

# ST REGIS ACADEMY

## NEWSLETTER

5th July 2024



**ST REGIS STARS  
OF THE WEEK!**

**YEAR 7 – KIMBERLEY**

**YEAR 8 – KHARIS**

**YEAR 9 – LAWAND**

**YEAR 10 – CHANIKA**

**YEAR 12 – ALEXANDER**

**CHESTER – KHARIS**

**LICHFIELD – ANDRA**

**WORCESTER –**

**CHANIKA**

**HOUSE OF THE WEEK  
IS CHESTER!**



### MESSAGE FROM MR PARRY

Last night we had a wonderful evening at Molineux Stadium with our Year 11 at our Sr Regis Prom 2024. It was a fantastic night filled with fun, dancing and good food and staff had the opportunity to celebrate with the year group after their hard work and efforts preparing for their exams.

This week we have also loved taking a group of Year 7, 8 and 9 students to Kingswood Outdoor activity centre for a 2-night residential with lots of activities such as archery, fire lighting, den building, high rope climbing and abseiling. It was a great week and everyone that went had a fantastic time.

Next week we will be sending out information for: the end of term arrangements; details about a number of systems we are encouraging parents to sign up to (for example, cashless catering, Arbor communications and Class Charts conduct notifications); uniform expectations and arrangements for the new term in September.

We have some very exciting events planned in the final two weeks of term:

- Tuesday 9th July – Summer church services
- Thursday 11th July – School show (6pm)
- Friday 12th July – Sports day
- Tuesday 16th July – Inflatable fun day for all students
- Wednesday 17th – End of year reward trips for selected students

Lots to look forward to as we celebrate an incredibly successful year here at St Regis.



# ST REGIS PROM

## A NIGHT AT THE OSCARS

Thank you to all student facing, support and backroom staff with your work with this Year 11's cohort during this academic year.

Last nights Prom was a really positive celebration for all students who deserved to be there!

An additional thank you to those who helped with the smooth running of the event. This includes our Sixth Former photographers (who all deserve a special mention - Evie H, Paige C, Genose B) and to those staff with the planning/delivery of the evening.

Mr Mullen-Jones, Head of Year 11



**Congratulations to Stanislaw and Caroline, Prom King & Queen!**

# WHOLE SCHOOL REWARDS

On Tuesday 16th July each year group will be involved in the inflatable reward activity in school. All students should wear PE kit. Mr Burns and Heads of Year reserve the right to withdraw any students not following **The St Regis Way**.



## Cricket Academy at St Regis

St Regis Academy is proud to be part of Three Spires Sixth Form and our Tettenhall Campus will be home to Wolverhampton's very first Cricket Academy in September 2024. The Academy will provide high-quality Post-16 education alongside qualified cricket coaching in state of the art, specialist facilities. If you would be interested in sponsoring this exciting provision, please contact us.



Three Spires | SIXTH FORM  
TETTENHALL CAMPUS



# SPOTLIGHT ON SAFEGUARDING



Working together to keep our young people safe

In this month's issue:

- Staying safe during the summer holiday
- Regulating screen time
- App focus: Snapchat: For My Eyes Only

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## INSTILLING THESE PERSONAL SAFETY TIPS INTO YOUR CHILD CAN HAVE A HUGE IMPACT WHEN THEY ARE OUT WITH FRIENDS

01	<b>▶ INTERACTING WITH OTHERS</b> Only interact with those you know and intended to meet.
02	<b>▶ KEEP PARENTS UPDATED</b> Let parents know if plans and locations change.
03	<b>▶ NO CHALLENGES</b> Do not take part in challenges that could potentially be dangerous.
04	<b>▶ PLAN YOUR ROUTE HOME</b> Take the safest route home, leaving yourself enough time.
05	<b>▶ BEWARE OF YOUR BELONGINGS</b> If you have valuable belongings, do not keep them on show.
06	<b>▶ STAY AWAY FROM UNSAFE AREAS</b> Including: railway lines; abandoned buildings and large; unsupervised areas of water.

### Keeping safe during the summer holiday

Children eagerly anticipate the summer holiday all year long. It's a time to break from school, often for a family holiday and a chance to spend time with friends outside of school, engaging in activities they might not usually have the opportunity to do.

As children grow older, they are usually granted more independence to spend time with friends without parental supervision. They often visit local parks, shopping centres or leisure centres.

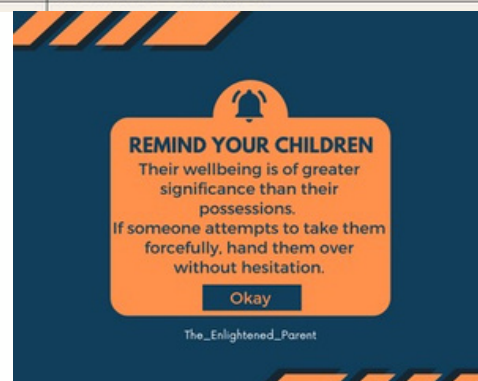
Children deserve to feel secure in their local community, but there may be instances when they encounter other young individuals, adults or situations which could be a potential threat to their safety.

Having a safety plan in place can provide peace of mind for both you and your child, ensuring they can venture out and enjoy their time away from home.

