

EXTRA TIME



Christmas 2013



Gymnastics
Masterclass

with
Olympian and Commonwealth Gold
Medallist Gymnast Craig Heap





You will see from the fantastic reports and stories in this edition of Extra Time that PE and Sport at St. Luke's has started at an amazing pace since September. Participation in extra curricular is higher than it has ever been and we have in particular been pleased to see our Gymnastics Club go from strength to strength and the Leadership Academy grow to in excess of 100 students. We are also delighted to welcome to St. Luke's our new Rugby coach, Chris, who is supporting Mr Kelly to get the very best performance out of our rugby players.



Olympian and Commonwealth Gold Medallist Craig Heap joined us to celebrate the achievements of 'The Class of 2013' during an amazing evening of performance, awards and inspiration.

Results on the playing fields have been outstanding with our boys football teams in years 7 and 8 making good progress in various cup competitions, girls football moving through various tournaments on the road to Wembley, the netball teams doing well in the Central Venue League and most recently, our cross country team where 8 students progressed onto the next round.

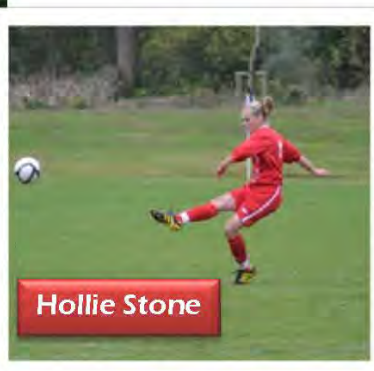


Cross Country Team

Our gifted and talented students have enjoyed much success outside of school with Imogen Allen continuing to bring home many Taekwondo medals, Hollie Stone being selected for the Somerset Centre of Excellence for the 4th year and Keelan Freeman coming 5th in a National Club Championship.



Girls Football Team



Hollie Stone

These students, plus the rest of our performance academy athletes, continue to get the very best support from Dr Andrew Middlebrooke of Exercise Science Consult Ltd.

A huge congratulations to all of our students and a big thank you to the team of staff who continue to provide the very best opportunities for the students to participate and compete.

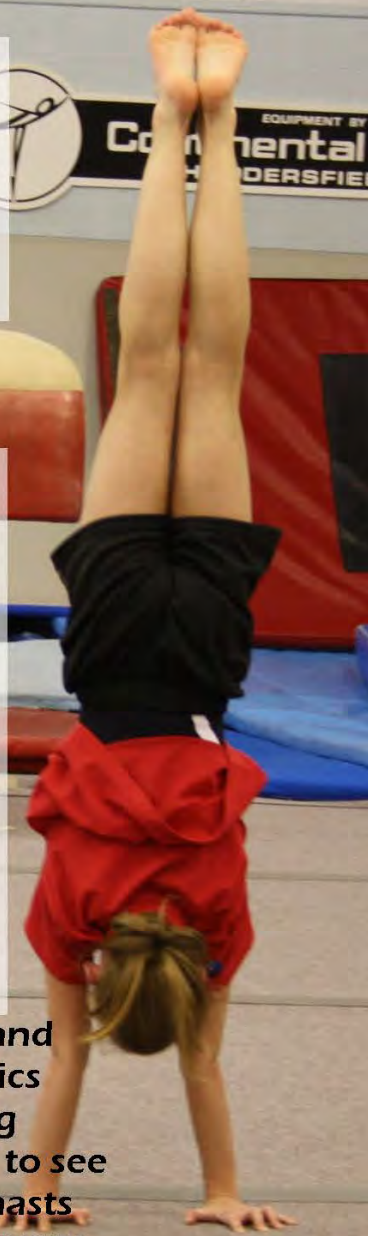
**Miss Sherwood
Assistant Principal**

Gymnastics @ St. Luke's

Olympian and Commonwealth Gold Medallist Gymnast Craig Heap joined our emerging team of Gymnasts for a masterclass of Gymnastics.

Exeter Gymnastics Club kindly gave us access to their amazing facilities for the afternoon with Craig, supported by Mrs Antonello, delivering an energetic afternoon of Gymnastic skills designed to help our performers perfect their moves in preparation for their upcoming competitions. The Gymnasts really impressed Craig who was delighted to see so many young people enjoying the sport and also doing so well.

With the amazing input from Mrs Antonello and support from our partners at Exeter Gymnastics Club, Gymnastics is one of the fastest growing sports at St. Luke's. We are genuinely excited to see the progress being made by our young Gymnasts and cannot wait to see them compete in February.



Well done to you all.



St Luke's Gymnastics Club has gone from strength to strength this year with 20 gymnasts attending the club every week.



We are entering St Luke's first Gymnastics competition with two teams competing at Exeter Gymnastics Club on Sunday 9th February 2014. The event is a floor and vault competition where the gymnasts will perform a 60 second floor routine to music as well as two different vaults.





Our Gymnastics club has expanded hugely and consequently we have invested in new gymnastics mats; a springboard to practise for upcoming competitions and we even have our own St Luke's leotard designed by Mrs Antonello herself.

The gymnasts have shown huge progress and enjoy practice each week; learning new skills which they model to their peers in lessons. We have some amazing talent attending St Luke's Gymnastics club with high level performers competing outside of school up to National level. Most recently, Isabella and Jemima Kerley performed in the Excellence in Exeter Evening held at the University of Exeter where they wowed the audience, students and Head Teachers from schools all across Exeter. Keelan Freeman has been doing exceptionally well, representing his county and has also performed with Isi and Jemima for our open evening.


St Luke's also run a Gymnastics Academy in partnership with Exeter Gymnastics Club. Olympian and Commonwealth Gold Medallist Gymnast Craig Heap joined our emerging team of Gymnasts for an inspirational talk and master-class of Gymnastics.

With the success of St Luke's Gymnastics club and our partnership with Exeter Gymnastics Club, it has become one of the fastest growing sports at St. Luke's. I am genuinely excited to see the progress being made by our young Gymnasts and cannot wait to see them compete in February.


