



Welcome

It is always such a pleasure seeing our half termly newsletters come together and this one is certainly no exception.

This edition is packed full of amazing stories and successes that our students, both past and present, have achieved and we cannot be prouder of them all.

I hope you enjoy reading their stories and hearing more about what we have been doing as a school community.

We have also started a new feature in this newsletter which will continue over this forthcoming year. Our teaching and learning spotlight will give you a true insight in to why we teach in the way we do at St Luke's and the benefits associated with the approaches.

Finally, I want to take this opportunity to thank you for your continued support of St Luke's and wish you all the very best for the festive period.

Miss Sherwood
Headteacher

Teaching and Learning Spot Light: Cold Call

What's the idea?

Cold Calling Questioning is a technique that allows teachers to understand and assess students' knowledge and understanding of their learning in order to ensure they can adapt their lessons carefully. It also means that children are expected to be listening and thinking carefully. The use of Cold Calling promotes attention, engagement and participation. Cold Calling is not used catch students out and teachers at St Luke's know what type of questions to ask to individual students to provide the appropriate level of challenge.

What does it mean?

Developed by Doug Lemov in Teach Like A Champion, Cold Calling is designed to promote active thinking during whole-class questioning. Rather than asking for a volunteer, the teacher poses a question, pauses (allowing all students to think and answer in their heads) and then calls on a particular student to respond.

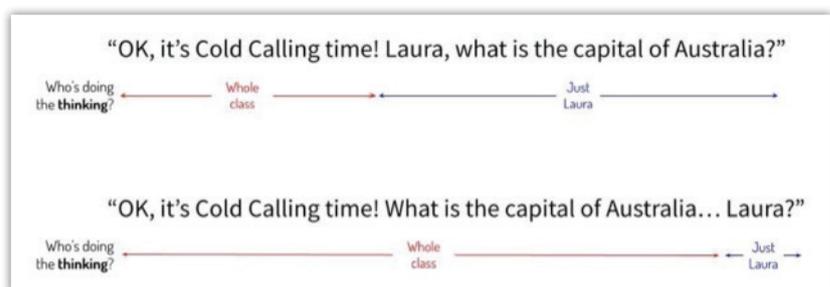
Before a 'Cold Call' students will always be given thinking time, or the opportunity to share ideas with a partner so they are prepared with a response. It means that we can involve and support every single student in the lesson, give lots of praise and encourage answers from students are less likely to put their hand up.

The benefits of this technique include:

- Increased thinking and participation in learning;
- Improved momentum and pace;
- More strategic checking of mastery;
- Greater inclusion.

Daniel Willingham says memory is the 'residue of thought'. Therefore the more students think for themselves, the more they will learn and more successful they will be.

Please have a look at the diagram below to see how using Cold Calling effectively can ensure all students are thinking:





Achieving their best

An interview with St Luke's Alumni – Martha Coughlan

In this edition, we hear from Alumni scholar, Martha Coughlan, who graduated from St Luke's in 2019.

What are you studying at University and what was your route from school through to this?

I'm studying Medicine at Cardiff University – it took me a while to work out what I actually wanted to do, and after my GCSEs I still had no idea! After St Luke's I studied the International Baccalaureate at Exeter College, took a gap year in which I worked full time at various different jobs (including a bakery, and test and trace), and then came to Cardiff.

A few of my experiences at St Luke's really helped me in my application to study Medicine – for example, my role as Team Leader during Ten Tors, and my opportunity to do a work experience week at the Royal Devon and Exeter Hospital.

What has made you want to choose this course and what do you ultimately want to be?

The main factor that appealed to me about Medicine is the versatility – with a medical degree I can decide to be a GP or a cardiac surgeon or anything in between. I'm currently most interested in Emergency and Expedition Medicine (I'd love to travel the world with my work), but I'm keeping an open mind because there's still a long way to go before I make any big career decisions. My absolute dream would be to work at the British Antarctic Survey Base in Antarctica!

How would you describe your time at St Luke's and what were your fondest memories?

