

# ST REGIS ACADEMY

# NEWSLETTER

15th March 2024



**YEAR 7 – ELENA**  
**YEAR 8 – AMANDA**  
**YEAR 9 – SHRIYA**  
**YEAR 10 – SPECIAL**  
**YEAR 11 – OLAMIDE**  
**YEAR 12 – PHOEBE**  
**YEAR 13 – AARON**  
**CHESTER – JAIMEE**  
**LICHFIELD – SPECIAL**  
**WORCESTER –**  
**PRECIOUS**  
**HOUSE OF THE WEEK**  
**IS LICHFIELD!**



## MESSAGE FROM MR PARRY

This week we have had some wonderful things going on at St Regis!

On Wednesday, Mr Mullen Jones and Miss Jones took a group of students that have been regularly attending badminton club to the Utilita Arena in Birmingham for the YONEX All England Open Badminton Championships 2024. On Thursday, the History department took Year 8 students to the Black Country Museum for a wonderful visit. We have also had the pleasure of our Easter music concert on Thursday evening which saw many of our students performing in a range of music, dance and drama.

Next week we move into the final week of the Spring term with some exciting events: on Monday, many students will be enjoying our end of term rewards visit; we host some Year 5 students in school for ICT sessions; we have a joint Easter service at St Michael's Church on Wednesday with Christ Church school; on Thursday we are back at St Michael's Church for our whole school Easter service; and on Friday we have a non-uniform charity "wear something red day" and have an early finish at 12.30pm.

We welcome students back to school after the Easter break on Monday 8th April, at normal time.

I wish all of our families a very happy Easter break and I hope you have a restful break and enjoy some quality time with your loved ones.

Have a lovely weekend,  
Mr E Parry  
Principal



## UPCOMING EVENTS AT ST REGIS



**Easter Services at St Michael's**  
**Thursday 21st March**  
**Year 11 & 12 Parents' Evening Thursday**  
**21st March 4.30 - 6.30 pm**  
**Early Closure Friday 22nd March**  
**Easter Holidays Mon 25th March - Fri**  
**5th April**  
**Year 8 Parents' Evening Wednesday**  
**10th April 4.30 - 6pm**





# Unity Iftaar

## Discover Ramadhan

ALL WELCOME



An invitation for people of other faiths & none to experience the fast breaking meal, learn about Ramadhan and observe the muslim prayer.

SATURDAY 30TH MARCH 2024

5.45PM



WOLVERHAMPTON@UKIM.ORG

MADINA MASJID & ISLAMIC CENTRE  
213 NEWHAMPTON RD EAST, WV1 4BB



## Our Lent Appeal: Supporting our local community

- We would like to send Easter cards and chocolate eggs to local care homes to spread hope and joy this Easter, especially to those feeling lonely or going through a difficult time at the moment.
- If you would like to drop off any donations of Easter chocolate to the school reception, we would be very grateful. We will be delivering the Easter eggs and cards to the care homes in the final week of term. Please ensure donations are brought in before Monday 18<sup>th</sup> March. Thank you!