Big things are happening and this is only the beginning! Well done to everyone involved. Mrs Antonello loves you all!




Ten Tors 2013 - 2014



You can imagine our surprise when we arrived at our first sign up for this year's Ten Tors, when we were greeted by 35 enthusiastic students. Three practice walks later and we are still 32 students strong with all doing extremely well with both their fitness for walking and navigation.



Our first walk was a relatively short 15km from Rundlestone to Postbridge, our second walk increased in distance to 18km around the Merrivale area and the third moved the team up to 22km.



This steady increase in distance is helping to get the walkers used to the distances that will be required whilst also giving them the knowledge to help them navigate across Dartmoor in a variety of conditions.



The team are doing exceptionally well and will be well prepared for the actual event in May. Our biggest challenge will be selecting the 12 students that will ultimately represent St. Luke's in the 35 and 45 mile event.



Well done to all of the walkers.



Thanks to Mr Dolley for these stunning images.



It is not often that you get the chance to hear from the youngest ever British female to climb Everest and a Premiership Football Referee but that is just what happened as part of our Evening of Sporting Excellence celebrations.

Bonita Norris decided at the age of 20, having never climbed a mountain, that she wanted to climb Everest; something she achieved by the age of 22 and has since gone on to conquer many more amazing natural sky scrapers.

Mike Mullarkey is one of the most famous referees in the Country having been part of the English team that refereed the World Cup Final and most recently, officiated at the African Cup of Nations.



An amazing evening which showcased the very best of our sporting talents; the night started with displays from British Number One Taekwondo star Imogen Allen (Yr7) and Regional Gymnast Keelan Freeman (Yr7). Following this was an outstanding insight in to the history of sport from Francis Elsander (Yr10) which then moved in to our first awards. The second half of the evening kicked off with our Yr10 Dance team.

Team of the Year: Yr7 Football Team

Olympic and Paralympic Award: Jemma Gidley

Denford Trophy: Laura Price and Seb Richards

Well done to all of our winners and nominees; an amazing year for sport at St. Luke's.

Miss Sherwood

Assistant Principal



Autumn Ability Games

Our St. Luke's team did us proud in the Ability Games held in Barnstaple on Wednesday 16th October. The event is a celebration of sport and invites students of all abilities from Devon to compete.

Team St. Luke's won the following medals:
 Team Silver in football.
 Team Bronze in tennis.
 Individual Indoor Rowing(in a variety of categories) medals for...Katie Harding (Gold). Josh Steele (Bronze). Jamie Beswick (Gold). Ross Beswick (Silver)

Tilly Robinson was awarded a special Olympic Values medal for 'determination'(these are highly prized and only a few were handed out at the event)





The Team

Dean Beswick
Jamie Beswick
Ross Beswick
Tilly Robinson
Brody Parker
Alex Kingdom
Phoebe Stanton
Chloe Bradford
Katie Harding
Shahaf Tripp
Billy Wilkinson
Josh Baxter
Kieran Tamlin
Dylan Money
Josh Steele
Kiedan Devereaux
Liam Winchester
Jack Whitfield
Kye Matthews
Kieron Bending
Frankie Boston
Nathan Ellacott
Jack Ellacott
Aiden Bailey



Well done everybody!

Mrs Bolt & Mr Pritchard



Wheelchair Rugby @ St. Luke's

We had heard about it, and some of us had seen it at the Paralympics last year, but on Thursday November 15th we had a chance to try it.....wheelchair rugby!!

A local club agreed to bring along 8 lightweight, reinforced wheelchairs so that our Brunel students, and a few invited year 7 students, could try the sport for themselves.



After being strapped in and special gloves put on, players were soon propelling their chairs (which are very manoeuvrable) speedily around the sports hall. A ball was added to the mix and the game began. It felt a bit like dodgem cars as sometimes chairs crashed into each other as students were trying to gain possession of the ball. In the adult game, it's a fast no holds barred game where players are frequently tipped onto the floor. However our game was far more subdued and polite as students apologised if they hit another wheelchair!!

Everyone agreed that wheelchair rugby is a fun and exciting sport. We are hoping that there might be an opportunity for local students to join a club in Exeter soon.

Mrs Bolt



Walking in a Wimbledon Wonderland!

WELCOME TO THE CHAMPIONSHIPS 2013



On Tuesday 2nd July 2013, 8 students and 2 staff from St Luke's were lucky enough to visit the Wimbledon Championships 2013 with tickets for day 8 and to watch matches on Court 2, the third biggest court in the World's most prestigious tennis competition!



Signed by Andy Murray

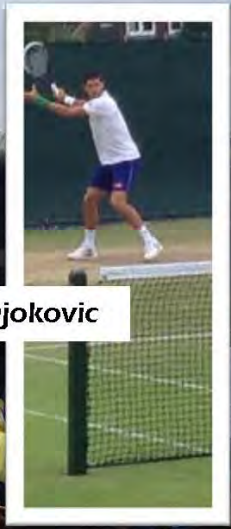
Mr. Hallam and Mr. Dolley took 8 lucky students the long journey up to the nation's capital to enjoy what can only be described as a totally unique sporting atmosphere! The students were selected as part of a PE rewards trip for their excellent attitude and commitment in PE lessons this year. They were Yaman Bader, Rachel Horne, Christy Cassidy, Phoebe Tremlett-Williams, Laura Ryder, Reece Allen, Jehan Kewley-Joy and Charley Spencer.

The minibus departed St Luke's car park at 7am with 10 blurry eyed souls and returned at 10pm with 10 inspired individuals!

