

ST REGIS ACADEMY

NEWSLETTER

17th January 2025



SOW



NURTURE



GROW



FLOURISH

MESSAGE FROM MR PARRY

Hello from Italy!

What an amazing week our students have had.

The ski trip arrived safely in Pila on Sunday, and we spent our first day enjoying some local cuisine and preparing for our first day on the slopes with our fabulous Interski instructors.

Five hours of ski instruction were completed on day one and students picked the new skills up quickly. They continued to make fantastic progress throughout the week, skiing on different pistes and mastering turns. It has been lovely to see them growing in confidence every day. From magic carpets, cable chairs, funiculars and gondolas, they have experienced it all!

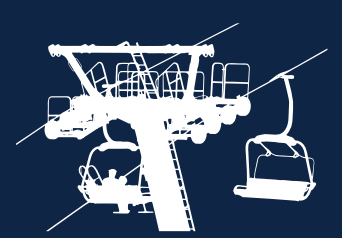
As well as their ski adventures, students have enjoyed some apres ski fun, including bowling, arcade games and exploring and experiencing the Alpine culture and cuisine. The real Italian pizza and ice cream was thoroughly enjoyed.

Finally, to finish the week, Interski hosted a presentation evening to celebrate the success of our fabulous students. They really have been a pleasure, and we are super proud of every single one of them.





What an amazing time our students have had on the Three Spires Ski Trip! Pila 2025



**ST REGIS STARS
OF LAST WEEK!**

- YEAR 7** – Hadar O.
- YEAR 8** – Ra’Nell S.
- YEAR 9** – Florence O.
- YEAR 10** – Shriya P.
- YEAR 11** – Special C.
- YEAR 12** – Laura A.
- YEAR 13** – Ellie D.

CHESTER – Henry N.
LICHFIELD – Ra’Nell S.
WORCESTER – Special C.
HOUSE OF THE WEEK
IS Lichfield!



Championing Equalities Across the Black Country

Ethnic Minority Council warmly welcome
Police & Crime Commissioner Simon Foster
& his **Deputy Chief Executive, Alethea Fuller**,
to discuss their work in the community



To share their priorities
in policing, equality, crime
prevention, challenges,
partnerships & community
safety & highlight the role
they play in representing
the voice of the people
in policing



On: Friday 24th January 2025
For: 10:30am to 12:30pm
**At: Bob Jones Community Hub, Bromley
Street, Blakenhall, Wolverhampton, WV2 3AS**

To save your free spot for this meeting,
please join via **Eventbrite** or email
hello@ethnicminoritycouncil.org



Connect with us on socials:
Facebook: @emcwolves
Instagram: @emcwolves
X: @emcwolves

CALLING ALL YEAR 11 STUDENTS



Start your Post 16 application NOW!

SCAN THE CODE BELOW



Yr11 Scan this Code!



Start your application to register.... NOW!

Always use your school email as an existing User

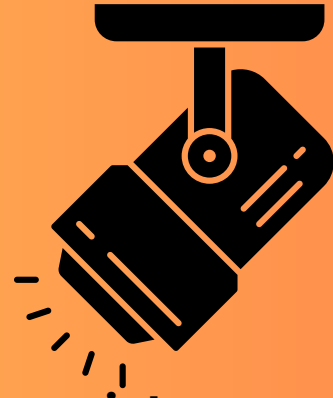
(No need to start new application)



delicious!

Free breakfast bagels are now available from the canteen from 8.15am every morning. Pupils are welcome to collect and eat in the canteen before they start their school day.

Saltmine Theatre Company



We are delighted to welcome Saltmine Theatre Company into school next week, to perform to Years 7–10. The performance, 'filters', centres on awareness of technology in our lives and how young people and adults can protect themselves. We are able to offer a parents/carers performance of the show also. You are warmly invited to join us in the Main Hall at 5pm for a 60 minute performance and Q&A session on the themes of the production. Parents can register their attendance on the following link or contact Mrs Rowley for more information.

<https://forms.office.com/e/cuyPi4xJpC>

Samantha is your typical “IT girl”. Her world revolves around TikTok dances, selfies and the latest trends. She’s got a big online following and even bigger dreams. But riding high on ‘likes’ cannot last forever and cracks start to form in her once unbreakable friendship group. Truths get digitally twisted and an explicit image of Samantha gets exposed online in a way she cannot control. Will Samantha attempt to repair the damage to her online persona, or will she sit back helplessly and watch everything around her unravel? When filters can no longer mask the mess, Samantha and her friends are forced to face the issues in their own lives and deal with the consequences.

Issues addressed: social media, cyber bullying, sexual harassment and consent, AI, pornography.



SPOTLIGHT ON SAFEGUARDING

Working together to keep our young people safe

Secondary | January 2025



What is sextortion?

Sextortion is a form of online exploitation where a perpetrator coerces or blackmails a victim into providing explicit videos or images.

In this issue:

- Sextortion
- Self-harm
- App focus: TikTok

How can parents protect their children from sextortion?

- Foster open communication**
 - Encourage your child to talk about their online experiences
 - Talk to them about how sextortion happens
- Teach smart online practices**
 - Encourage them to limit personal sharing online
 - Remind them that not everyone they meet online is who they say they are
- Use technology for safety**
 - Set up app privacy settings
 - Use monitoring tools and parental controls
 - Teach them how to block and report
- Encourage online awareness**
 - Recognise the warning signs of grooming
 - Understand how children can be manipulated online
- Have a plan for if it happens**
 - Stay calm
 - Do not comply with any demands for money
 - Report to the -Police immediately

Sextortion can affect anyone, but children and teenagers are frequently targeted because they may be perceived as being more easily manipulated. How sextortion works:

- 1. Initial contact:** the predator will contact the victim through social media, gaming platforms or messaging apps, sometimes posing as someone their age or someone they know or has mutual connections with.
- 2. Building trust:** the perpetrator builds trust through conversation, compliments and manipulation.
- 3. Obtaining explicit material:** the predator may convince the victim to send explicit photos or videos, often by sharing fake images of themselves first.
- 4. Blackmail:** once the predator has compromising material, they may demand money, threatening to share the material with friends and family.

