



# J F S JOURNAL

JFS School

• Volume 1: Edition 1

• Summer Term

## HOLOCAUST TRIP

As Year 9 students at JFS, we were invited to attend the Holocaust Learning UK programme during the week of Holocaust Memorial Day and marking the 75th anniversary of the liberation of Auschwitz-Birkenau.

Upon arrival at Belmont Synagogue, more than 100 students were welcomed by Rabbi Mark Levene who reinforced that we were all witnesses to a special testimony and should share when given the opportunity. We then participated in HLUK workshops ran by Belmont volunteers and members. We were put into groups and together answered various general knowledge questions which will be helpful to remember when discussing with other people about the Holocaust. After the session, we had a rare opportunity to listen to Manfred Goldberg, a survivor, who reflected on his extraordinary past and surviving in concentration camps in Riga and Stutthof.

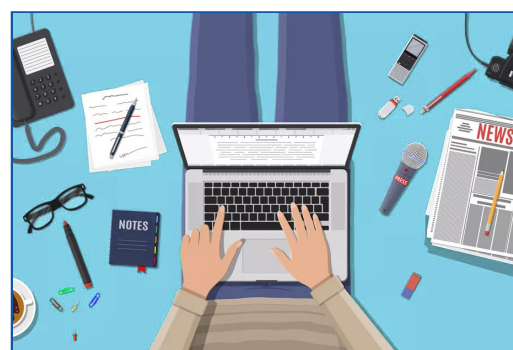
Manfred tenderly told us that he was nine years old when his father managed to escape to Britain in 1939. Unfortunately, Manfred and the rest of his family couldn't join him and the situation was made even worse when Manfred's school was closed down just one year later. In December 1941, Manfred, his younger brother and his mother were all deported from Germany to the Riga Ghetto in Latvia. Despite living in terrible conditions,

Manfred was able to celebrate his Barmitzvah in 1943.

Three months before the Riga Ghetto was to be liquidated, Manfred was sent to a labour camp before being taken to Stutthof. The camp was abandoned just a few days before the war finally ended, which sent Manfred and his companions on a death march to liberation. After six years, Manfred was finally liberated at Neustadt in 1945. Manfred was to come to England to reunite with his father and learnt English as well as graduating from London University with a degree in electronics.

JFS was the first Jewish school to participate in the HLUK programme which was initiated in 2002. After listening to Manfred's inspiring testimony he kindly answered a few questions before we had the chance to express our gratitude and feelings towards Manfred's story on a postcard.

**Aaron Jaffe, 9BW**



## BECOME A JOURNALIST

### WHY?

Being a journalist is very rewarding. You can improve your literacy skills, learn about the school and the events in the outer world. Get prepared for life after JFS, if you want to go into journalism professionally, or just say that at secondary school you worked on making the school newspaper. It is a fun extra-curricular activity, and you can gain a lot of knowledge about many things, that you wouldn't have gained otherwise.

### HOW?

If you would like to become a student journalist, go speak to Ms Wolfson in the history department to find out how.

I hope you enjoy this edition.

**By Eliana Ben-Menachem 8BW**

# IS JFS DOING ENOUGH TO REDUCE PLASTIC POLLUTION?

**As of last term, JFS made the decision to stop the selling of disposable plastic bottles of water in the canteen. A good decision, but is it enough?**

Although the canteen no longer sells plastic water bottles, much of the cold food to be bought is still being packaged in disposable plastic. If we assume that half of the school's approximate two-thousand students (according to the JFS website) get a school lunch, and a further half of those students choose a cold option, packaged in plastic. If we then say another two-hundred of those students purchase an additional carton of juice, which come with plastic straws, the result is seven-hundred pieces of plastic waste per day. When you do the maths, that total amounts to 6.7 kilograms of plastic waste per day, just from school lunches.

This may not seem like much at first, but the average UK household produces only 0.1 kilograms of plastic waste a day. Even when comparing this to the students of JFS, it would mean that one of the previously mentioned five-hundred students who buy items with disposable plastic packaging would be producing the amount of plastic waste equal to the average household, just from their lunch.