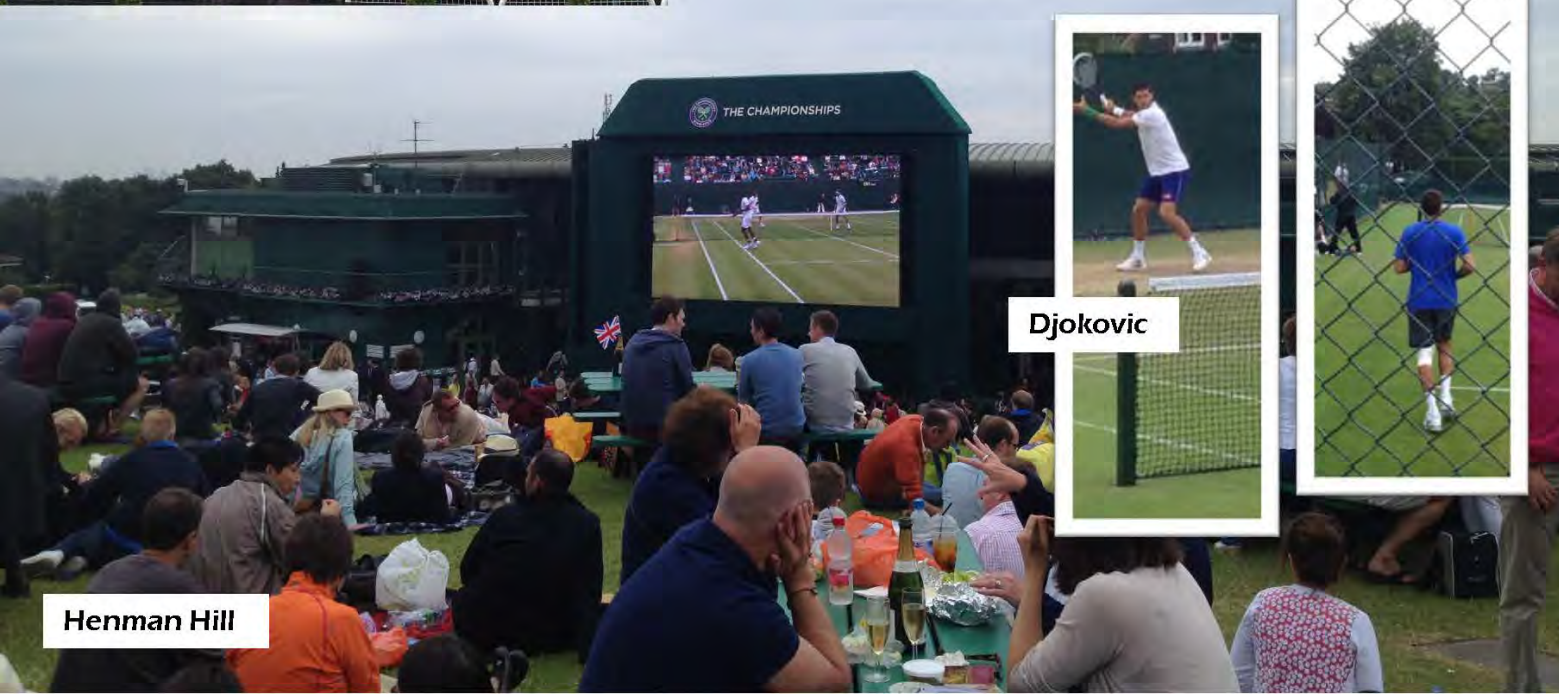
ORDER OF PLAY TUESDAY 2nd JULY

COURT CENTRE	MATCH 1	MATCH 2	MATCH 3	MATCH 4	MATCH 5
NO. 1
NO. 2
NO. 3
NO. 4
NO. 5
NO. 6
NO. 7
NO. 8
NO. 9
NO. 10
NO. 11
NO. 12
NO. 14
NO. 15
NO. 16
NO. 17
NO. 18

Del Potro – 6ft 9in!



Djokovic

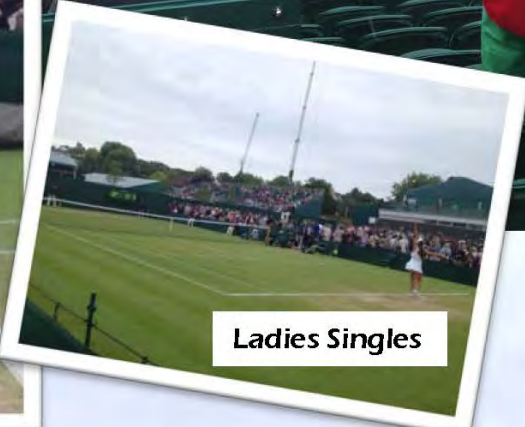


Henman Hill

Although rain delayed play in the latter part of the afternoon, there was still time for the students to watch a highly competitive men's doubles match on court 2, witness Andy Murray and world number 1 Novak Djokovic on the practice courts (and some of us got his autograph!), see Mark Phillipoussis and his monstrous serve and lots of other tennis going on all around the Wimbledon complex.



Phillipoussis



Ladies Singles



Murray

It was a fantastic day and the students, as expected, were fantastically behaved and excellent ambassadors for St. Luke's. Already looking forward to next year's competition!!!

GENTLEMEN'S SINGLES

LADIES' SINGLES



St. Luke's Aspire Group



St Luke's Aspire group had the opportunity to continue to work on their 6 keys to success at Dart Country Park with Para-Triathlete David Hill.

David who competed at both Worlds and Paralympics within swimming has now taken on a new challenge – Swim, Bike, Run and after only 8 weeks won a medal at a world championships!



David shared his experiences and knowledge with the group to help develop their skills further.



David is a mentor for the Sky Living for Sport project which was set up to help the students adapt to being in secondary school as well as develop skills to deliver a festival at the end of this term.



The Students enjoyed both theory and practical sessions on teamwork, trust and effective communication delivered by David. The next challenge for the team will be delivering a Start to Move festival to a 100 primary students..... More to follow!!

The St Luke's Aspire group took on their final challenge as part of the Sky Living 4 Sport work they have been doing this term.



Using the 6 keys to success from the project, the students delivered a festival to forty year 2s from Willowbrook Primary School.



The team led small groups around eight stations based on agility, balance and co-ordination. As well as working with the team the year 2's got to meet Para Triathlete David Hill and learn about his life, sport and his future aspirations.

