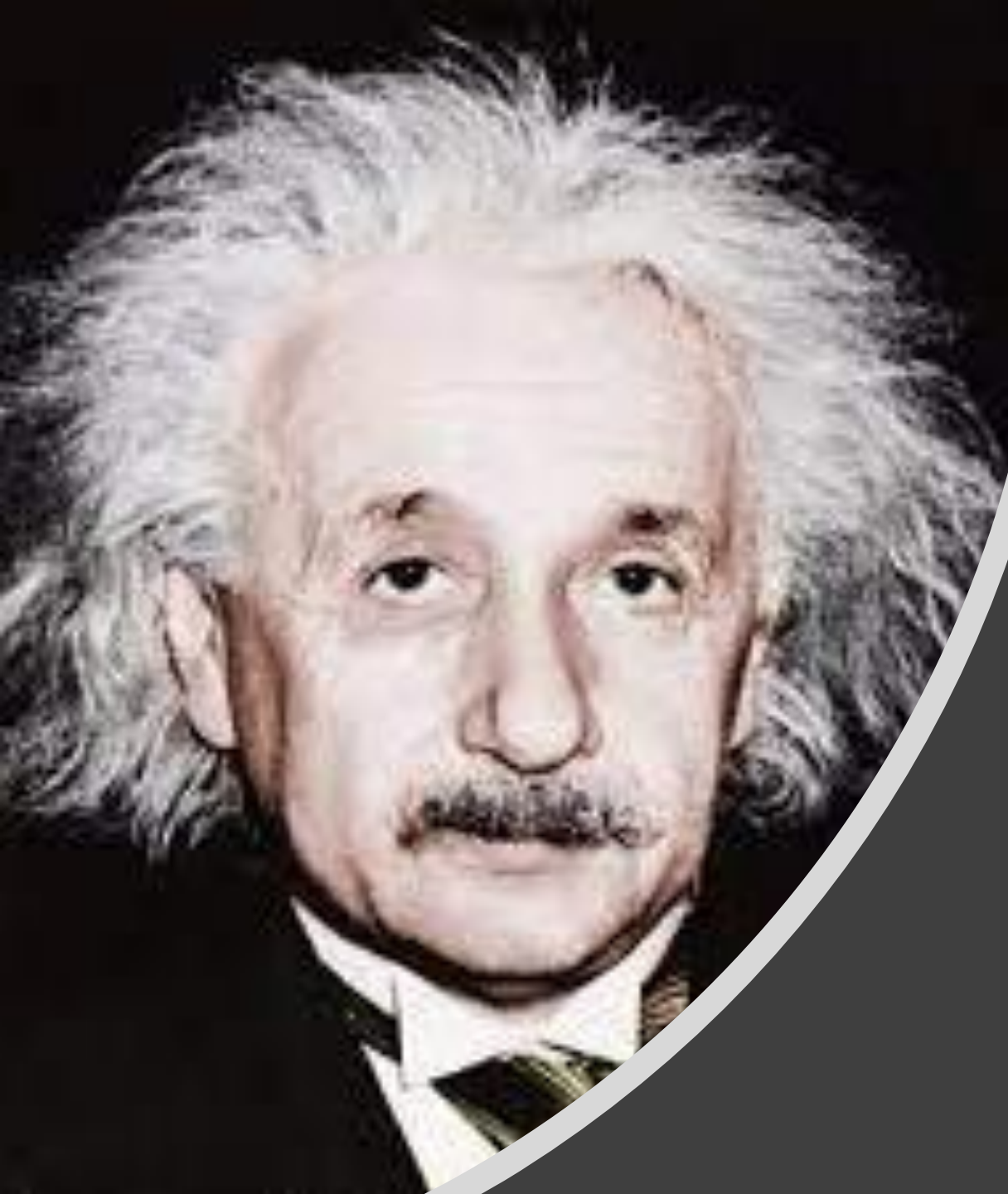
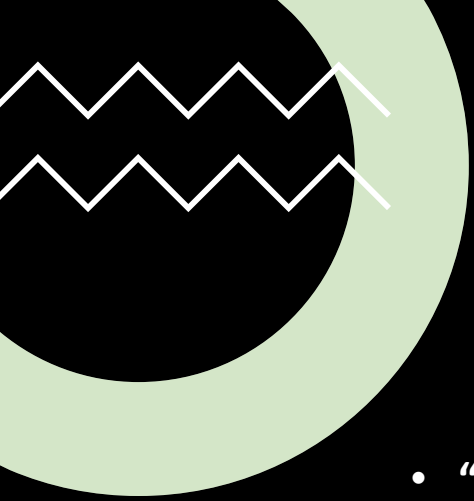