What can be done to further reduce the amount of plastic waste being produced by JFS? The school has also already introduced better water fountains and

encouraged the use of refillable bottles, initiatives which will certainly help to reduce the number of disposable plastic bottles being used. However, although taking these steps is highly advised, seeing as this has been in effect since September, it is clear more must be done. To suggest a simple solution, the school could implement the use of paper straws rather than the current plastic ones. Additionally, sandwiches could be packaged in brown paper bags or could even be wrapped in tin foil, a more environmentally friendly and biodegradable material than plastic. Either one of these steps could be easily taken to further reduce the school's plastic emissions, and to set an example for other schools in order to improve our local environment.

***By Zak Citron – 82B***



## HEAD BOY / HEAD GIRL TEAM MESSAGE



Hi everyone!

Just a little message from your Head Boy/Girl Team. Firstly, we hope that you and your families are keeping well, safe and enjoying a well-deserved break. We understand that, with all the uncertainty at the moment, everything is very stressful. But, if anything, our situation has made us all recognise that we should not take for granted the most important things in life: our family, friends and our own JFS community. Perhaps more important than anything else, though, is maintaining our mental and physical health. Staying at home can be very frustrating, but taking care of yourselves should always take precedence. We hope to see you all soon (hopefully not in the exam halls)!

Best Wishes,

***Your Head Boy/Girl Team***





# THE GROSVENOR HALL RESIDENTIAL 2019

On Sunday 10<sup>th</sup> November 2019, some forty JFS students set off from school to record a CD. The youngest students were Year 7's who had started JFS in September and the oldest were in Year 11 and we were taken by all of the music department, Mr Appleman, Ms Padda and the head of the department, Mrs Bellinger. The residential was in a Kingswood Centre called Grosvesnor Hall in Kennington, Ashford, a 2 hour drive from school.

The CD that we recorded was made up of some popular songs such as:

When You Believe (from The Prince of Egypt), I'm Still Standing by Elton John, Viva La Vida which was expertly conducted by Ms Padda, V'sham'ru - which you might know from shul, V'hi Sheamda - usually sung over Pesach/Passover, Lecha Dodi, composed by members of JFS singers and JFS Vocal Club, Ein Kelokeinu also composed in the project with ex-JFS student Harry Styles (NOT from One Direction!), Adon Olam written in the same project with Harry Styles however, it was composed by the Vocal Group - conducted by Mr Appleman.



Ms Bellinger accompanied almost all of the pieces however Charlie Soloman, Y9 accompanied us for Viva La Vida!



We spent over 26 hours rehearsing during the 4 days, one of our longest rehearsals was probably 2 and a half hours of singing with a ten minute break!!!! The trip was exhausting yet worth it. For most it was their first time recording, for some we were singing the songs that they composed in the summer of 2019, and for few it was their last time on this trip. Despite the strict conditions we all still enjoyed it because as a reward we spent some of our trip making use of the excellent facilities at Kingswood. One of the highlights was seeing their teachers screaming for their lives when going down the 3G swing. Another highlight was when Natalie, a year 9 student impressed the whole group by getting to the top of Jacob's Ladder single-handedly in what felt like a few milliseconds.

In conclusion, everyone had an enjoyable experience, and all of us made new friends. It was an intense trip but I am sure all can agree that it was definitely worth it.

**NOTE: The CD is available to get in the music office with Mrs Bellinger.**

## NUTRITION NUGGETS



**"I'm fast, why? Because I eat vegetables."** Legendary action movie star Jean-Claude Van Damme knows why he eats vegetables. It might be about speed for you too, but there are plenty of other good reasons to eat them.

Vegetables are full of essential vitamins, minerals and fibre. They have been linked to reducing the incidence of some illness such as heart disease and cancer. We also should eat a variety of colours in our diet for the best health. The reason behind this is that each vegetable is beneficial in different ways. If we have a rainbow plate, then we have a good chance of getting all the nutrients we need.

**Minestrone** – an Italian soup made with vegetables and beans – is a great way to tick plenty of boxes on the vegetable front. Eat this, and Jean-Claude Van Damme would be proud of you.