Matt Upston
School Sports Coordinator
St Luke's Science and Sports College

Jack enjoys success on the National Stage

Young Javelin talent Jack Moncur finished an impressive 5th in the English Schools Championships with a best throw of 48.12m in the fourth round. He had strong opposition and 5th place in a competition like this was a truly fantastic result.

Jack was also part of the athlete's parade on the Saturday for the Devon team. He had a wonderful time in Birmingham. There was a great team spirit and camaraderie, particularly among the boys in the team and he has benefitted hugely from the experience.

After returning late on the Saturday night, Jack was up early for a club fixture in the South West League!

1st place in Javelin with 46m,

2nd place in shot with 11.27m,

2nd place in 200m with 26.3 seconds and a relay race.

Not bad following 2 long days in Birmingham and testament to the hard work this young man puts into his training, day in, day out.

Well done Jack, we're all proud of you...again!!!



The Celtic Games took place on Saturday 3rd August, Colwyn Bay, Wales. His aims were to just perform well and hopefully throw a personal best. Jack was delighted with his performance - a huge personal best, his first time officially over 50m and maximum team points for Scotland. An important win as Scotland won the overall team match by 1 point. A fantastic experience for Jack. In recognition of winning his event and throwing a PB Jack received a Scottish pennant from Scottish Athletics.

Jack's proud Mum sent us a report on Jack's summer achievements.

"The holidays began with selection for the Scottish national team for the Celtic Games – an international fixture between Scotland, Ireland and Wales for under 16 and under 18 athletes. A fantastic achievement in itself!



On August 11th, Jack competed in the South West Intercounties at Exeter Arena. He came 2nd with a throw of 47m. Jack was tired and still recovering from the international match the previous weekend. In hindsight, given his schedule with national level competitions, we should have pulled out of this one – something we as parents are also learning on this journey!

We travelled up to Scotland for the Scottish National Age Group Championships on 18 August in Aberdeen. Jack's aims again were just to throw well – the weather conditions at Aberdeen are generally not conducive to long throws. On the day there was a very strong swirling and gusting wind. Jack, who had been ill the day before, started steadily and took the lead in the first round with 46m, a lead which he maintained throughout the competition. His best throw of 48.28m came in the fifth round. He finished 3m ahead of the second placed athlete. A good win and his first national title – Scottish National U16 Boys Javelin Champion. The distance was not quite what he had hoped for but given the weather conditions and disrupted prep it's a good result.



On our return from Scotland we received notification that he had been offered a place on the Talent Inspiration Programme (12-14 Sept) at Sheffield".

Active Travel Week

Active Travel Week saw an array of activities taking place to encourage our students to travel to and from school actively. Activities included:



Active Travel Passport Challenge – points were awarded for all students that walked, cycled, or scooted to school. Those that received five stamps at the end of the week were put into a prize draw. **Tutor Group Prizes:** Luxury Breakfast treat for the 3 tutor groups with the highest totals. The winners were: **G3, G2 and D4**. **Individual Prizes:** Get 5 or more points and get entered into a draw for one of three £10 Love2Shop high street vouchers. The winners were: **Jack Kennedy, Harry Grummitt and Harry Hayes**.

Blending the smoothie on the smoothie bike!



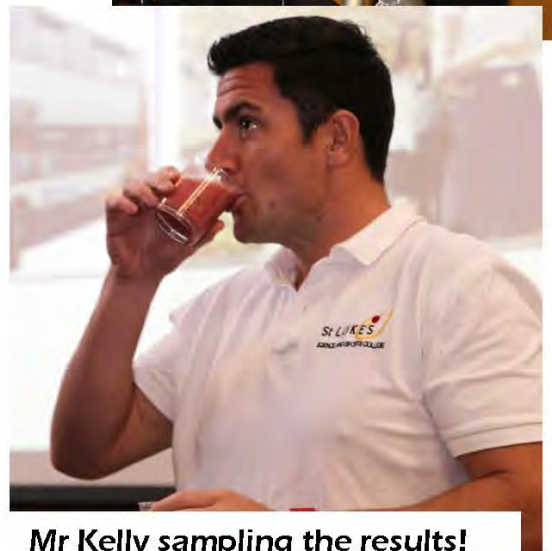
Smooth Operator! Students got themselves in a spin with healthy, delicious nutritious shakes, soups and sauces all made by a human powered bike blender during assembly and Food Technology lessons.



Selecting ingredients to make the perfect smoothie



Time for the taster test



Mr Kelly sampling the results!

Self Defence for girls – 15 students

attended a free session for girls run by Exeter Martial Arts where they learnt realistic and effective self-defence skills to help them feel safer when travelling to and from school.

Crazy Carshare Challenge!! Students watched the madness as teachers **SQUEEEZZED** into a Fiat 500! Students guessing the correct number won £10 Love2Shop high street vouchers. The lucky winners were: Alex Norris, Sophie Harvey and Holly Simpson.



Students checking out just how small the inside is!



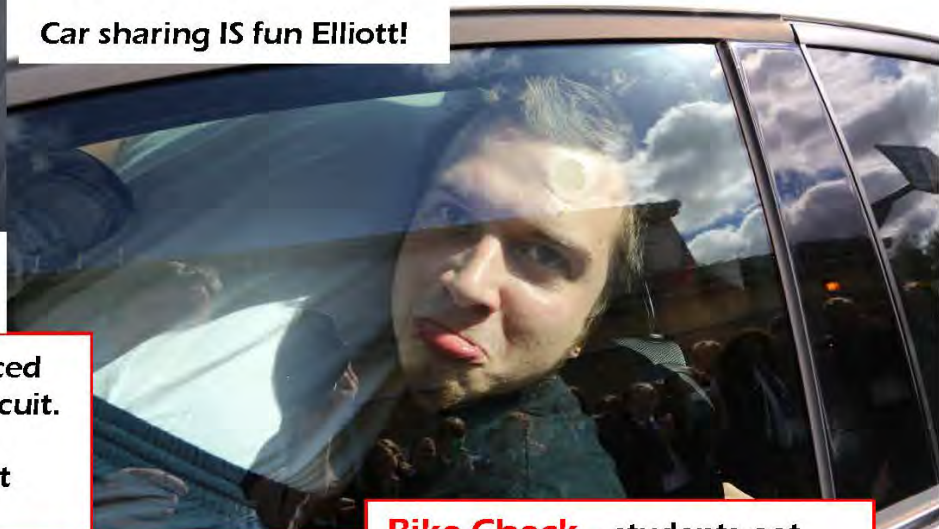
That boot is never going to shut!