# EMBRACING CREATIVITY



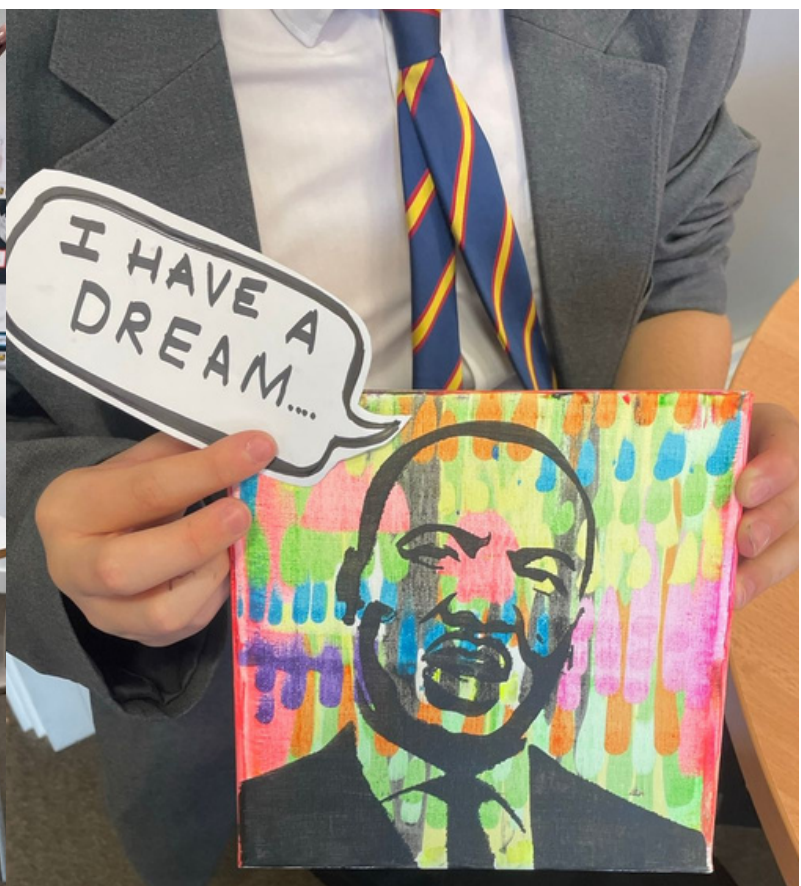
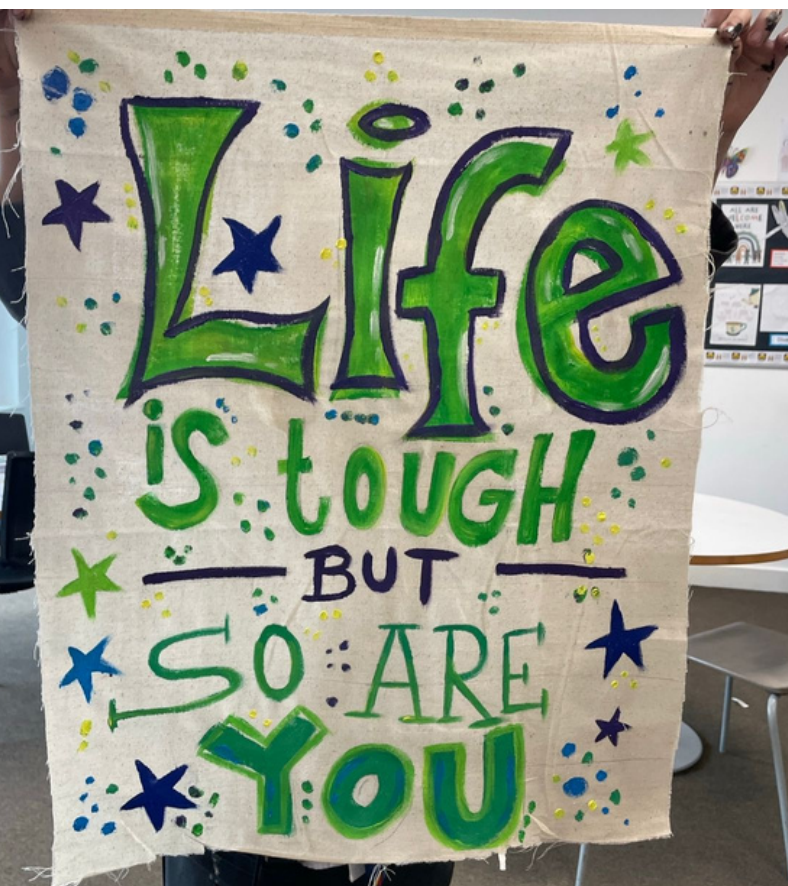
**Custom Junkie Art Intervention** has been in St Regis for quite some time offering her services to students. Check out some of the projects below - St Regis students have been embracing their creativity and self-expression!

**Safe and Relaxing Atmosphere:** Custom Junkie provides a safe, happy, and relaxed space where pupils can feel comfortable to delve into their feelings and emotions through art.

**Encouraging Communication:** The sessions are designed to encourage children to talk and open up in a way that may not be possible through other activities or experiences.

**Student-Led Approach:** They empower students to take the lead in their creative journey, offering structured options while allowing them the freedom to express themselves in their own unique way.

**Building Positive Relationships:** They believe in the power of positive relationships to influence positive outcomes. Through our sessions, they aim to foster meaningful connections that support emotional well-being and personal growth.





Mental Health  
Support Team

# CRAFT 'N' CHAT

Free drop in event for children, young people and their parents and carers.

Wednesday 27th March 2024

Wednesday 3rd April 2024

Drop in any time between 10:30am and 14:30pm

## Location:

Wolverhampton Art Gallery, Lichfield Street,  
Wolverhampton, WV1 1DU

Reflexions is a Mental Health Support Team that works in schools and colleges to support children and young people.

The Craft n Chat event includes therapeutic activities including painting, sculpting, collage, construction and mindfulness activities with the opportunity for you to speak with Mental Health Practitioners about ways to support your child's wellbeing.



## From the Chaplain...

Have we ever hidden the truth about ourselves because we were scared? Have we ever given in to peer pressure? Our big question this week challenges us to think carefully and honestly about who we are and how willing we are to be open about our values, our faith, our weaknesses and our strengths.

Working with teenagers we can't fail to notice a real desire to fit in and to be one of the crowd. Sometimes this means our young people behave in ways they think will win them approval, even though the behaviour might go against their values and distract from their being the person they are proud to be. Sometimes our young people even hide their talents and abilities in order to fit in with those around them because they don't want to stand out as different. Research has shown, for example, that in some social groups it is 'uncool' for boys to be seen to work hard. It is OK to be sporty, or to make people laugh, or to find academic subjects easy; but it is not cool to work hard at getting good marks.

And it's not just teenagers. How many of us have felt the pressure in work or in social situations to put a positive spin on things in order to meet with approval and feel accepted? And yet the more we feel we have to hide the real 'us', the more stressful our lives become.

So how might we create a society and a culture where it is acceptable and even encouraged to admit to who we really are, warts and all? To own up to our failings, yes, to be held to account; but also to be allowed to change, to grow and to not always remain the person we once were. How liberating would it be if we could embrace such a culture in the knowledge that we are all human and we all make mistakes? And how would it change our lives if we could really believe in God's promise to us that no matter who we are or what we have done, he loves us deeply?

I leave you with some words from Romans 8:

*If God is for us, who can be against us? Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*