### Ingredients: (Parev/Vegan)

250g dried borlotti beans, soaked overnight in cold water  
4T extra virgin olive oil  
350g leeks, finely chopped (quarter lengthwise, then slice)  
1 onion, finely chopped  
1 clove of garlic, finely chopped  
3 stalks of celery, finely chopped  
3 medium-sized carrots, finely chopped  
350g potatoes, peeled and chopped into small cubes  
1t tomato paste  
1 x 400g tin of tomatoes (or use fresh tomatoes)  
3 litres of stock (parev vegetable or chicken flavoured)  
1 small savoy cabbage, sliced finely  
1 large courgette, chopped into 1cm cubes  
150g small dried pasta tubes, such as ditaloni rigati  
375g frozen peas  
Salt and pepper

### Directions:

Warm oil in a large pot over a medium heat, then add the onion, garlic and leeks. Cook for approximately 10 minutes until soft. Add celery, carrot and potatoes, then cook for a further 5 minutes. Add tomato paste and mix through.

Drain and rinse the borlotti beans. Add the beans to the pot. Mix through and cook the beans with the vegetables for a few minutes. Add the tomatoes and stir through. Add the stock. Bring to the boil, then cover, turn down the heat and simmer for one and a half hours.

Uncover and add the savoy cabbage and courgette. Return to the boil, then add the pasta. Simmer for 15 minutes. Add the peas and simmer for a further 15 minutes. Adjust seasoning for taste. Serve warm.

(Recipe source: My Mum)

**By Eliana Ben-Menachem 8BW**

## JFS vs HIGHGATE Y8 FOOTBALL

Wet, windy and cold, JFS faced Highgate on a rainy Tuesday in December on home soil. It was an important fixture for both sides as it was the Middlesex Cup 2nd round: a must win.

JFS and Highgate brought The Middlesex Cup alive with an exhilarating 2nd round match, with two individually sublime goals. The two captains ambled up to the centre circle to meet the referee. By winning the coin toss, JFS won the first battle, but not the last. The referee blew the penetrating noise of his whistle and JFS started the match.

Highgate were quickest off the mark playing a similar style to Barcelona, fast with an upbeat tempo and high press. This made it uncomfortable for the JFS backline. A few strong shots came JFS's goalkeeper's way, but they were acrobatically saved. JFS began to settle into the game, following some motivational comments from Mr. Donald.

The first major chance of the game came Highgate's way when they had a throw-in, deep into JFS territory. Their star striker, Raphy Chester, rose to the challenge and got a strong head to the ball, narrowly missing the goal. Unfortunately, during the process of defending the chance George Godfrey, a key defender had gone down injured. An early substitution for the hosts was made necessary. On came an out of position Ethan Swead, willing to take one for the team.

Minutes after the substitution was made Highgate looked ready to counterattack, but the Ethan made a strong and emphatic clearance. Catching Highgate's defence off guard for the first time Josh Diamond, the captain, drove the ball into the heart of Highgate's robust defence, then playing a through ball setting up the striker for a clear-cut chance. However, it was shockingly sent flying over the bar by a disappointed striker. Minutes before half time, Highgate attacked once more. Their

striker looked to put a cross in then mischievously fizzed the ball into the back of the net, an impossible save for any keeper not even a world class keeper like Gianluigi Buffon could save.

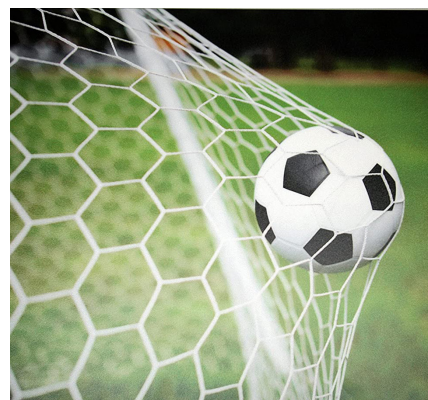
At half-time quality and leadership was desperately needed for a chance of reaching any further stage in the cup. JFS knew what they had to do and certainly showed it in the second half. Many chances came JFS's way and eventually a through ball by Josh landed at an ambitious midfielder, Eli Green's, feet and he elegantly placed the ball into the bottom left corner of the goal. 1-1. JFS came close to winning the game in the dying moments but was agonisingly missed to no avail.

