



MESSAGE FROM MR PARRY

It has been an exciting first full week back at St Regis Academy, with lots of exciting developments taking place this week:

- We have made further progress in the completion of our brand new e-Sports gaming suite, which will be ready for students to start enjoying from October.
- We also had delivery of more brand new equipment in our already impressive fitness suite.
- Our on-site Appropriate Provision will open to students on Monday next week and the first lessons of the year in our Nature Reserve have taken place.
- More Year 12 students have been inducted into our Basketball and Cricket Academies, and our brand new Sixth Form Foundation offer started.
- Yesterday we had our annual Three Spires Sixth Welcome eucharist at St Michael's church and last night we hosted a successful Year 7 - 10 Parent information evening at school.

Next week we have lots going on with Year 7, 9 and 11 photographs on Monday; a Year 13 residential RE trip on Tuesday, a virtual Year 12 induction parents evening on Wednesday; and a Year 11 Parent information evening in school on Thursday at 5.30pm.

Thank you to all parents that have signed up to Parent Pay, Arbor App, ClassCharts Portal and our WhatsApp channel. The more parents on these systems the better as it ensures our communications are regularly reaching as many parents as possible! Have a lovely weekend.

WhatsApp Channel QR code:



Mr Parry
Principal



St Regis Outdoor Education



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. 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...

'We nurture opportunities to learn through curiosity...' says our school vision and this week we have been considering the curious Athenians who, when visited by St Paul, showed a willingness to hear and discuss new ideas, philosophies and religions. Indeed, it is our curiosity and our imaginations which motivate our desire to learn, to explore and to discover new things beyond the limits of our current knowledge and understanding. But we are not always open to the ideas and the understanding of others... so why is that?

Jesus seems to have been very popular among the poorer and less reputable members of society in his time but the Pharisees and religious leaders struggled to accept him. Jesus' message that God loves all, his preference for the repentant sinner over the seemingly righteous and pious man who didn't believe he needed to repent and his insistence that loving God and one another is more important than pernicky human-made laws and religious traditions upset them and challenged their authority. Many of us can empathise with the feeling of having our authority challenged and we might admit that under those circumstances we are not always the best versions of ourselves.

There was a Pharisee though, named Nicodemus, whose curiosity led him to seek out Jesus in secret and to meet with him in honest conversation. Able to put aside his natural gut reaction against habits contrary to his own and conscious that Jesus did seem to be acting in God's power to heal people, he engaged in a respectful dialogue with Jesus about matters which were beyond his experience. Nicodemus put aside his previous convictions and was prepared to listen to new ideas if it meant knowing God better.

There is a claim that the average citizen of a western city today is exposed to more data in a single day than a 15th century person would have absorbed in their whole lifetime. Whilst I can't vouch for the accuracy of that, it is certainly true that we are bombarded with news stories (fake or otherwise), facts, quotes and information in our daily lives and we constantly have to make decisions about which to pay attention to and which to reject as unlikely or irrelevant. It has also been shown that we are more likely to pass on and put our trust in stories which back up the beliefs we already hold as true or which have come from sources we see as reputable and from people we think are like us.

If we are to truly increase our understanding of God, creator of all people, then we will need to make a conscious decision to listen actively and with respect and open minds to those whose experience is very different from our own and even those whose story might at first seem to challenge our own understanding.

All loving God, through your Holy Spirit you created unity in the midst of diversity. Hold us firm in our faith, that knowing we are loved by you, we are willing to risk curiosity and in so doing bless us in our differences and lead us into ways of deeper understanding. Amen.

