



St Luke's High School

Monthly Newsletter

1st October 2021

Dear Parent/Carer,

I hope that everyone had a lovely September weekend and enjoyed some time with family and friends. Everyone in the school made a productive return this week and I think we have all benefited from the two extra days off. Sadly it seems we have seen the last of the lovely warm weather and need to dig out those warmer coats and jackets. Young people are encouraged to wear an outdoor jacket over their blazers for outside at intervals and lunchtimes. Pupils will be asked to remove jackets and non-uniform items when they arrive at school. We are very proud of our school uniform and value your support in helping to ensure we maintain the highest standards of dressing for excellence. As a reminder, footwear should be black only and pupils should not wear converse boots/trainers or other trainers that are not all black. If you wish to discuss any aspect of uniform policy or need help to source an item, please contact your child's pupil support teacher.

Lockers

Now that the allocation of lockers is underway, jackets and PE bags etc can easily be stored in a locker to ensure that pupils are not carrying too many items around with them. If you would like your child to have a locker, payment can be made through parent portal. If you need more information please contact the school office.



Breakfast Cart

As it gets colder in the mornings, you may want to encourage your child to come into the canteen and have some breakfast from our breakfast cart. East Renfrewshire Council have introduced Grab and Go breakfast carts in all primary and secondary schools, offering a free and healthy breakfast to all pupils if needed. All young people who wish to access this resource should enter and exit the canteen using the direct access door from the playground, not the school's main entrance. The cart will remain open until the first bell, allowing those travelling on the Neilston bus to grab something to eat if required.



The breakfast options that are available are:

- Shredded Wheat
- Weetabix
- Toast and butter
- Fresh fruit



Faculty Focus

We are continuing our faculty focus section this month so our whole school community can see the range and variety of activities and learning experiences that are taking place. Thank you to the faculties of PE & Health for their contributions this week!

Learning and Teaching

We have been absolutely delighted to welcome pupils back in to our departments after the summer holidays. They have made a great start to their learning and have fully immersed themselves in the activities we have been able to facilitate.

Miss Smith and Miss Patterson are completing their final module of the outstanding teaching initiative which is focusing on challenge. They are trying out new techniques in class to ensure that all learners are engaged, motivated and challenged in their lessons. This is helping to develop pupils' independence and is made much easier with the double periods giving more time to cook complex dishes. Learners are developing their skills and becoming more assessment capable which in time will boost their skills for life, learning and work.

BGE- PE

Our S1-S3 pupils have made a fantastic start to the academic year after the summer holidays. Our BGE cohort has experienced a plethora of activities both indoors and outdoors from cycling to trampolining. Pupils have further benefited from double lessons allowing opportunity for further consolidation on their learning. Many of our BGE cohort have taken this interest further and are participating in our extensive extra-curricular programme.

Cooking Club

Cook club runs in 4 week blocks and we have now completed our first group session. We have had a wonderful time learning how to cook new dishes such as, pizza from scratch, Victoria sponge, pasta and cookies with members using their creativity and independence to make the dishes their own. We have loved seeing the enthusiasm from the group and they have been so much fun to work with. We would also like to give a massive thank you to our senior helpers, Max, Adam and Bethany with the running of the group. They are making fantastic leaders!

Names are currently being collected for the next 4 week session which will begin after the October holidays – if your child would like to attend ask them to come and see Miss Smith or Miss Patterson to add their names to the list!














Clubs on offer in the PE Department

There has been an amazing turnout to all of our clubs which started back after the summer holidays and it has been so great having a buzz around the department after school again. If any pupil is interested in signing up to any clubs but has not had the opportunity to do so yet they can get more information from the PE department. Pupils have displayed a great commitment to developing themselves both physically and socially.

Our timetable for all of the clubs is posted below for any more information of days and times.



Timetable		
	Lunchtime	After school
Monday	<ul style="list-style-type: none">• Senior Netball• Sign Language club• Art/Anime Club• Press club• Sign Language club	<ul style="list-style-type: none">• Gymnastics• Dance 
Tuesday	 <ul style="list-style-type: none">• Drama club• Robotics club 	 <ul style="list-style-type: none">• Tennis• Teqball / table tennis 
Wednesday	<ul style="list-style-type: none">• Badminton• Art/Anime Club• Choir• Language & culture club  	<ul style="list-style-type: none">• Junior netball• Trampolining 
Thursday	<ul style="list-style-type: none">• Reading corner 	<ul style="list-style-type: none">• Girls Football• Boxing• Cook Club 
Friday	<ul style="list-style-type: none">• Creative writing club• Tie dye club• Film & Photography club• Science club 	

Football Fixtures

Our new S2 team competed in their first friendly match last month against Barrhead High School. This was a riveting game from start to finish and St Luke's secured their first victory, winning 3-0. Goals scored by Reece, Logan and Liam!!

Our senior football team had their first friendly against Barrhead High School and came out on top with a final score of 5-3. Some great commitment and effort from the boys, brilliant challenges and fantastic goals. Thanks also to the support from parents and pupils it was great seeing such a good turn out to cheer on the boys.