Whose smelly foot is that?

Car sharing IS fun Elliott!

We managed to fit 11 staff members in the Fiat 500!



Cycle Skills Challenge – Students raced against the clock to complete a skills circuit. Fastest riders won a £20 voucher for Mountain Bike Hire at Haldon Forest. The lucky winners were George Dyer and Katie Bates.

Tour of Britain race day visit to Haytor - Eight lucky students went to Haytor to watch the historic summit finish to the Devon stage!

South West Bike Academy presentation – Yr 7 students were wowed and inspired to cycle by this DVD presentation and demonstration/interview from a young local rider.

Bike Check – students got free bike safety-checks by our Sustrans Active Travel Officers and received a healthy snack whilst they waited!

A BIG well done to everyone that took part.

Tour of Britain 2013 – Stage 6 Devon

Report by Evie Stripp

The front runners

You don't understand what it means to be a crowd until you're part of it. The excitement and anticipation are felt, not just by you, but by a thousand or so others. The feeling's great.

On Friday 20th September, eight pupils (including me) went to Haytor to watch the 6th stage of the Tour of Britain. The day was fantastic despite us having to wait until 2:30pm for the actual event to happen. In the morning, we watched some of the best BMX bikers in the world, including Kye Forte (the World Champion for Dirt Jumping), and two of us took part in a velodrome simulation speed test! I can't remember what the times were but I'm afraid they didn't beat Chris Hoy's PB! Also, we climbed Haytor and saw beautiful views from the top; it was lovely.

Stunt BMX Show



The front runners

After lunch, we secured ourselves a spot jammed in right next to the barrier and waited. We took part in a recreational samba performance (i.e. banging on the barriers in time with the rest of the crowd) and held our breaths, along with a thousand or so others, when the lead helicopter came into sight.



Mark Cavendish

The cyclists were spectacular! The hill finish meant that they were slow enough to be captured reasonably well with a camera (even with auto focus) and there was a clear differentiation between the cyclists who enjoyed hill-climbing and those that didn't. Sir Bradley Wiggins won the yellow jersey, which was just amazing! Ironically, none of us realised he'd even gone past us until we looked through our photos on the way back; in some of them we only knew it was him because of his distinctive yellow shoes.



Sir Bradley Wiggins.....

A truly memorable day that I hope I will bore my grandchildren with when I am old and a tad forgetful! One of the highlights of the day was seeing Bradley up close (we went to the Sky coach to get autographs but we were just a little bit too late). If I ever get to speak to Sir Bradley Wiggins I shall have to tell him that I accidentally trod on a lady's foot and made her scream just for his signature on a mass-produced Devon flag.

.....signing autographs

Thank you so much to our Heads of House for nominating us for this trip and to Miss Skinner for taking us and putting up with us for a whole day!

By Evie Stripp



Bikeability

Cycling Proficiency for the 21st century



So far we've had over 30 students undertake their Level 2 or 3 Bikeability Award. Bikeability is 'cycling proficiency' for the 21st century, designed to give the next generation the skills and confidence to ride their bikes on today's roads. St Luke's are being funded to deliver Level 2 and 3 Bikeability training to all students in years 7, 8 and 9.

During Level 2 Bikeability training students will get the opportunity to gain confidence in a traffic free environment before progressing onto road cycling. Level 2 gives students a real cycling experience so that they are able to deal with traffic on short journeys such as cycling to school.

During Bikeability Level 3 training students will learn the skills to tackle more challenging roads and traffic situations and to plan and make journeys by themselves on busier roads.

Students will need to use their own bike during the training. Every student that takes part will be awarded a certificate and Bikeability Badge which they'll be able to wear on their school blazer. Students can do both their Level 2 and Level 3.

If you would like to undertake this training please download an application form from the website or collect one from reception. Please return all paperwork to reception. Once we've received your this we will allocate you a timeslot for your training.

Freya, Eliska, Mariam, Evie, Amber, Larriska and Mr Richards were complete beginners but after four sessions are now competently making their way down the slopes. The improvement made in just eight hours is remarkable. The final session will see them graduate from the Beginners Course at which point they'll receive their Junior Membership.

The club is designed for complete beginners. They'll be eight spaces available after February Half Term for all students in Yr 9, 10 & 11. It's just £20 for 10 hours' worth of tuition plus a year's free Junior Membership at Exeter Ski Centre. If you'd like further information see Miss Skinner in the PE Office.

SKI CLUB



Evie in action!



SPORT AT ST LUKE'S

8 St Luke's students qualified to represent Exeter schools in Cross Country v East Devon schools after a top 16 performance in the Exeter trial.



All students involved raced really well on a challenging course at Haldon Forest.

Top performances from Sophie Ewin, Mia Leather, Katie Townsend and Jack Addicott have seen them qualify for the Exeter and East Devon team to compete at the County championships to be held in North Devon in the New Year.

CROSS COUNTRY

Results

Year 7 Girls

Sophie Ewin 8th

Mia Leather 13th

Year 7 Boys

Tom Preece 22nd

Ben Bingham 30th

Junior Girls

Katie Townsend 5th

Libby Sanford 20th

Junior Boys

Jack Addicott 7th

Jack Smith 25th

Well done guys, you have done yourself proud.
Mr Kelly



BASKETBALL

Year 7&8 Basketball.

And the reds go marching on with the Year 7&8 boys basketball team beating QE 14-4. The teams success was based upon great teamwork, passing the ball successfully and obviously scoring more points!

Coach Jeyhan KJ was in good form rolling players on & off court to the delight of the players parents who supported the teams efforts with Oooo's and Aaahh's!

Well done boys!!



