

ST REGIS ACADEMY

NEWSLETTER

12th July 2024



**ST REGIS STARS
OF THE WEEK!**

YEAR 7 – PRECIOUS

YEAR 8 – SHANICE

YEAR 9 – ESTHER

YEAR 10 – JAIMEE

CHESTER – PRECIOUS

LICHFIELD – SHANICE

WORCESTER –

ORAYNNA

HOUSE OF THE WEEK

IS CHESTER!



MESSAGE FROM MR PARRY

It has been wonderful coming together today as an academy for Sports Day! This is always a hugely important date in our school calendar and we have had a fantastic day today as students have participated in basketball, rounders, football, dodgeball and athletics. We are so fortunate to have the facilities to host this day on site and the weather has been kind also. Well done to all students for joining in and contributing so positively to the day!

This week we have also enjoyed our collective whole school Summer church service at Christ Church and last night we were treated to a great school show – Oliver! The students also performed the show in two matinees to local schools including St Paul's, Tettenhall Wood, West Park, Christ Church and St Michael's. All of the students in the show have worked so hard rehearsing and it paid off in a fantastic performance last night.

Next week, we end the academic year with more enjoyable events: Year 12 Higher Education Week, Tuesday's whole-school inflatables fun day and Wednesday's reward trip for selected students. We end the week with an early finish on Friday.

This week parents should have received a number of different correspondence regarding these important matters:

- End of Summer term / Start of Autumn term arrangements
- Uniform expectations
- Our school systems and communication
- Results Day arrangements for Years 11, 12 and 13
- Changes to leave of absence / holiday requests for September

ALMOST THERE!





Summer Church Service at Christ Church



We are excited to invite prospective students and their parents/carers to our autumn Open Events!

This is an amazing opportunity for Year 4, 5 or 6 students & families to visit St Regis.

**2nd October 9.30am - 11am
10th October 5pm - 7pm
12th October 9.30am - 11am
22nd October 9.30am - 11am**

Visit the website to register!



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**.



SPORTS DAY



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

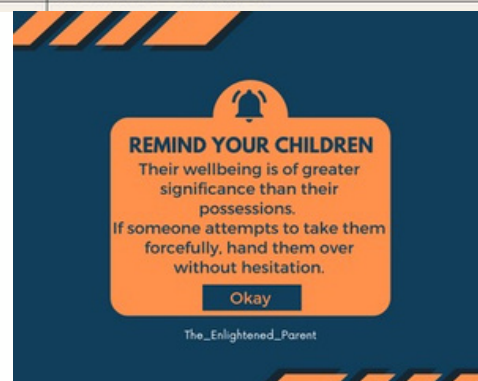
Children deserve to feel secure in their local community, but there may be instances when they encounter other young individuals, adults or situations which could be a potential threat to their safety.

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

SPOTLIGHT ON SAFEGUARDING

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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.

From the Chaplain...

According to Wikipedia, a man called Robert Kiefner Greenleaf (1904 – 1990) was the founder of the modern 'servant leadership' movement. Robert Greenleaf stated that 'a servant leader should be focused on "Do those served grow as persons? Do they, while being served, become healthier, wiser, freer, more autonomous, more likely themselves to become servants?"' This style of leadership has been taken up by some big well-known brands, which I will not name here but I am sure you can 'google' for yourselves!

Of course for people of faith servant leadership is not an altogether modern idea. Graham Kendrick, a prolific songwriter of the last four decades wrote a song about our 'Servant King' which contains the following words and reminds us of some of the many ways that God humbled himself when he entered our physical world and walked among us:

***From heaven you came helpless babe
Entered our world, your glory veiled
Not to be served but to serve
And give Your life that we might live***

At a time when we have been hearing a lot from would-be-political leaders, we might be drawn to consider the much underestimated quality of humility in leadership. How easy it is, once in a position of power, to forget that we are there to serve others as we grow used to speaking with authority and desire to hold on to the privileges it affords us.

In our Bible story this week, Jesus recognises and praises the humility and the simple faith of a Roman Centurion (Matthew 8); although a powerful man in his own right, he doesn't want to put Jesus out, but trusts in his power and compassion in a way that many of Jesus' own race seemed unable to do. 'I assure you,' claims Jesus, 'that many will come from the east and the west and sit down at the feast in the Kingdom of heaven.'

Ours is a God who desires to bless us with nourishment and welcome, whoever we are, whatever our background and wherever we come from. Let us seek to offer the same welcome to one another as we look forward to the rest he has planned for us in a week from now.

There are a variety of local food banks for anyone needing extra support.

Local Food Banks