Young Ambassadors- JG

A warm welcome to our new Young Ambassadors, Noah and Emma! An exciting year ahead for these two, very well deserving young people.



Sports Council

Sports Council is a group made up of 12 BGE pupils from our current cohort, they will meet once a month with our young ambassadors to discuss ongoing PE curriculum, changes to the current curriculum, events and feedback from events we are organising within the school. This is a great opportunity for pupils to have their voice on changes they would like to see within their learning.

Say hello to our lovely team....



Sports Leaders – Bake Sale

Our NPA class just completed a very successful bake sale, where they raised an amazing £89 in one afternoon! All money raised will be used to fund this year's Active Girls days, so keep an eye out for more ways you can help us raise money!!!

Wider Achievement

Caitlin in S4, who is a striker for Celtic girls under 16 team, will be moving up an age category to the U19's for the remainder of the season after recognition of her hard work and progress! Well done Caitlin!



Lauren will be starting training for the East Renfrewshire district netball team following on from trials a couple of weeks ago. We cannot wait to hear how you get on Lauren!



Ashton wants to be a farmer when he is older and has bagged himself some work experience milking cows, amazing

initiative well done!



Future Destinations in PE & Health

FIRST CLASS TICKET | FUTURE DESTINATION

PE & HEALTH



Departures

Destination	Time
SPORT AND EXERCISE SCIENCE @ GLASGOW UNIVERSITY	
SPORT PSYCHOLOGY @ STIRLING UNIVERSITY	
SPORT & MANAGEMENT @ EDINBURGH UNIVERSITY	
HNC/D SPORTS COACHING WITH DEVELOPMENT OF SPORT @ CITY OF GLASGOW COLLEGE	
HND-HOSPITALITY @ CITY OF GLASGOW COLLEGE	
NQ PROFESSIONAL COOKERY & FRONT OF HOUSE @ GLASGOW KELVIN	
NQ GATEWAY TO HOSPITALITY FOR EMPLOYMENT AND APPRENTICESHIPS @ GLASGOW CLYDE COLLEGE	
NQ BAKERY @ GLASGOW CLYDE COLLEGE	





Twitter & Instagram

Stay up to date with weekly challenges/ recipes to try at home by following our twitter pages and brand new Instagram!!!



@PEStLukes

@StLukesHFTT



@stlukespeandhealth

BBC Bitesize – PE & PE Cycle of Analysis App

This is an excellent resource, which has recently been updated, and is especially useful for those pupils in the senior phase. Embedded is the full course for National Qualifications broken down in to the main sections for each level including, Course Overview, Factors Impacting Performance and the Cycle of Analysis.

National 4: <https://www.bbc.co.uk/bitesize/subjects/z4hfcdm>

National 5: <https://www.bbc.co.uk/bitesize/subjects/zctsr82>

Higher: <https://www.bbc.co.uk/bitesize/subjects/zhf3cdm>



Young people can also download the PE Cycle of Analysis App on your android phone through the App store which will assist pupils with their National & Higher Qualifications. It is an excellent revision tool with model answers which will assist pupils when completing homework and past papers.

Visiting Actress

As well as all the fantastic activities going on in the faculty of PE & Health, we have also enjoyed lots of other activities across the curriculum. Miss Dillon's S3 English Class were excited to welcome the Actress Karen Fishwick – Romeo & Juliet to talk to them about her job. Sona in S3 has written a piece to tell us more about the experience. Thank you Sona!

Pupil Voice

We were all certainly surprised when our teacher told us that Scottish actress Karen Fishwick was going to come into our class to talk to us about her career and the text we are studying – Romeo & Juliet. Karen had recently played Juliet for The Royal Shakespeare Company! During the Covid-19 pandemic opportunities like this weren't able to go ahead so it was a really exciting surprise that



she was coming in. Karen was able to let us in on background information on the play which improved our depth of knowledge of the play. Karen in general was really engaging and lovely. She got us involved in a practical task where we created our own version of the masked ball in Romeo & Juliet. She helped us all see the play in a different way and how it could be made relevant and modern. We all really appreciated this experience and had so much fun.

Pupil Support News

Mental Health

Mental Health remains one of the main areas of focus for the Pupil Support Team this year. The team will be working with a group of S6 pupils to help raise awareness of our Mental Health Ambassadors and the support that they can provide to any young person who may need it. We are also refreshing our Personal, Social and Health Education programme (PSHE) to reflect the ever-changing social difficulties faced by young people today.

East Renfrewshire's Healthier Minds website is also a fantastic resource that helps to promote the mental wellbeing of all children and young people. The website contains a guide for parents and carers that can help you to support your child to meet life's common challenges, develop their resilience, and have healthier minds as a result.

<https://blogs.glowscotland.org.uk/er/healthierminds/>



Recognising Wider Achievement

Across the school we are delighted to be able to offer a wide variety of activities to encourage young people in all year groups to become involved. Wider achievement recognises the life and work skills that are gained from taking part in activities outside of the classroom. These achievements can come from learning within the school, home and wider community and can cover a wide variety of activities ranging from hobbies, volunteering to recognised award programmes. This helps develop skills for learning, life and work and can be invaluable for our young people as they grow up.