FOOTBALL

Hollie has been a key member of the girls' school football team during her time at St. Luke's, helping the school to win the girls' football title at recent St. Luke's School Sports Championships, as well as reaching the Devon County Cup Final.

HOT SHOT HOLLIE

Current year 11 GCSE PE student Hollie Stone has been selected to represent the Under 18 Somerset Women's Representative football squad, having successfully participated in recent trials.

Although a top performer, Hollie has also assisted with the coaching and running of the teams in younger year groups and has been a real asset and help to the school in that respect.

We're all very proud of Hollie's excellent achievements on the pitch and wish her the very best of luck during her final year at St. Luke's and with her exams in the summer! I'm sure she'll tackle them head-on with confidence, identical to her approach on the pitch!

Well done Hollie!



U13 GIRLS

EXTRA CURRICULAR
CLUBS

U13 Girls Football National Tournament Success

On Friday 8th November St Luke's U13 girls football team took part in the National Football League U13 Girls Cup held here at St Luke's. The girls competed against five other local schools (West Exe, St Peter's A, St Peter's B and Tiverton) in the first round of the competition, with the winners representing Exeter City in the next round.

A fantastic achievement by all the girls involved who all represented St Luke's brilliantly.

Well done.
Mr Pritchard



St Luke's were fantastic! They finished undefeated, conceding only two goals and finishing top goal scorers of the tournament. Although having tough competition from Tiverton High School (winners for the past two years), the St Luke's team finished top of the league and therefore go onto the next round of the National Cup on January 17th next year. There they will compete against the winners of all the other League 2 clubs tournaments in the South of England. The winners earn a place in the finals to be held at Wembley Stadium.



Girls U16 Football Team v.s. St Peter's – Central Venue League

A strong St Luke's side played some fantastic football to comfortably win their first game of the season. Playing through the thirds with smart short passing and combination play, St Luke's had a commanding 4-0 lead at half-time.

The second half continued in the same fashion with St Luke's dominating possession and creating many chances. This continued throughout the second half which left the full time score at St Luke's 5, St Peter's 1.

Player of the Match:
Hollie Stone

Girls U14 Football Team v.s. Exmouth – ESFA National Cup, Round 2 – Lost 1-2

This was the first 11-a-side fixture that the team have played this season, but from the side-lines you could not tell. A competitive fixture played by both teams in the right spirit was evenly matched. After a goal to either side in the first half (St Luke's goal scorer: Kiara Jade-Robins), the second half started in a similar competitive fashion.

With the game destined for extra-time Exmouth broke quickly and scored the winning goal with seconds until the final whistle. A fantastic effort from the girls, well played.

Girls Football Training

Girls football training is on a Tuesday, after-school on the astro-turf from 3:15pm – 4:15pm. It is for girls of all abilities with training based around improving players technical ability and game understanding, all in a fun environment.

Whether you want to try a new sport or develop your technique come down and give it a try.



U16 GIRLS



Yr7 Boys

Year 7 Football Team v Exmouth – ESFA National Cup, Round 2 – Won 3-2

This was a dramatic first match for the year 7s, literally scoring the winning goal with the last kick of the game!!!

Having come through the trials, this was the side's first match together. St Luke's couldn't capitalise on their dominant possession with a goal and the score remained 0-0 at half-time.

Exmouth came out with positivity in the second half and took the lead. The reply was instant, with St Luke's Captain Lewis Wilson racing through and brilliantly firing into the roof of the net to equalise.

Exmouth regained the lead with 5 minutes to go. St Luke's showed excellent character, again responding well and instantly equalising through Lewis Wilson with another fine top corner finish through a crowd of players.

The game was now on a knife edge and heading towards extra-time, when Lewis Wilson chased onto a superb through ball, meeting the on-rushing Exmouth keeper who kicked the ball against Lewis' shin with the rebound rather fortuitously nestling in the corner of the net to spark ecstatic and dramatic St Luke's celebrations!! This proved to be the final kick of the match.

Well played boys!

FRIENDLY MATCH: St Luke's A Team v Uffculme A (Won 12-2)
Scorers: Morgan Cullen 4, Jack Pepperell 4, Kieran Burpitt 3, Logan Spurgeon
St Luke's B Team v Uffculme B (Won 7-4)
Scorers: Jack Addicott, Albert Cheshire, McNamara 2, Cole Fawkes, James Frost, Jack Curry.
This was also the B team's first ever game together!

Year 7 Football Team v Teignmouth – Devon County Cup Round 1 – Won 13-4
Scorers: Kieran Burpitt (5), Lewis Wilson (5), Tom Preece, Adam Galliford and Sam Ord.

Year 7 Football Team v Tavistock – ESFA Cup Round 3 – Won 4-2
Scorers: Lewis Wilson (3), Liam Smith (1).

Year 7 Football Team v Winterbourne International Academy – ESFA National Cup, 5th round – Lost 7-1

The gap in technical ability, key decision making and playing experience at a higher level showed for some of our players, but all of the team are keen to improve through regular squad training sessions for the Year 7 team, which will be on Mondays on the grass with Mr Hallam and Mr Pritchard.

For full match reports visit our website www.st-lukes.devon.sch.uk

Yr8 Boys



Year 8 Boys Football Team v Torquay Boys' Grammar School – ESFA National Cup, Round 1 – 5-0 WIN

Scorers: Morgan Cullen (1), Jack Ronchetti (1), Ethan Ampadu(1), Alex Roberts(1), Jack Pepperell (1)
A great start to the cup campaign!

Year 8 Football v Churston Ferrers Grammar School - Devon County Cup, Round 1 (won 12-1)

Scorers: Morgan Cullen, Jack Ronchetti, Logan Spurgeon, Ethan Ampadu and Kieran Burpitt

Year 8 Football Team v Ridgeway School, Plymouth – ESFA National Cup Round 4, Won 8-1

Scorers: Ethan Ampadu(1), Alex Roberts(1), Archie Reay(1), Morgan Cullen (2), Jack Ronchetti(1), Lewis Nash(1),

Year 8 Football Team v Exmouth Community College, ESFA National Cup, Round 2 – Won 4-2

Scorers: Morgan Cullen(2), Alex Roberts(1), Jack Ronchetti(1). An excellent display of football.

