



## MESSAGE FROM MR PARRY

It has been wonderful welcoming our students back to St Regis this week. I hope you all had a wonderful summer and have returned to school recharged for the academic year ahead.

It was lovely to see so many of our students arriving this week looking so smart in their full uniform. We want our students to be proud to be a St Regis student - wearing correct uniform and looking smart is an important part in this. Please can I remind you that black jumpers are **not** part of our school uniform and therefore not permitted in school. We have contacted our uniform suppliers to remind them of this. If you have purchased a black St Regis jumper from one of our uniform supplier, please contact school to discuss.

This September we have also made the move to become a completely cashless school, with all payments being made on ParentPay! We apologise for any teething issues that have encountered this week with regards to new accounts, balances being delayed in topping up, etc. We have a team of staff in school working closely with our catering providers, Innovate, to resolve any issues and give parents the support required in order to get ParentPay up and running. We appreciate your patience!

There are two important dates approaching: Thursday 12th September for Year 7, 8, 9 and 10 parents and Thursday 19th September for Year 11 parents. At 5.30pm on these evenings we will be hosting a Parents Information evening. We welcome all parents to attend to meet with members of the Senior Leadership Team and Heads of Year to hear about any exciting updates for this academic year and have the opportunity to have any questions or queries answered. I look forward to meeting many of you on these evenings.

Finally, Monday 16th September is school photographs for Year 7, 9 and 11 students so if these students can arrive looking super smart on this day, it would be much appreciated.

Looking forward to the exciting Autumn Term ahead!



**Mr Parry**  
**Principal**



## **MESSAGE FROM MR MULLEN-JONES, HEAD OF YEAR 11**

**ATTENTION**

All Year 11s are expected back on Monday 9th September following WEX Week. Please can parents/carers take note of uniform expectations and ensure students arrive looking smart. It is important that all Year 11 students are on time and in school for key information. All students will be given timetables, planners and start of year details in an assembly.

Any WEX questions can be directed to Mrs Thomas.

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

**This is an amazing opportunity to visit St Regis. Please share with Year 4, 5 or 6 students & families!**

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

**Visit the website  
to register!**



# SPOTLIGHT ON SAFEGUARDING

Working together to keep our young people safe

Secondary | September 2024



## Problematic smartphone use

According to the Ofcom report 'Children's Media Lives 2024', children are spending between 6-8 hours a day on social media, through their smartphones or other devices. This is an increase from 12 hours a week in 2014. Unlike the content that used to be watched directly on the TV, young people are often unsupervised, leaving them thinking that everything they are seeing is real and true to life. There are many reasons that social media is so addictive and keeps our children on their phones:

In this issue:

- Problematic smartphone use
- Better sleep routines
- App focus: Snapchat

- Social media provides instant feedback through likes and comments allowing them to feel social validation and approval.
- The latest trends are showcased on social media leaving young people with a fear of missing out increases the drive to check their feeds obsessively.
- Every notification or positive interaction triggers a release of dopamine, the feel good hormone.
- Young people are exposed to versions of others' lives on social media which seem faultless. This leads to comparisons and the desire to project a similarly perfect image of themselves.
- Social media provides a place to connect with others who they might not meet in real life. It also connects communities connected with hobbies.

## Proposed smartphone boundaries

Implementing boundaries can be challenging once a child has become accustomed to unrestricted smartphone usage. However, once you have made a connection with your child (see image, right) around the reasons you must keep them safe on their smartphone, it is advisable to put boundaries in place. Here are some suggested boundaries:

Parent access:

- Shared passwords.
- Parent and child regularly review social media and messaging apps together.

Screen limits:

- Daily limits.
- Phone-free activities.

Phone-free areas:

- No devices in the bedroom or bathroom.
- Devices to be stored away in a central charging area 30 minutes before bed.

Conduct:

- Honesty about how the phone is used.
- Respect and kindness shown to everyone you are communicating with.

Top tips:

- Occupy your child during phone-free times, or support them to occupy themselves.
- This will be a challenge but you are doing it to protect your child.

## Talking to your children about their smartphone use

- 1 Where and when?**  
Take advantage of opportunities to connect while participating in daily tasks such as driving, shopping, or doing chores together.
- 2 How to make a connection**  
Relate your concerns to real life situations. Mention examples you have seen on the news or in TV shows.
- 3 Start to ask questions**  
When discussing real life examples, ask gently about the experiences of their friends. Avoid asking them directly about their own experience.
- 4 Discuss boundaries**  
Ask what things you should be doing, as their parent, to make sure they are kept safe on their phone. Give your suggestions too.
- 5 Implement boundaries**  
Agree on one or two boundaries and try for two weeks before adding others. This may include some non-negotiables.

