how real the characters felt. They all have their own struggles and fears, and while they were very interesting to read about, they were not always likeable, and I loved that about this book. Now, I know not everyone likes a dysfunctional and unlikeable character in a story, but I feel like having them in suspenseful novels like this adds to the story, they are there to make it more interesting.

A small thing I love about the way this book was written is the way in which the plot unfolds and the readers receive information. It's written in such a way that you forget you are reading because you are so engrossed in uncovering what is happening; you feel a part of the story. There are full circle moments where everything starts to make sense and some narrative gaps where you are desperate to find out more. The plot of this book overall keeps you engaged as there is always something new happening. However, one thing I did find this book was lacking was descriptions. While they were there and you could read the book comfortably, I found myself wishing there was more so I could get a better picture.

It has been a long time since a book has had me on the edge of my seat, stressing over what is going to happen when I turn to the next page. It had me putting it down in stress and frustration one minute, only to be picking it back up again in the next because I was so engrossed. I cannot recommend it enough to fans of mysteries and psychological thrillers and those looking for a story to get their brains ticking.

## *Sparrow* by Michael Morpurgo

Review by Adam Nachyla (Year 7)

*Sparrow* takes place in France, A girl called Eloise Hardy loves the warrior Joan of Arc. Soon, her family moves to Orleans, a town in the northern central coast of France. There was a competition for who will be the next Joan of Arc, because Joan was born in Orleans. Eloise stays up all day and night, writing an essay about her. Unfortunately, she gets second place and it upsets her. She stays in the park for five days crying, meeting a sparrow on the first day. Then, she falls asleep and something crazy happens.

# SCHOOL COUNCIL NOTES

By the School Council & Miss Biscombe

School Council Briefing Notes from your representatives:

7s - Dilpreet Dhesi - Harriett Pritchard - Jack Hollis - Alex Holden  
8s - Abbey Rich - Theo Hayden - Mackie Reed - Stella Santamaria  
9s - Helaina Tomlinson - Henry Price - Amrik Chohan - Penny Ingles  
10s - Alfie Malone - Ife Oladipupo - Francis Taiwo  
11/12s - Ellissia Gates - Lottie Tearle - Ellie Jenner - Robyn Fitzpatrick

## **Students asked for... a way to commemorate the life and service of HRH Queen Elizabeth II.**

Actions taken... Student council submitted an application to take part in the Queen's Green Canopy, a tree planting project created by her majesty. We were successful in our application and have 15 trees being delivered to school during the next planting season. These trees will serve as a living memory to the queen, as well as increasing the biodiversity of the school grounds.



## **Students asked for... calmer bus journeys home and less crowding on the stairwells.**

Actions taken... increased staff on bus duty after school and an increased staff presence on buses before they leave the school site to remind students of our expectations. Teachers have also met with the bus companies. Stairwells are now monitored by three duty staff during lunchtimes. School councillors have received feedback that these situations are showing improvement.

## **Students asked for... more support for the charities we care about.**

Actions taken... the council have launched two successful food bank donation drives in partnership with Gravesham Food Bank. Remembrance Day was honoured with the sale of poppies. Odd socks day collected money for the Anti Bullying Alliance, and finally Christmas Jumper Day raised money for Save the Children. School council are currently asking students to choose an international charity that we can support with future fund raising events

# MR VILDAY'S VIEW

## 2022 in Pictures: Views from a latter-day Viking



**JANUARY**  
Rosie in Derby



**FEBRUARY**  
Snowdrops in Cobham



**MARCH**  
Cattle in Cobham



**APRIL**  
Wingwalker at Headcorn



**MAY**  
Dover



**JUNE**  
Cliffe Lakes



**JULY**  
Knole Park



**AUGUST**  
Ludlow Castle



**SEPTEMBER**  
Folkestone



**OCTOBER**  
Devil's Kneading Trough



**NOVEMBER**  
Sandwich



**DECEMBER**  
Frozen Webs Cobham

# WELLBEING CORNER

By Maia New (Year 12)

## HEALTHY SLEEPING

Statistics say the average amount of sleep teenagers get ranges between 7 – 7 1/4 hours. The average amount of sleep teenagers should be getting is a full 9 hours.

### **Lack of sleep can be caused by:**

- ✘ Social and educational obligations. Mainly homework, sports and after-school clubs can lead to late bedtimes.
- ✘ Early school start times. Some schools start as early as 8:00 AM, meaning some students have to get up at 6:00 or earlier depending how far they live.