Year 8 Football Team v Colyton Grammar School - ESFA Cup, Round 3 - Won 4-2

Scorers: Alex Roberts(1), Morgan Cullen(3).

Year 8 Football Team v Ivybridge – ESFA National Cup – Round 5 – Drew 4-4 (lost 4-3 on penalties)

Scorers: Morgan Cullen(1), Kieran Burpitt(1), Jack Ronchetti (1) Ethan Ampadu(1).

I was massively proud of the side and how much they have improved. Well done boys, a fantastic performance full of heart, determination and character and now let's focus on our County Cup campaign!

Good luck to Ivybridge in the next round of the National cup.

Yr8 A Team

Yr8 B Team



St Luke's Year 8 A and B team played fantastically well in their first round Central Venue League Matches!
The A team won the event remaining undefeated whilst our B team came second, only dropping points to our A team!

St Luke's A team vs St Peters A team: 1-1
St Luke's A team vs ISCA A team: 5-0
St Luke's A team vs B team: 2-0
St Luke's A team vs Clyst Vale: 1-0

St Luke's B team vs St Peters A team: 1-0
St Luke's B team vs ISCA A team: 2-0
St Luke's B team vs A team: 0-2
St Luke's B team vs Clyst Vale: 2-0

Every player represented the school fantastically playing excellent football and demonstrating the right attitude throughout.

Many Thanks,

Alex Evans



Yr7 Team

Emerging Schools Rugby Festival – November 2013

RUGBY

Well done to all students involved, they all played really well and for many was their Rugby debut.

Morning Pool Stage

Honiton 5-5 St. Luke's - Try scorer: Ben Bingham

St.Peters 30-0 St. Luke's

Clyst Vale 5-5 St Lukes
Try scorer: Lewis Wilson

St. Luke's 10-0 Tiverton
Tries scored by Mark Holt and Finlay McClenaghan

Afternoon Knock-Out Stage

Uffculme 25 vs 0 St Lukes
St Luke's 0-5 Clyst Vale

Mr Kelly

RUGBY

Yr8 Team

Year 8 Rugby

St. Luke's 69- 10 St. James

Tries from

Lewis Nash x4, Jack Addicott x 3
Logan Spurgeon x 2, Ethan Maltby x1
Brandon Glover x1

Conversions

Lewis Nash x 6, Morgan Cullen x 1



Yr9 Team

Year 9 Rugby

St Luke's 64 -7 St. James

Tries from

Robertson , Knight x 2
Szwand, Conopo x2
Carver x 2, Perris& Maltby

Conversions

Knight x 7

Year 10 Rugby

St Luke's 5- 40 Tiverton

St Luke's 50- 5 Dawlish

St Luke's 0- 10 St Peters

St Luke's 20 – 30 Clyst Vale

Mr Kelly



Yr10 Team

Sports Day 2013

Darwin



Franklin



Galileo



The Houses

Rutherford

The Challenge!



The Competition

The Support



The Result

RUTHERFORD

WIN!



Well done to everyone for making it a fantastic day!



My Journey

Mackenzie Cadman

(Former Student)

From a young age I was always brought up with football having a season ticket for 6 seasons at my beloved Wolverhampton Wanderers. Having watched the likes of Steve Bull, Joleon Lescott, Paul Ince, Denis Irwin, Matt Murray, Matt Jarvis, Kevin Doyle, Robbie Keane and many more. I believed I was always destined to be on a football pitch.

Playing for many local sides in the Midlands such as Withymore Colts, Forest Falcons and Halas Hawks, who are the equivalent of Pinhoe Spartans, Heavitree Comets and the Stoke Hill teams, I lived for that Saturday morning kick off against the local rivals. After reaching the age of 8-9 I joined the Wolverhampton Wanderers development squad and trained with many of the academy players who are still there now.

When I reached the age of 11-12 starting secondary school at Ridgewood High in Stourbridge, things started to change. I started to get a lot more confident in myself and started to believe in myself a bit more and the PE teacher Mr Ewan, made me Year 7 captain of the football team and every week I had to stand up in assembly and read out the match report to the whole school from the game the previous week. I will always remember the phrase Mr Ewan said to me all those years ago, just before the Quarter Finals of the local school cup, he said "when you leave this school, you won't be a boy like the rest of the lads, you will be a man." And that has stuck with me for a very long time.



My football improved a lot at this time and I had a trial at local league one team Kidderminster Harriers, where I ended up playing for their under 14 team, so as a 11 year old lad playing 3 years above myself was always going to be a challenge. I loved it and thrived on the success I and the team were having and being coached by Gary Stephan's the Birmingham City head Scout I knew I'd never go wrong.



After playing for Kidderminster Harriers for a season and having come second in the league cup losing only on penalties to Bromsgrove Rovers the team started to fall apart with different players signing and having trials at clubs such as Aston Villa, Birmingham City, Wolverhampton Wanderers and West Bromwich Albion. A week or so after the league cup loss, there was some news in the Cadman household that we would be moving to Spain. Moving to Spain was the best thing we ever did, it was very unfortunate at the time because I received a voicemail 2 days before we were set to leave from Gary the coach at Kidderminster. Informing me that with the performances I had put in over the season and that Birmingham city had been keeping a close eye on me. They asked me to go on a trial at the club, but unfortunately I never replied to the voicemail and left for Spain 2 days later.