When at St Luke's I made my closest friends and have so many good memories – my fondest are probably from my English class and revision sessions, or the fantastic school productions (where I was involved with stage management). The teacher support and friendly atmosphere of those English classes will always stand out in my mind as some of my favourite times from secondary school. I'll never forget the pride that came from helping to bring together the school production and watch from the wings every night. My time training for and doing Ten Tors was also a highlight and a very formative experience, I still adore hiking to this day!

What advice would you give to current St Luke's students?

Trust yourself and try to step out of your comfort zone every once in a while – this is where you make the best memories and get the best stories.

What three words would you use to describe St Luke's?

Kind, supportive, and accommodating.



Achieving your best St Luke's students

We send our very sincere congratulations to:

Millie Candler who spent the half term competing and is now 'Youth First Time Twirl Solo National Champion'!

'I started baton twirling at the beginning of 2020. I train twice a week with my team for a total of 6 hours. My team is part of two associations: NBTA (National Baton Twirling Association) and BBTF (British Baton Twirling Federation).

During the Covid pandemic we did virtual training and we managed to have virtual competitions. Baton twirling is divided into different age sections and abilities. I am in the youth section for my age and beginner for my ability. This year I took part in 5 solo events which were, basic strut, military strut, fancy strut, pom pom strut and baton solo. I was also lucky enough to be asked to be part of the pom team for the National competition.

Throughout the year we participate in multiple regional competitions held over a weekend period. These are to qualify for the National competition which is held in October for 1 week. At nationals, lots of teams from around the country take part and different events take place each day. If there are lots of athletes in an event we have to take part in rounds. If we come in the top 6 of that round we then get the opportunity to be in the final.

This year was my first ever National competition and I am extremely proud of my results. I placed 6th in my fancy strut; 6th in my pom pom strut; 5th in my basic strut; 2nd in the team pom and became the National Champion in my Youth First Time Twirl event (baton solo). My team was also awarded with a shield for the team who received the most points during the National competition.

At the end of each day at nationals there is a presentation ceremony where we have a red carpet and podiums to receive our awards.'

Molly Gibson

who came 9th in the 11-17 Women's Group event at the Acrobatic Gymnastics British Championships with her partners from King's School.



Finding My Voice



This term has seen the 'Finding My Voice' project come to St Luke's. A partnership between Creative Education Consultant, Rachel Higginson and the Exeter Northcott Theatre, the project has been working with a group of students in Year 7.

'Finding My Voice' aims to help young people to increase confidence in their communication skills, recognise their personal strengths and develop their interests and aspirations. Through one-to-one sessions, group work, collective experiences and performance, students grow in confidence and self-belief.

The project, supported by the Northbrook Community Trust, began back in the spring term at partner primary Whipton Junior with the then Year 6 students. Rachel and Lisa, the Northcott's Children's and Young People's Producer, have supported students through the transition process and will continue to work with them next term.

The 'Finding My Voice' group have recently enjoyed a trip to Exeter City FC (where they cheered on Exeter to a 2:1 victory against Carlisle United!) and are currently preparing a piece of theatre to perform at the Barnfield Theatre in December.

Finding My Voice founder **Rachel Higginson** said:

"It has been such a joyful experience to support these talented young people in their journey into secondary school. Their confidence has increased significantly and we are very proud of their dedication to the project and are excited for the positive impact they will have on the rest of the school community through applying all they have learned next year."



Sports Fixtures Round-up

- St Luke's vs ISCA in the **Yr10 Football** resulted in a 3-2 win for the reds in a hard-fought game in the Ted Wragg Exeter Football League.
- St Luke's won 4 and lost 1 in the **Ted Wragg Netball Central Venue League Tournament**.
- St Luke's U13s played **Rugby** against St James. They lost the game 25-5 but it was a well contested game by all involved.
- Our U15 teams beat St James 40-25 in an exciting and closely contested **Rugby 7s** game.
- The **U13 Netball** team played in a tournament at St James where they worked superbly well as a team to gain the following results:
 - St Luke's v West Exe - Lost 7 - 1
 - St Luke's v QE 2- Won 13 - 0
 - St Luke's v ISCA 1 - Drew 3 - 3
 - St Luke's v QE 1 - Won 4 - 1
 - St Luke's v ISCA 2 - Won 8 - 0
 - St Luke's v St James - Won 3 - 1
- U13 Girls remained unbeaten at the **ECFC EFL U13 football tournament**.