Artificial Intelligence: the use of AI has significantly increased the risks of sextortion for children by making it easier for perpetrators to create realistic fake identities, manipulate content and exploit vulnerabilities.

AI can generate deepfake images or videos that appear to show the victim, even if they've never shared explicit material of this kind.

Warning signs of sextortion: parents should be alert to changes in their child's behaviour that may indicate they are being targeted for sextortion. Key warning signs include; increased anxiety, depression or withdrawal from family and friends; reluctance to use devices or secrecy surrounding online activity; and sudden requests for money or attempts to conceal financial transactions. Recognising these behaviours early can help parents intervene and provide the necessary support to protect their child.

What to do if your child is a victim of sextortion

If your child becomes a victim of sextortion, it's crucial to handle the situation with care and understanding. Start by reassuring your child that they are not to blame and that you are there to support them unconditionally. Avoid complying with demands or threats and instead focus on documenting the situation by saving any messages, images or evidence related to the incident. Report the situation to the police, who are experienced in handling these cases and are there to help, not to judge. Your child may feel anxious or ashamed, so remind them that they are not alone and that seeking help is the right step. Encourage open communication and if necessary, consider professional support to help address their emotional well-being. It is important to let pastoral staff at school know as they will be able to support your child when they are at school. You can also report the image to Childline who will remove any images that have been made public. You can do this here: <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove/>

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

Understanding self-harm

Self-harm is a complex and sensitive issue that affects many young people, often serving as a way to cope with overwhelming emotions or distressing situations. While it can be difficult for parents to confront, understanding self-harm is a crucial step toward providing support and fostering healing. It's important to recognise that self-harm is not a sign of weakness or attention-seeking, but rather a signal that a child is struggling and needs help.

Social media has become a powerful influence on the lives of young people, shaping how they connect, express themselves, and view the world. While it can foster positive relationships and provide a sense of community, it also poses risks, especially for those struggling with mental health. Exposure to harmful content, such as graphic images of self-harm or portrayals of perfection, can increase feelings of inadequacy, isolation or distress. It's important to engage with children about their online experiences and help them navigate digital spaces safely and with resilience.



TikTok- understanding the risks

TikTok can be dangerous for children due to its addictive nature and exposure to harmful content, such as self-harm, body image issues and dangerous trends. The app's algorithm often pushes age-inappropriate videos, which can negatively affect children, especially those struggling with emotional challenges. TikTok also promotes peer comparison, leading to feelings of inadequacy, and its comment section can expose users to cyberbullying. While TikTok offers entertainment, its design and content can pose significant risks to children's well-being, making parental monitoring and open discussions about online safety crucial.

TikTok- the safety features

TikTok offers several safety features designed to help protect users, particularly younger audiences, and promote a safer online experience. These include:

Restricted mode: this setting filters out content that may be inappropriate for younger audiences.

Privacy settings: TikTok allows users to set their accounts to private, ensuring that only approved followers can view their content.

Family Pairing: this feature allows parents to link their TikTok account with their child's, providing tools to manage their child's experience. Parents can set screen time limits, restrict the ability to send and receive messages, control privacy settings and monitor the content their child interacts with.

Restricted messaging: TikTok has the option to limit who can send messages. For users under 16, the direct messaging feature is disabled by default.

From the Chaplain...

This week is the first in a new worship series in which we will be following the story of Jacob and his brother Esau, born between three and four thousand years ago. As we are introduced to the twins we get an impression of Jacob not only being content to stay at home while his brother goes out hunting, but also having a shrewd mind and taking advantage of his brother's impulsive nature and hunger to swindle him out of his rights as older brother. Jacob's desire to inherit the larger share of the family property and land as well as his father's blessing will drive a wedge between the brothers which will lead to threats of violence and decades of estrangement and division in the family. We will have to wait a few weeks for the resolution to the story but eventually we will read reconciliation between the two brothers and also learn that from Jacob's descendants will be born the twelve tribes of Israel and Judah.

I welcomed the news on the radio this morning about a ceasefire and progress towards a peace deal in the Middle East but it did strike me that nothing much has changed in this part of the world since the time of Esau and Jacob. Still today the rights to land, property and inheritance in the area are disputed and still today people who have grown up alongside each other are living with division, with fear of violence, injustice and hatred.

Not far from Bethlehem live the Nassar brothers, Palestinian Christians who farm the land passed on through their family for generations. The brothers grow olives and tend their vineyards whilst repeatedly having to go to court to protect their right to live and farm the land and have suffered numerous attacks of vandalism, destruction to their property, intrusion on their land and extreme violence to themselves. Despite this, the family live under the motto 'We refuse to be enemies'. Together with international volunteers who they invite to share their simple life they farm, pray and seek to live peacefully with their neighbours. And when things get really tough they plant trees and hope for a better future.

Holy God,

We thank you for the news of hope for peace in the Middle East.

We pray for peacemakers across the world and for the courage and compassion to live your way and to seek peace in the places where we find ourselves.

We look forward to your reign of justice, mercy, compassion and everlasting peace.

Amen