We arrived in Spain on Thursday, 17th of December with all our belongings following in a lorry by ferry. I remember getting to Spain and not knowing really where we were going other than we were going to be living in a villa in a place called Alhaurin El Grande and not speaking a word of Spanish, it was all a bit bizarre. After being in Spain for about 2 weeks and all our belongings had finally arrived (what a drama that was) we started school again, but for those who don't know in Spain the education system is very different to the one we have in the UK for starters you were put back a year. For example if you were in year 7 in high school in England you were back in primary school in year 6 in Spain, and also if you did not pass your final exams in Spain at the end of every school year then you were to repeat that year again. It's safe to say it was a bit of a culture shock to our family especially for me and my sister Maddi. Having been at this school for about 3 weeks and having found out there was only 4 English children in that school including me and Maddi ,and finding out that the Spanish children from this town didn't like "guiris" which is the Spanish word for foreigners,

We decided to leave the school and start in a school called San Sebastian in the next village around the mountain which was called Mijas. Having settled in this school fine, I was itching to get back playing football but understood that the Spanish game is totally different to the passionate, hard tackling English game. So after looking in the local paper my mum found an ad for a football team Alhaurin International FC. I went along and signed for them and played for them for a season. It's safe to say that I adapted to the Spanish game quickly as they either played their league games on a very run down artificial pitch (nothing like the astro we have at St Luke's) or a concrete sandy surface which I quickly found out was not suitable for studs. It also helped that the coach was English and had very good connections with Bristol City and it's also a bit weird/coincidence how the coach was also Paul Tisdale's brother, yes Paul Tisdale the Exeter City manager. It's also a coincidence that I saw my old coach Brian (Paul's brother) over at the Cat And Fiddle training ground a few weeks ago where he was scouting for Bristol City at an under 18's game. He proceeded to ask me "what team are you playing for today?" and I responded "wait and see" and to his surprise I walked out of the changing room with a referee's kit on and it's safe to say that he was quite shocked.



All but one of the players for Alahurin International were English, therefore I found my place in the team. Having made friends at school and found out what team they played for I left Alahurin International, and joined local team CD Mijas where I played in a team with players from many countries such as England, Germany, Chile and Morocco and I ended up playing 2 seasons for them. After the 2 seasons with CD Mijas I believed it was time for me to really get back into my football and so with a little help from Ex England, Wolves and Aston villa player Gordon Cowans I bagged myself a 3 month trial at La Liga side Malaga CF.



Playing for Malaga was a very difficult time for me, even though on the pitch I felt comfortable being the only English player. With the manager nor the other players being able to speak English it was very hard for me even though at this time I did speak a little Spanish, but understanding the formation that we were going to play and what the manager wanted me to do was very hard. Therefore after 12 months my time at Malaga ended and I then went and joined another up and coming team Marbella Paraiso who were managed by ex Birmingham and Walsall legend Tommy Mooney In this team where a mixture of very talented Spanish



After Spending 3 amazing years in Spain, the family thought that it was time to come back to England mainly because we knew that Spain's economy was getting worse. We didn't want to go back to our roots, we wanted to go somewhere with a beach and somewhere quiet, but still lots of things to do.

At this time I had lost the bite and enthusiasm to play football and when we arrived in Exeter I started to play for Pinhoe Lighting but It just wasn't what I wanted it to be. Coming back to England and having started a new school was a little bit worrying, but coming to St Luke's was probably the best decision I ever made. Before I joined St Luke's I didn't like school much and the only subject I really did well in was P.E, and I also thought that coming back to England and joining a school in year 10 and not really knowing anybody and the thought of GCSE's being around the corner was quite scary at times. But WOW I can safely say that St Luke's was the best school I'd ever been to.

I started to do well in subjects that I never really thought I would, such as Food Tech, Maths and Science and I ended up being in the odd Talent and Dance show. I never would have thought I would have had the confidence to do so before coming to St Luke's.

The teachers that really influenced me were Mr Upston, Mr Hallam, Mr Kelly, Mrs White, Mrs Holt, Mrs Bolt, Miss Skinner, Ms Geeson, Mr Pinchin, Mrs Egford and Mr Holt. They treated me like an adult and that was the way I wanted to be treated.

Mr Kelly who was my tutor for the 2 years, made tutorial time interesting, for example we would have the weekly quiz and the questions were about all sorts of things sports included.



Mr Upston, WHAT A LEGEND! If it wasn't for him I wouldn't have been part of that team of 8 that spent the first week of London 2012 working in the Great British Garden, which was one the best experiences of my life.

Mr Hallam, Manager of the football team and PE teacher, everyone looked forward to his sessions.

Ms Geeson who helped me with my Spanish GCSE which I took a year early and I'm proud to say that I achieved an A*. I then studied Italian in my last year, this was hard for me as I joined a class who had been studying it the previous year but I was assured by Ms Geeson that I would be fine and I would adapt to the language very well and I ended up with a B!

Mr Pinchin, I remember he would stand by the bridge every morning and be there when everyone left, he used to talk to all the lads about the football at the weekend, and his speeches, they really made sense and were very inspiring.

Mr Holt with his biscuits - Jaffa Cakes, Bourbons or Custard Creams, he always used to make us laugh,



I would like to follow in the footsteps of another Devon Official Mike Mullarkey (one of the world's best) who I have followed ever since joining the world of officiating and whom I have been very lucky to meet at St Luke's.



I would just finally like to say thank you to all the teachers at St Luke's for everything they have done for me.

Hopefully I will be able to reward you with a couple a tickets to a game at Wembley someday as my guests.

I would also like to thank my Mum and Dad for helping me achieve everything that I've achieved so far. Without them I wouldn't have reached where I am today.

Also a huge thank you to Mr Pinchin for everything he's done for me, It is very much appreciated.

Finally, a word to the students of St Luke's. 'Aspire Big, follow your dreams and never give up.'

Yours sincerely
Mackenzie Cadman

I don't play football anymore. I've moved over to the dark side as some people would say. I'm now a Level 7 Devon FA Referee currently part of the Exeter City referee's academy and I have been chosen, one of two in the county and top 100 in the country, to represent Devon in the 2014-2015 National Referee's Development Programme. I will travel to St Georges Park each year for a 3 day course and stay in their Hilton Hotel where I will learn how and what to do in situations where I will be refereeing some of the best up and coming footballers in the country. I am currently refereeing about 4 games a week, 3 games on a weekend which consist of Exeter City Academy Games, Men's games in the Devon and Exeter football league and also County Cup Fixtures.

I believe I have what it takes to become a Premier League Referee and this is my aspiration.