In the group stage, St Lukes played Newton Abbot College (Won 5-0), West Exe (Drew 2-2), ISCA (Drew 2-2) and Court Fields (Drew 2-2). St Lukes progressed to meet Exmouth CC in the quarter-final and managed to win 3-1. In the semi-final, they met ISCA again, this time prevailing 3-2. In the final, the girls met Tiverton and after a nervy game finishing 0-0 the girls lost on penalties.



Taking responsibility and Giving hope - Tender Workshop

On Thursday 23rd and Friday 24th September, our GCSE year 9 and 10 students took part in a creative two day workshop with Tender. Tender is a nationwide charity that works with young people to prevent domestic abuse and sexual violence through creative projects. The project was filled with insight, creativity and, despite the serious topic, fun and inspiring.

The first day saw students role-playing small scenes where early signs of unhealthy relationships were shown. Students analysed these scenes to spot the early warning signs and discussed them collectively as a group. A whole range of facts were shared around abusive relationships and, crucially, where help can be secured from, whether in or outside of school.

The second day our students put their knowledge into creativity. They planned and then rehearsed the different aspects that each group was focusing on. The room was buzzing with ideas and after the plans had been laid, the rehearsals and filming began.

The performance was shown through tutor groups, with a follow up survey. It gave a clear message to all of our students about what red flags to look for in abusive relationships and where to go to get support.

A huge thanks to Tender for running the workshop and well done to our brilliant year 9 and 10 GCSE Drama students who took part demonstrating our values of taking responsibility and giving hope so wonderfully throughout.



Christmas Shoe Box Collection

Two of our key values at St Luke's are giving hope and taking responsibility and this term, as staff and students we wanted to give hope to others, particularly those in need.

This is why, this term, we decided to take part in the Christmas shoebox appeal for the local Devon charity "**Christian Response to Eastern Europe**". This involved students donating small gifts and presents to contribute to a shoebox full of presents as part of their tutor group for someone in need to open on Christmas morning.

In late November, the shoeboxes will begin their journey from Exeter to Moldova. Moldova is sadly a country with high levels of poverty and many families struggle to afford basic necessities. For many, there is little prospect of receiving a Christmas present at all. Even though they may be strangers, through their donations, the students of St Luke's have shown great love and care for others through their phenomenal generosity.

This year, St Luke's were responsible for donating to a specific family in Moldova. They are called the Nastas family and are from Moldova's second city, Balti. Stella, the mother, has four children and her husband died about four years ago. Life is very difficult for them. Stella works long hours in a nearby shop and receives an income of 3,000 lei per month, about £130 per month. Prices are only slightly lower than in England. The children work when they can to help with the family budget but their mother insists their school work comes first. Needless to say, providing for their basic needs is almost impossible making any luxuries out of the question. I am delighted to say that not only have we been able to provide Christmas gifts for the entire family but we have also managed to create 102 Christmas shoeboxes from your donations. These will be given to children living in orphanages and families in similar situations. As we all enjoy the festive season, it's great to take a moment to consider the hope that St Luke's has hopefully given to over a hundred children in Eastern Europe on Christmas Day this year.



Showing respect - Remembrance

It was wonderful to come together as a community on Thursday 11th November to collectively pay our respects to those that have given their lives in war and conflict.

Our students showed their respect with such amazing compassion throughout our whole service making us so incredibly proud of them all. We were particularly honoured to be joined by two serving Police officers who came to represent the uniformed services. We would also like to thank one of our amazing Year 10 students who pre-recorded a perfect rendition of the last post on the bugle.