Extra time was in need, yet no breakthrough goals were scored by either side and so penalties it was.

It took immense courage to step forward for a penalty, but ultimately six players had the nerve. After five penalties each it was all square at 2-2. It was now sudden death and any mistake would be capitalised on. Highgate scored their penalty and so it was up to the defensive midfielder, Alex Levin, to even out the game. Alas it was not to be. A comfortable save for the keeper and the Highgate boys rushed towards him to celebrate.

It was a disappointing result for JFS, and consistency would have gotten them through but unfortunately it was not their day.

**By Jacob Leon and Ethan Swead**







# A MESSAGE FROM MRS FOX

May 8 sees the country coming together to commemorate Victory in Europe Day which marks 75 years since the end of the Second World War. JFS has been working on this anniversary for nearly a year culminating in what was to be a special day in school on May 7th to mark the occasion with visitors from the Association of Jewish Ex Servicemen and Women, representatives of faith communities and some of our JFS alumni who were evacuated during the war. Despite our current circumstances it is important to let you know what we are still doing as a school to mark the occasion and how we intend to go forward in the years to come.

In 1939 many JFS students found themselves evacuated to the city of Ely and its surrounding villages. In July of last year I contacted the curator of the Museum of Ely and the city's mayor and with a group of year 10 students travelled to the city and met local pupils to learn about the JFS evacuation experience and inform them of our Jewish way of life. The plan was to return to Ely in March of this year with JFS evacuees now in their late 80s and early 90s, to meet Ely secondary school students as well as family members who hosted our pupils during the war. The students were to visit places of interest at the time of evacuation and erect a plaque on the site of the JFS synagogue and community centre with the mayor.



Despite not being able to visit Ely we have continued our efforts to build our relationship and the many themes of our project remain. The Museum of Ely is being refurbished and thanks to a benefactor the JFS story will now be on permanent display. It will serve as a reminder of how the people of Ely welcomed our alumni and displayed generosity and kindness. Here we can learn how a city of 9000 opened their homes and welcomed the stranger for indeed many of our students were observant Jews, some having

recently arrived on the Kindertransport spoke little English and few had ever visited the countryside. All had left their homes, and many must have been very overwhelmed, homesick, and traumatised. Despite this, the people of Ely displayed kindness seeking ways to accommodate kashrut and other religious needs including establishing a synagogue and hostel for the kinder. This is an important lesson in itself, and therefore we hope to revisit Ely after the lockdown with our alumni on the opening day of the museum to unveil a plaque where the synagogue stood.

We have also asked our year 9 historians to work on a special VE Day project. They have been researching the experiences of JFS evacuees and their own families during the war. In lockdown this has also been an opportunity for students to contact great grandparents also in lockdown in far-away places in order to research their lives at this critical time and the role that they played. We continue to work with AJEX and I am delighted that we will have a special message from one of the veterans in our Pause for Thought the week of VE Day and I hope all of you will listen in order to demonstrate our appreciation of their efforts in defence of freedom. They too will join us hopefully in the winter term to commemorate the anniversary in school with a war time concert and special war themed lessons. This special visit of veterans is a clear reminder of the remarkable contribution the war generation played to keep our freedoms alive. It also demonstrates to wider society that the Jewish community played a considerable role in supporting the country. Whilst Roald Dahl once commented that 'he had never met a Jew in the armed forces' the visit of so many veterans to the school is testament to the significant contribution Jews made in defence of freedom. Approximately 1.5 million Jews, including special units of Jews from Palestine fought in the allied armies and contributed to the defeat of the Nazis and their allies. This is a further message to promote as we face increasing anti-Semitism in society as a whole.

***So as May 8 approaches let us all play our part in playing tribute to the veterans and to all those that played their part in safeguarding democracy and freedom and ensure that this anniversary is commemorated in a positive way.***