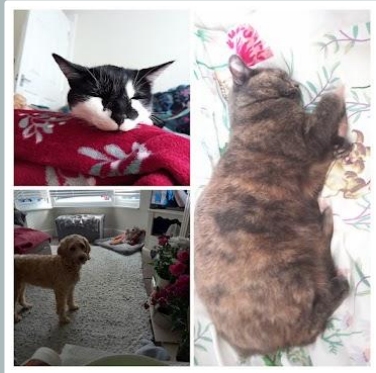
### **As a result, this causes sleep deprivation in adolescents which can impact negatively on aspects like:**

- ✘ Mood. Sleep deprivation causes you to be more moody and irritable.
- ✘ Cognitive ability. Lack of sleep will result in problems with attention, memory, decision making, reaction time and creativity, which are all important in school.
- ✘ Academic Performance. Inadequate sleep can result in poorer grades in school, falling asleep in class and being absent more likely.

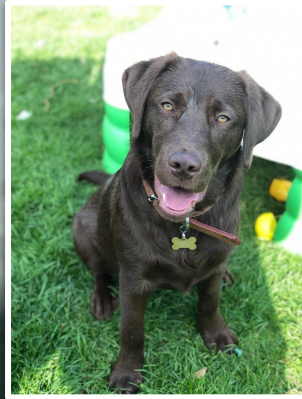
### **These are some ways to help get enough sleep:**

- ✘ Maintain a regular sleep schedule. Setting a certain time to go to bed/wake up each day can create a routine that ensures adequate time in bed.
- ✘ Avoid oversleeping on weekends. Sleeping in until late on Sunday will make it harder to get back into your school sleep schedule.
- ✘ Take early afternoon naps. A nap around 15-20 mins in the early afternoon can be beneficial.

# THE MEOPHAM (PET) FAMILY



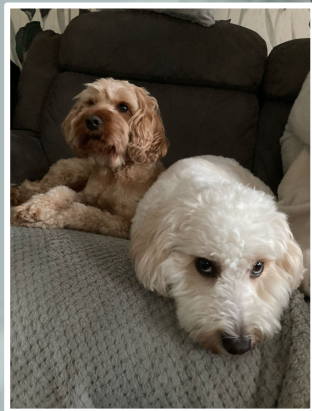
**Skye, Pepper &  
Charlie - Olivia H**



**Max - Charlie G**



**Harvey - Charlotte M**



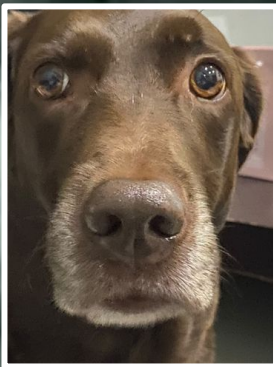
**Benji & Honey -  
Casey H**



**Russell - Frankie M**



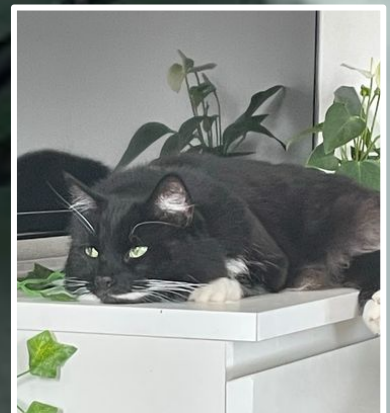
**Coco - Christian D**



**Freya - Maia N**



**Maggie - Ella T**



**Charlie - Lucy P**

**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.**

# ***New Beginnings***

*Hamsa Elfarash*

**It's only the beginning now,  
A pathway yet unknown,  
At times the sound of other steps,  
Sometimes we walk alone.**

**The best beginnings of our lives,  
May sometimes end in sorrow,  
But even on our darkest days,  
The sun will shine tomorrow**

**So we must do our very best,  
Whatever life may bring,  
And look to the winter as a guest,  
To smell the breath of spring.**

**Into each life will always come,  
A time to start a new,  
A new beginning in each heart,  
As fresh as morning dew.**

**The past has its secrets, but the present does too,  
In order to establish the future, we must do what we do,  
In time we will find it and make happiness flow,  
We just need patience in the beginning and in time we'll  
grow.**

**The years will never take away,  
Our chance to start a new,  
It's only the beginning now,  
So dreams can still come true.**