Thought For The Week



- “The measure of intelligence is the ability to change”
- Albert Einstein



- **“The lesson of history is clear: democracy always wins in the end” Marjorie Kelly - Author**





- “Peace comes from within. Do not seek it without” Siddhārtha Gautama (Buddha) - Philosopher

- **"In recognising the humanity of our fellow beings, we pay ourselves the highest tribute."  
Thurgood Marshall, first African American on  
the U.S. Supreme Court**



- **“Health is the greatest possession.  
Contentment is the greatest treasure.  
Confidence is the greatest friend.” Lao Tzu  
- Philosopher**



- “Those who deny freedom to others,  
deserve it not for themselves”  
Abraham Lincoln – US President





- **“We can’t buy our children a new planet” Catherine Norton - Author**



- **“Give light and people will find the way” Ella Baker – Civil Rights Activist**





- **“Each of us deserves the freedom to pursue our own version of happiness. No one deserves to be bullied.”**  
**Barack Obama – former US President**

- **“With your hands carve out your own destiny.” Guru Nanak – Religious founder**





- **“Prejudice is the child of ignorance” William Hazlitt**  
– British Writer

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- **“The darkness of the whole world cannot swallow the glowing of a candle” Robert Altinger – Author**





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- **“Christmas is more than just presents, it’s love and harmony” Julie Herbert - Playwright**

- **“Let go of what was and embrace what to be.”**  
**Lailah Gifty Akita - Author**



- **“Curiosity is everything, if you don’t have curiosity, you don’t have anything”**  
**David Bailey – Artist and former Waltham Forest resident**





- **"The time is always right to do what is right." Dr Martin Luther King – Civil Rights Campaigner**



- **“Despite everything, I believe that people are really good at heart” Anne Frank – Holocaust victim**





- **“Be proud of who you are” Demi Lovato - Singer**

- “Nothing ever goes away once it’s posted online” Anon



ONLINE  
IS  
FOREVER.

- **Two things form the bedrock of any open society — freedom of expression and rule of law. Salman Rushdie - Author**





- "One child, one teacher, one book and one pen can change the world."
- [Malala Yousafzai](#) – Nobel Prize Winner

- “I attribute my success to this – I never gave or took any excuse.”
- Florence Nightingale – Social Reformer





- “I wish I could show you...the astonishing light of your own being”
- Hafez (Fars Shiraz) - Poet





- “Pure water is the world’s first and foremost medicine”
- Slovakian Proverb



- **“All roads lead to Rome, but many people still think there's only one way to get there, their own way, and whoever doesn't follow it, gets lost.”**
- **Mouloud Benzadi - Writer**



- **'The best way to observe Stephen Lawrence Day is by honouring the teenager and by making the world a better place for everyone and to make sure that no teenager or child has to live in fear'.**
- **The Stephen Lawrence Foundation**



- **“Nothing ever comes to one that is worth having except as a result of hard work.”**
- **Booker T Washington - Educator**

- “Never in the field of human conflict was so much owed by so many to so few.”
- Winston Churchill – British Prime Minister





- “To be kind is good. To be kind without expecting anything in return is better.”
- Tariq Ramadan -  
Philosopher



- **“A visit to a museum is a search for beauty, truth, and meaning in our lives. Go to museums as often as you can.”**
- **Maira Kalman - Illustrator**



- “It doesn't mean you can do whatever you want, it means you are free to do what's right”
- Anon





- **“The greatest threat to our planet is thinking someone else will save it”**
- **Robert Swan - Explorer**



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- **“No one leaves home unless home is the mouth of a shark.”**
  - **Warsan Shire – Writer and former refugee**



- “Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.”
- Plato – Philosopher



- **The Windrush era is a very important part of British history as it helps us understand how and why we became the multicultural society we are today”**
- **Naomi Harris - Actress**

- **“Creativity takes courage.”**
- **Henri Matisse - Artist**



- "Deeds, Not Words"
- Emmeline Pankhurst – Equal Rights Campaigner



- **“Reflection is the school of wisdom”**
- **Baltasar Gracian -  
Philosopher**

