



NORLINGTON SCHOOL and 6TH Form

A SPECIALIST MATHEMATICS AND COMPUTING SCHOOL

Wisdom is Strength

J Hernandez
10th March 2026

Dear Parent/Carer

We are proud to announce our upcoming 'Norlington's Got You' 2026 charity fundraising programme in support of **Mind** and **Samaritans**, two incredible organisations dedicated to mental health awareness, crisis support, and suicide prevention.

Men's mental health challenges affect millions of people every year, and no one should have to face them alone.

- In England, around 15% of 16–24-year-old men reported self-harming
- Over 82% of people sleeping rough are men
- Men are more likely to be compulsorily detained (or 'sectioned') for treatment
- Men are more likely to be victims of violent crime
- Suicide is the leading cause of death for men under 50 in the UK with men aged 40 to 49 have the highest suicide rates in the UK

Stigma often make it harder for young men to seek help for mental health struggles. Men are more likely to use harmful coping mechanisms (like substance use) and less likely to reach out for help. Men are less likely to access psychological therapies with only 36% of referrals to NHS talking therapies being for men. Norlington will be raising money to support Mind and Samaritans and working with boys to understand how to look after their mental health

Mind works tirelessly to provide advice, support, and advocacy for those experiencing mental health problems, while Samaritans offers a safe place for anyone struggling to talk and be heard, 24 hours a day.

Through this fundraising programme, we aim to raise vital funds and awareness to help ensure these life-changing services remain accessible to everyone who needs them. Every donation, every shared message, and every show of support makes a real difference.

Together, we can help break the stigma surrounding mental health and create a community where compassion, understanding, and support are available to all.

All money raised will be split equally between both charities with a second fund raising vehicle used to ensure it is equal.

Norlingtons Got You 2026 Challenges

I am pleased to confirm that Norlington school, as part of our 'Norlington's Got You' 2026 challenge, is adopting two major challenges for 2026 as focal points.

1. The fund-raising events will start with the completion of the 280km 'El Comino Portuguese' pilgrimage walk between Porto to Santiago de Compostela in 12 days over the easter break by Mr Hernandez (See details at the end of this letter).

Norlington Road, Leyton, London, E10 6JZ

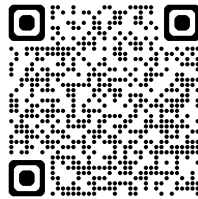
Tel: 020 8539 3055 **Fax:** 020 8988 9661 **Email:** norlington@norlington.net www.norlington.net

2. The fund-raising programme will end when 10 school staff (Mr Hobbs, Mr J Lustig, Mr Bygott, Mr Baldry, Mr Todd, Mr Hernandez, Mr Ansell, Mr M Lustig, Mr Rahman and Mrs Besler) climb all three of the highest peaks in the UK within 24 hours. Taking place between Friday 3rd and Saturday 4th July. (See details at the end of this letter).

How can you help?

Both challenges will mark the start and end of our fund and awareness raising campaign that will include;

- Hiking challenges for the students supporting staff with their training (details to follow). Students will be able to buy a T-shirt celebrating the challenges.
- Events to raise money such as non-uniform day (We are planning a non-uniform day on Thursday 19th March with students asked to donate £2 towards the charity fund raising)
- Presentations and workshops focusing on men's mental health
- Donating via JustGiving ['Norlington's Got You' 2026 Challenge is fundraising for Mind](#)



We also welcome sponsorship from any local companies. If you are interested in sponsoring the charity fund raising programme please contact Mr Kandola via the school office or by email at RKandola@norlington.school.

As always, thank you for your support.

Yours sincerely

A handwritten signature in black ink, appearing to read 'JH'.

Juan Hernandez
Principal



NORLINGTON SCHOOL and 6TH Form

A SPECIALIST MATHEMATICS AND COMPUTING SCHOOL

Wisdom is Strength

The Three Peaks Challenge

The National Three Peaks Challenge involves climbing the highest mountains of Scotland, England, and Wales – **Ben Nevis**, **Scafell Pike**, and **Snowdon** – usually within a 24-hour time frame. It is one of the UK's most popular, yet toughest, outdoor challenges, often undertaken to raise money for charity.



The primary goal is to ascend and descend all three mountains, including the driving time between them, within a single 24-hour period. The challenge is a significant test of physical and mental endurance, requiring a very good level of fitness and minimal sleep during transit.

Feature	Details	Source
Mountains	Ben Nevis (Scotland), Scafell Pike (England), Snowdon (Wales)	
Heights	Ben Nevis: 1,345m; Scafell Pike: 978m; Snowdon: 1,085m	
Total Walking Distance	Approximately 23 miles (37 km)	
Total Ascent	Approximately 3,064 metres (10,052 feet)	
Total Driving Distance	Approximately 462 miles (743 km)	
Typical Completion Time	Target of under 24 hours (includes driving)	

Norlington Road, Leyton, London, E10 6JZ

Tel: 020 8539 3055 Fax: 020 8988 9661 Email: norlington@norlington.net www.norlington.net



El Camino Portuguese

The Litoral Way or Senda Litoral is an unofficial route of the Portuguese Camino that starts in Porto and goes along the coast to Vigo before completing the full Camino to Santiago de Compostella. The route is spectacular: incredible scenery: small fishermen's villages, wild coast, and unspoiled beaches.



A 12-day Camino Português Litoral (Coastal) route covers approximately 260-280 km from Porto to Santiago de Compostela, featuring scenic boardwalks, beaches, and historic towns. The route follows the coastline north through Portugal before turning inland from Redondela to join the Central route to Santiago.

The Litoral Way route overview

- Distance – 280 km/173 miles
- Number of days – 12
- Starting point – Sé Cathedral, Porto, Portugal
- Finishing point – Santiago de Compostela Cathedral, Spain
- Total ascent – 2975 m
- Total descent – 2705 m

12-Day Litoral Route Itinerary

- Day 1: Porto to Vila do Conde (approx. 30 km)
- Day 2: Vila do Conde to Esposende (approx. 24 km)
- Day 3: Esposende to Viana do Castelo (approx. 23-25 km)
- Day 4: Viana do Castelo to Caminha (approx. 27-29 km)
- Day 5: Caminha to Mougás/Viladesuso (approx. 23-24 km)
- Day 6: Mougás to Baiona (approx. 20 km)
- Day 7: Baiona to Vigo (approx. 22-23 km)
- Day 8: Vigo to Redondela (approx. 15-16 km)
- Day 9: Redondela to Pontevedra (approx. 20 km)
- Day 10: Pontevedra to Caldas de Reis (approx. 22 km)
- Day 11: Caldas de Reis to Padrón (approx. 18 km)
- Day 12: Padrón to Santiago de Compostela (approx. 24-25 km)