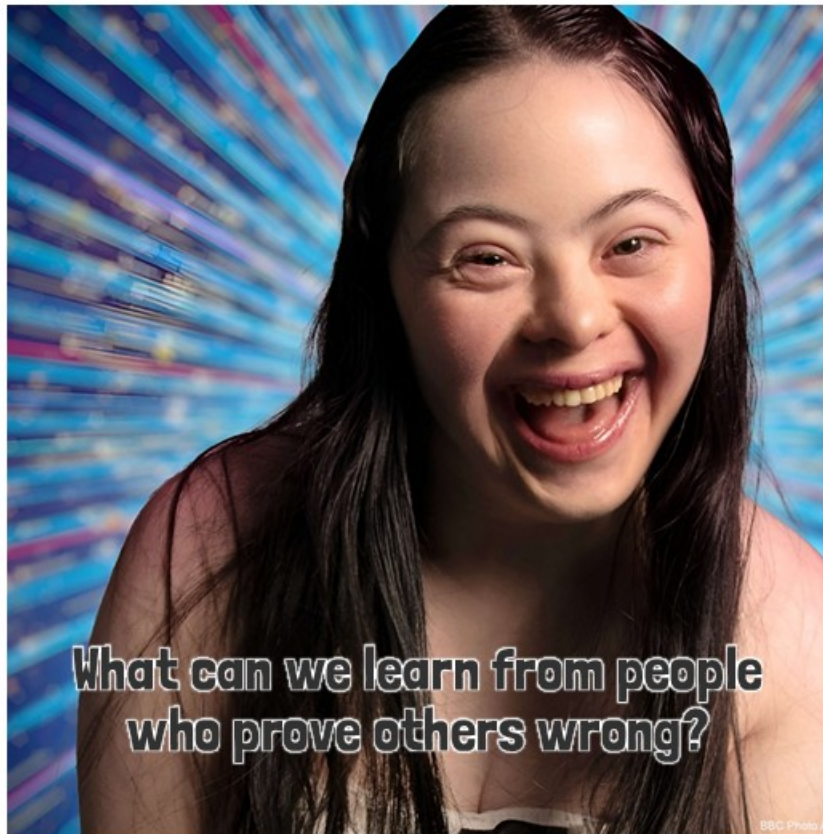


Thoughtful Thursdays

St Giles' & St George's CofE Academy - Class based collective worship from Wednesday 8th October 2025
Invitational and inspirational at home discussion prompt followings today's class worship. (If you would like to use it)



In the news this week

Ellie Goldstein, a 23-year-old model from Ilford, has been announced as a contestant on Strictly Come Dancing. She is the first person with Down's syndrome to take part in a full series of the show, having already made history as the first model with Down's syndrome to appear on the cover of British Vogue. Ellie says she's excited for the challenge and hopes to show that people can do amazing things, even when others don't expect them to.

Things to talk about at home ...

- > Have you ever seen Strictly Come Dancing on TV? Do you enjoy watching programmes that show competitions? Ask others at home whether they do.
- > Why do you think Ellie decided to take part? Is it something you would like to take part in?
- > Can you remember a time when you were told you couldn't do something? E.g., finish a puzzle or reach the top of a climbing frame. Share how you felt, and what happened.

Please note any interesting thoughts or comments

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Below is some of the information that was shared today during class worship - this may help your discussions at home.

ASSEMBLY RESOURCE

Read through the information below, all about Ellie Goldstein.

Early Life

Ellie was born in Ilford in 2001 and has Down's syndrome, which is a condition some people are born with. Down's syndrome affects a person's learning ability and physical features; it is not a disease or illness. People who have Down's syndrome have their own personalities and strengths, just like anybody else. Doctors once told Ellie's parents she might never walk or talk.

Ellie Goldstein's Journey

Big Break

In 2020, Ellie became the first model with Down's syndrome to feature in a campaign for the fashion company, Gucci. In 2023, she appeared on the cover of British Vogue, making history again. She said modelling makes her feel confident and proud.



Ellie with her Strictly Come Dancing partner Vito Coppola
Source: instagram/vitocoppola

Growing Up

Ellie loved fashion and performing from a young age and started modelling as a teenager. She then joined an inclusive talent agency that celebrates difference.

Strictly Come Dancing 2025

At 23 years old, Ellie was chosen as a contestant on Strictly Come Dancing and is the first person with Down's syndrome to take part in the full show. Ellie says she wants to prove people wrong and inspire others to believe in themselves.

Can you think of one goal or dream you would like to achieve, even if it feels hard?

Resource one

Look at the resource below, which shows some ways schools can include everyone in lessons and activities.



At lunchtime the hall can be very noisy. I wear headphones to help me enjoy my lunch with my friends.



My teacher knows how to change the batteries in my hearing aids. They wear a special microphone that connects to them. This really helps me around school.



My school has food for different allergies and diets, so everyone has something they can eat.



I use a special pencil grip or tablet to help with my writing and show my ideas.



A teaching assistant helps me in class so I can join in learning with everyone else. My school has ramps for my wheelchair.

How does your school make sure everyone is included?



Mutual Respect and Tolerance

We can be inspired by people who prove others wrong by achieving things we might not expect. Everyone deserves respect for what they do and the ways they can shine.



UN Rights of the Child



All children should be able to join in with the activities and experiences around them. Adults should make sure nothing stops them from taking part, being included, and treated fairly.