The\_Enlightened\_Parent

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 WAYS TO HELP A TEENAGER IMPROVE THEIR SLEEP

Here are 4 practical strategies to help teenagers get better sleep

### ESTABLISH A CONSISTENT ROUTINE

Establish a consistent sleep schedule to regulate the body's internal clock. Create a bedtime routine with calming activities like listening to music or reading.

1

### LIMIT EXPOSURE TO SCREENS

Consider turning off electronic devices like smartphones, tablets, and computers at least 30 minutes before bed.

2

### CREATE A SLEEP-FRIENDLY SPACE

Make the bedroom a comfortable, quiet and dark space. Keep the room cool as this is more conducive to sleep.

3

### MANAGE STRESS AND RELAX BEFORE BED

Encourage relaxing activities before bed like breathing or meditation practices. Journal writing can help to reduce anxiety.

4

The\_Enlightened\_Parent

## The Significance of Sleep

For teenagers, sleep plays a crucial role due to the significant changes happening in their bodies and minds. Here are some key reasons highlighting the importance of sleep:

- Physical growth and development: Sleep triggers the release of growth hormones necessary for physical growth. Brain development: Quality sleep is essential for brain development, especially in areas related to decision-making, impulse control, and emotional regulation.
- Emotional well-being: Sleep aids in emotional regulation, stress reduction, and is closely linked to mental health.

Given the demands teenagers face from school, social life, and extracurricular activities, it is crucial for them to meet these sleep needs. It is recommended that teenagers aim for 8-10 hours of good quality sleep each night.

## Barriers to good sleep

There are many reasons that teenagers don't get quality sleep. These might be:

- Hormonal changes during puberty will sometimes impact on a child's ability to fall and stay asleep.
- Academic or extracurricular pressures may be causing a young person to feel the need to stay up late.
- Use of electronic devices late into the night can be a significant barrier to a good night sleep.
- Peer pressures may encourage a young person to stay up late to engage in social activities.
- Mental health issues may make it difficult for a young person to fall asleep. They may be worried or anxious.

Snapshot: A leading social media platform for kids  
Despite the minimum age requirement of 13, many younger children sign up for Snapchat as there is no age verification process. Here are some safety tips for parents and carers of children who use the app.

## KEEPING YOUR CHILD SAFE ON SNAPCHAT



### Restrict who can see them

Go to the settings menu, under 'Who can...' adjust 'Contact me' and 'View My Story' to 'My Friends'. This prevents strangers from sending messages or viewing their content.



Privacy

### Discuss the risks

Teach children not to share personal details, locations, photos. Talk to them about why strangers contacting them through the app and to be vigilant.



Educate

### Regularly review

Check who their friends are to ensure they are trusted connections. Ensure privacy settings remain secure as Snapchat updates the app.



Monitor

### Snapchat Family Centre

This tool allows parents to see who their child is communicating with. However, it doesn't allow parents to see the content of messages.



Tools

The Enlightened Parent



# From the Chaplain...

Welcome to a new school year!

'We are God's people' is our new worship season as we explore what that means to us, here in the place God has called us to live and work together. And we start that exploration by considering the tiny mustard seed which features in our school verse and on our school badge. Despite all our advances in science and technology, we are just as able as in Jesus' days to wonder that such a great plant can grow from such a small seed. What might this amazing growth symbolise for us in our lives and in our life together here at St Regis? How might God be moving among us growing new friendships, nurturing seeds of faith, inspiring curiosity and learning, encouraging us to flourish and to make a difference in our community?

As this summer's flowers begin to fade and their seeds fall to the ground, so too we start to make plans for the year ahead which we pray and trust will grow and nourish us in the months to come.

## ***The Mustard Seed***

In soil, a tiny seed is sown;  
a mustard seed, small and alone,  
but with potential yet unseen  
it sprouts and grows a vibrant tree.  
A parable unfolds in the green  
as mustard blooms, a sight serene  
from humble start to branches wide  
the seed's journey: a hopeful guide.  
A lesson learned profound and true  
small beginnings can break through.  
In life's vast field, with faith and truth,  
the mustard seed finds roots.  
So let your dreams be seeds well sown,  
for greatness in the small is known.  
Through challenges and storms: succeed!  
Embrace the lesson of the mustard seed.

By a Year 9 pupil

