



Wisdom is Strength

NORLINGTON SCHOOL and 6TH FORM

A SPECIALIST MATHEMATICS AND COMPUTING SCHOOL

February 2025

'Norlington's got you' 2025 Challenge

Dear parent/carer

Life sends us all challenges. Some of these challenges we cannot face alone. This is true of many of the health challenges we face, and especially true if the challenge is cancer. We are fortunate that so much progress has been made in facing this disease but much more needs to be done.

We currently have two students who are battling leukaemia as well as staff supporting family members facing this dreadful disease. Over the years many people have lost loved ones, both Mrs Darwish and I lost our fathers to cancer.

Research into how we cure this condition is ongoing. So much has been accomplished over the past few years, so much more to do. We want to see cancer eradicated.

Our 'Norlington's got you' 2025 Challenge

I want to thank all parents (past and present), students, staff, family and friends for supporting the school in raising over **£1075 for the British Heart foundation**. The 22 x 22 x 222 challenge involved carrying 22Kg over 22 days for 222 Km. This year we want to go even further.

For our **'Norlington's got you' 2025 Challenge** I will be representing the school by climbing Kilimanjaro (June 2025) in Tanzania to raise money and awareness for **Cancer Research UK**. Everyone, whether directly or through family and friends, has been touched by this dreadful disease. We want to support Cancer Research UK reach its goals. These focus on discovering, detecting, preventing, and treating all forms of cancer, ultimately working to eradicate cancer from all our lives. (www.cancerresearchuk.org).

Over the coming months we shall be looking to raise at least £7000 (and hopefully more) for this worthwhile Charity.

The Challenge

Kilimanjaro is the highest mountain in Africa and the highest free-standing mountain in the world (more facts at the end of the letter). This is a very challenging climb of 5895 metres (19,341 feet) taking several days to complete.



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According to a survey by the Kilimanjaro National Park, only 60% of climbers who attempt to summit Kilimanjaro each year actually make it to the top. This is mostly down to people getting altitude sickness. To maximise my chances, I will be taking the longer Lemosho route to allow myself to acclimatise to the altitude.

Even so, Tanzania lies just north of the Equator, meaning Mount Kilimanjaro is situated in a hot region. Yet the summit of the mountain is an unforgiving world of snow, ice and sub-zero temperatures.

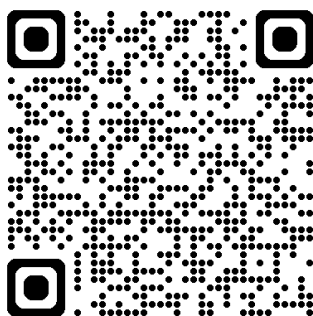
How can you help?

We will be looking to involve students as much as possible in a programme of events, including funding raising, building up to the climb. This will include;

- Student activities supporting my training including hiking trips and internal training events.
- A study programme for students. This will include the geography and history of Africa and Tanzania, with an emphasis on Kilimanjaro as well as the physiology of High-Altitude climbing.
- Specific events directly linked to Cancer Research UK.
- Mental Health training for students focusing on self-improvement and helping others.
- Ongoing tracking and blogging about the training in the lead up to the challenge and the actual climb itself.

Our objective is to raise as much money as possible for Cancer Research UK. We need your help also.

- Support the student Non-uniform day on Thursday 13th February with students donating **£2** each.
- Support your child's involvement with ongoing fundraising activities. This may include hiking trips and purchasing a unique T-shirt designed by the school for the challenge (Available soon).
- We welcome any contribution to the fund-raising total. Donations can be made to <https://www.justgiving.com/page/norlingtons-got-you-challenge> or via QR code link below





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- We would welcome sponsorship from local companies. We have already secured two sponsors **Wellness Works** in Chingford and **Footsteps Nurseries** based across Waltham Forest. If you know of a company that would like to sponsor our 2025 challenge, please contact Rajinder Kandola (rkandola@norlington.school).

All money raised goes towards Cancer Research Uk

Over the coming months we will update you on our progress.

Thank you for your continuing support.

Yours sincerely,

Mr J Hernandez
Principal

Current Sponsors



**Footsteps
Nurseries**

<https://footsteps-nurseries.com>



<https://wellness-works.co.uk>

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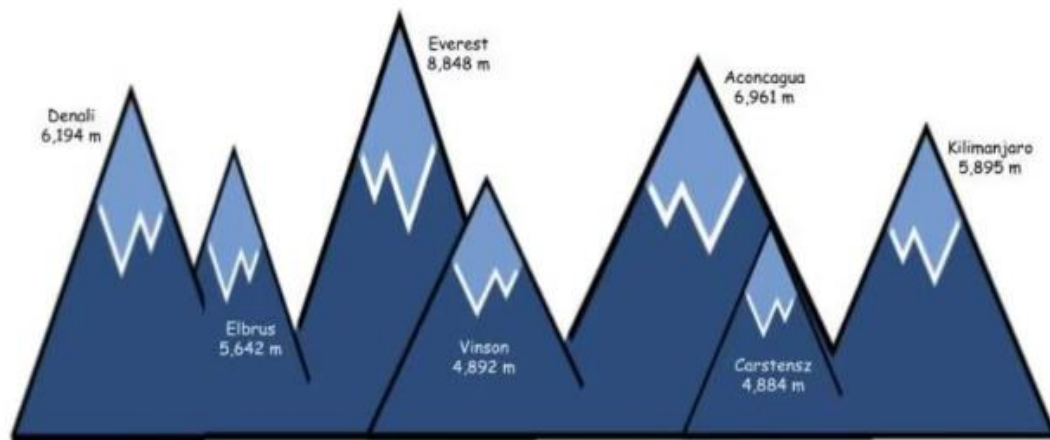
Department
for Education



Kilimanjaro Facts



1. **Mount Kilimanjaro is one of the world's Seven Summits.** This is the name given to the highest peaks from each continent.



The Seven Summits

2. **Mount Kilimanjaro is the world's tallest free-standing mountain**

Most of the world's highest peaks are part of mighty mountain ranges. Two notable exceptions are Mounts Denali and Kilimanjaro, which are isolated mountains. But it's Mount Kilimanjaro that holds the title of the highest free-standing mountain in the world. This is a result of its prominence (or relative height) in terms of the land surrounding it: a whopping 4,900 m.



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3. Climbing Kilimanjaro is like going from the Equator to the Arctic

Tanzania lies just north of the Equator, meaning Mount Kilimanjaro is situated in a hot region. Yet the summit of the mountain is an unforgiving world of snow, ice and sub-zero temperatures.

4. Mount Kilimanjaro is a volcano, and it has three cones

Mount Kilimanjaro is a dormant volcano with three volcanic cones. This means it has vented through three different openings during its history. The highest of these is Kibo at 5895 m. When you hike to the top of Mount Kilimanjaro, you're actually hiking to the highest point along the rim of Kibo Crater, known as Uhuru Peak



5. 60% of climbers reach the summit

According to a survey by the Kilimanjaro National Park, only 60% of climbers who attempt to summit Kilimanjaro each year actually make it to the top. This is mostly down to people getting altitude sickness.

To maximise my chances I will be taking a slightly longer route to allow myself to acclimatise to the altitude.

6. Nobody is certain where the name Kilimanjaro comes from

While no-one is sure, the name Kilimanjaro may come from one or more of the local languages (such as Swahili, Kamba and Chagga) and means 'mountain of greatness' or 'mountain of whiteness'.

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