### How to prepare

Consider doing these things before your child goes out without you:

- Make sure you know who they are with and where they are going;
- Agree on a return time;
- Make sure their phone is charged (if they have one) or they have another means of contacting you;
- Make sure they have a way of getting home such as, bus pass or money.



Keeping your child safe is our number one priority at St Regis Academy.

You can contact your child's Form Tutor, Head of Year or the Designated Safeguarding Leads if you have any concerns or questions by emailing: [admin@stregisacademy.org](mailto:admin@stregisacademy.org).

If it is urgent, please call the school and ask for a DSL.

# SPOTLIGHT ON SAFEGUARDING

# 4

## Steps for ensuring a positive outcome when managing your child's screen time

### Determine a suitable screen time limit

Have in your mind what you think a suitable amount of screen time for your family is. However, be willing to compromise with your child.



### Talk to your child

Initiate discussions with your child regarding the impact of excessive screen time and encourage them to participate in other activities as well.



### Make a plan, with your child

Set boundaries for your child's screen time. Be open to finding a middle ground since your perspective may differ greatly from your child's.



### Keep them busy

Find activities for them to do when they are not on their devices.



## How to regulate screen time over the summer holiday

During school holidays, children enjoy a break from their regular schedules and rules, allowing for more flexibility. This may involve staying up later, sleeping in longer, extending curfews and increasing screen time or gaming. Some children may spend most of their day on screens or playing games, leaving little room for other activities. The six weeks of freedom can make it challenging to establish positive routines before the new term begins in September.

If you are exploring ways to limit your child's screen time without conflicts, these four steps could be helpful.

Initiating discussions with your child regarding screen time restrictions might appear challenging. You might worry about potential conflicts arising between you and your child, so it's beneficial to begin with steps one and two well before the summer holiday begins. Starting conversations about the adverse effects of screen time now can pave the way for smoother discussions in the future.

Conversation starters:

- 'Have you seen the news report on the negative impact of too much screen time?'
- 'So you don't spend the whole summer on your phone/computer, what other activities shall we plan for you?'

## Snapchat: 'For My Eyes Only'



### Understanding 'For My Eyes Only'

For My Eyes Only (FMEO) serves as a secure vault within Snapchat designated for saving messages and pictures privately. This feature protects the content, ensuring only those with the passcode can view it. Users need to set up the vault initially to allow content to be saved into FMEO; this means any content found there is intentionally added. Accessing FMEO is possible through the 'memories' section of Snapchat.

### What Risks Does FMEO Pose?

Setting up FMEO indicates that users have content they prefer to keep hidden. This implies that any inappropriate messages or pictures could be stored there. It also means that, as a parent, you won't be able to monitor what your children are sending or receiving, or who they are communicating with.

# Bikeability

Fantastic 1 or 2 day courses for

6 - 16 year olds during the school holidays



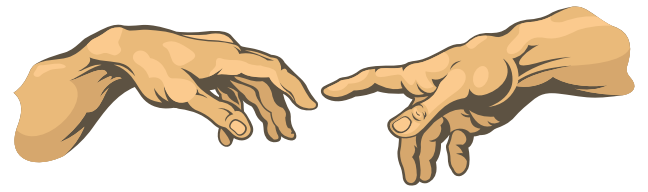
scan me for  
course & booking  
information



Bikes can be provided

**APPLY NOW!**

# From the Chaplain...



In the early 1500s the talented Florentine artist known as Michelangelo was commissioned to paint the ceiling of the Sistine Chapel in the Vatican. Central to the ceiling decoration are nine scenes from the creation accounts in the book of Genesis, including the very well-known 'Creation of Adam'.

In the painting we see God not just as a skilled sculptor himself, but as one who reaches out tenderly with a real desire enter into a living relationship with his creation. In fact, of the two characters, it seems to be God who is making more of an effort.

Our thoughts this week have centred around 'Jesus the friend' as we ask ourselves what true friendship looks like and where we turn when bad things happen. In our reading from John 11 we have heard how Jesus came alongside the sisters Martha and Mary, and indeed the other villagers, sharing in their pain and even weeping with them on hearing of the death of his friend Lazarus. For Christians, this idea of a God who has walked on earth in a human body, suffering as we suffer and sharing in the painful aspects of the human experience is a very powerful one. As Year 7 led our House Worship we considered the difference between sympathy (feeling sorry for someone) and empathy (being alongside someone and sharing their pain). It is clear which model is God's. Unlike God we will probably not be able to take away the pain and suffering of the person we walk alongside; it is probable that there is nothing we can do or say which will change their situation: all we can do is to be there with them. Perhaps this is at the heart of true friendship.

Of course the two stories, the Creation of Humankind and the Resurrection of Lazarus both tell us something else about our incredible God. Both stories point to God's ability and desire to bring life. I am sure that we are all by now aware of the Three Spires Trust verse: I have come that they may have life. Life in all its fullness. (John 10:10) Fullness of life does not mean a neat and tidy version of life with all the difficult and sad bits taken out. Real fullness of life means experiencing everything that life has to throw at us and yet somehow, growing and flourishing within that mixture of experiences. God hasn't promised us that life will be easy, but he has promised that he will be with us and that he has a plan for us. Let that be our source of hope and joy as we reach out and build meaningful connections with him and with one another.

# OLIVER!

**JR!**

*THURSDAY 11TH JULY 2024  
END OF YEAR SHOW, OLIVER JR.  
REFRESHMENTS FROM 5.45PM*