As a school, St Luke's seeks to recognise and celebrate the wider achievements of our young people and we aim to promote the importance of our young people having opportunities to take part in activities. To help support your child you may wish to encourage them to tell their teachers about their achievements and activities. You may also wish to discuss the importance of their achievements and help them identify the skills that they have learned and used. We are encouraging all parents and carers to inform the school of their child's achievements you can do this by:

Emailing Miss Smith (PT Wider Achievement) at schoolmail@st-lukes.e-renfrew.sch.uk

You can also tweet or DM on Twitter @SLHSWiderAch or @StLukesHigh

Make sure you are follow the Twitter accounts to help us celebrate the successes of our young people!

For more information on wider achievement please take a look at "Wider achievement in a nutshell" from the national parent forum of Scotland: https://www.npfs.org.uk/wp-content/uploads/2019/06/wider_achievement_1906_E2.pdf

S6 House Captains and Leadership Team

Thank you to Sam and Lewis from S6 who have prepared this next section of the newsletter to tell us more about our Senior School House Captains and the activities they have been involved in this past month.

Following the elections of the Head Boy, Head Girl and the Deputes, the House Captains were appointed shortly after. Each of the House Captains have an individual remit including: links to faculties and departments, committees such as Year Book, Chaplaincy and Fundraising. The Pupil Leadership Team will also represent the school at a variety of events throughout the year and will also undertake a number of leadership activities including working with our new S1's – an example of this is shown later in the newsletter!



Columba: Sam & Lucy



Mirin: Rhuiri & Annabelle



Ogilvie: Mirrin & Rachael



Kentigern: Cerys, Angus & Vedashree

S6 Pupil Leadership Team Activities

It has been a busy month for the new first years as they met their buddies for an early lunch as well as taking part in the Team Building Conference that the Pupil Leadership Team had organised. The sixth year team had planned a number of activities with the guidance of Mr McKean and the PE department – luckily the weather remained dry for most of the day and everyone was able to take part outside. There were a number of team-building activities that were firstly demonstrated by the seniors and then the first years enjoyed replicating them. There was also hula hoop challenges, relay races and an exciting game of rounder's to complete the day!



Praise Cards

As it is the end of the month, pupils who have been awarded a praise card should expect to receive these through the post in the next few days. Well done everyone who has worked so hard to achieve a praise card. These have been posted so look out for them dropping through letterboxes over the weekend.



Hot Choc Friday

Well done to all of our Hot Choc Friday Winners from September.



Mrs Downie @StLukesHT · Sep 10

Congratulations to this week's Hot Choc Friday superstars @StLukesHigh! I hope you are very proud of your achievements - your teachers and I certainly are. Enjoy your well-deserved treats!



Mrs H @St Luke's
@DHTSanLuca

I was delighted to present our #HotChocFriday pupils with their certificates and hot chocolate pack this afternoon! Well done to all of them for showing the @StLukesHigh learner dispositions of bravery, creativity, curiosity, independence & resilience! #proudDHT 🍫



Parental Employability Support

We have been contacted by Naomi Nicholl to offer support to any parents or carers who may require advice or guidance on employment. I have attached an information leaflet with the newsletter to provide more information on the service and Naomi has written a short summary of the support she can offer.

*"I am a Client Adviser with East Renfrewshire Council employability team, Work East Ren. My programme is specifically to support **working parents**. My role is advice and guidance and I can support parents to find new employment, update CV, find training opportunities, complete applications etc. On the programme I also have someone from the Money Advice and Rights Team so if a parent or carer requires support in that area, they can be referred directly."*

If you would like any further information on the service, please use the information in the attached leaflet to get in touch with Naomi and her team.

Absence reporting

Please remember when calling the school office to report your child's absence, if your child is unwell and showing any of the 3 symptoms of COVID-19, please let the office staff know this as we are required by law to keep a note of confirmed or potential cases. If you need more information or wish to check up on symptoms, please visit the NHS inform website which has lots of great information. <https://www.nhsinform.scot/>

Face Coverings

As you know, all young people and adults in secondary schools in Scotland must wear a face covering and many of our young people come to school with their own. Unfortunately there are still a large number of young people coming into school without a face covering. We have issued over 700 this week alone at a cost of £50 for every box of 50. We would very much appreciate your support in ensuring your child brings their own face covering to school at all times. If your child has a condition that means they cannot wear a face covering, please contact their pupil support teacher to discuss this and ensure we have the most up to date information. Thank you for your continued support in ensuring your child has a face covering with them at all times.

October School Holiday reminder

The October school holiday is almost upon us. We would like to remind all parents and carers that school will finish next Friday 8th October at 2.40pm. The school is closed to pupils from Monday 11th October to Tuesday 19th October. Monday 18th October is an in-service day for staff and pupils should not attend school that day. We look forward to seeing pupils back after their half-term holiday on Tuesday 19th October.

Finally, may I take this opportunity to wish you and your family a lovely weekend and a relaxing October school holiday!

Kind Regards

Mrs Pollock
Depute Head Teacher