

ST REGIS ACADEMY

NEWSLETTER

24th January 2025



SOW



NURTURE



GROW



FLOURISH

MESSAGE FROM MR PARRY

We have enjoyed hosting Saltmine Theatre Company in school this week. They performed a powerful drama production for a number of our year groups exploring a range of safeguarding issues and educating our students on how to keep themselves safe. As part of this offer, the theatre production was also offered to parents on Wednesday evening, and it was lovely to see some of our parents in attendance.

In addition to offering a range of experiences and opportunities to our students regarding safeguarding education, we have a highly skilled and dedicated Inclusion support team here at St Regis who work tirelessly to support our students and families. Most recently, we have been working with the City of Wolverhampton's Families First for Children Pathfinder Programme (FFCP) which is part of a National pilot aimed at reforming children's social care across England.

The City's council also offers a wide range of advice and support for our families and details around what is available can be found here: <https://www.wolverhampton.gov.uk/cost-of-living-support>. An exciting new concept has also recently been launched in the city to help residents with anything and everything related to food. Information regarding the new "Pocket to Plate" project can be found here: <https://www.wolverhampton.gov.uk/cost-of-living-support/pocket-to-plate>.

We continue to work closely with the City Council, a wide range of external providers, and our school link police liaison officer to prioritise keeping our students happy and safe at St Regis.



**ST REGIS STARS
OF LAST WEEK!**

- YEAR 7** – Priyanshi S.
- YEAR 8** – Vedant S.
- YEAR 9** – Amanda N.
- YEAR 10** – Shriya P.
- YEAR 11** – Mary A.
- YEAR 12** – Joycelyn B.
- YEAR 13** – Ronahi I.

CHESTER – Amanda N.
LICHFIELD – Priyanshi S.
WORCESTER – Elfrida G.
HOUSE OF THE WEEK
IS Lichfield!



CALLING ALL PARENTS!



Join the St Regis WhatsApp Channel
Scan the code or use the link below



<https://whatsapp.com/channel/0029VafLsyxBfxo8mn3Ok419>

Scan the QR code to find out more information



Considering Higher Education? Parents & Carers Evening (Year 9/10) - Aston



Saltmine Theatre Company



Saltmine Theatre Company presents
filters

#nofilters #reportremove

If you are ever affected by the issues raised in the performance of *Filters*, talk to someone. Call NSPCC on 0800 800 5000 to talk to a councillor (confidential) or visit childline.org.uk

Let us know your thoughts about *Filters* and find out more:



saltminetrust.org.uk/filtersextra

Follow us @saltminetrust



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This week we have been incredibly fortunate to have Saltmine Theatre Company in school. Over 3 days pupils in Y7-10 watched their performance 'Filters' which highlighted the potential dangers of social media, how to stay safe online and the legal implications of taking and sharing images. In workshops after the performances pupils were able to ask questions, learn more about the Law and share their learning with each other.



This Thursday, St Regis hosted their second of four volleyball events for various schools across the local region. It was a fantastic event where a number of schools attended to take part. The St Regis boys team did a great job working together and using their skills. Big congratulations to them for their efforts and teamwork!





**A huge well done to
Xienna and Faith in
Year 9 for their
impressive
performance in the
West Midlands County
Schools' football team!
Keep up the amazing
work!**



Basketball



On Wednesday, our year 7 and 8 students played a great game against Heath Park School. Although Heath Park developed a lead, our boys showed resilience and perseverance. They took it upon themselves to better their team defence and make the game even more exciting. Valiant effort boys, well done.





On Wednesday, Year 10 Photography visited Wolverhampton University School of Art to take part in a photography workshop. They were given a tour of the darkrooms and photography studios and then had chance to shoot their own photoshoots using professional cameras, lights, gels and backdrops. They had a brilliant time using the specialist equipment and were very expressive models. We look forward to editing the photographs and creating some exciting images as part of their GCSE coursework. Well done year 10!



YOUNG CARERS AT ST. REGIS



A Young Carer is someone under 18 who helps look after someone in their family, a parent, sibling or a friend, who is ill, disabled or misuses drugs or alcohol.

WHO TO TALK TO:

Mrs Thompson, Teaching Assistant

Miss Jones, Pastoral Support

Mrs Bird, Safeguarding Manager

Mr Barradas- Lingard, Vice Principal & DSL

youngcarers@kingswolverhampton.ac.uk

You are not alone in this.



Funded by
UK Government



Wolverhampton
Family Hubs

SEND Support Workshops 2025

Introduction to Autism

Wednesday 8 January, 10am - noon
at Dove Family Hub

Autism and Understanding Behaviour

Wednesday 23 January, 10am - noon
at Dove Family Hub

An Introduction to ADHD

Wednesday 29 January, 12.30 - 2pm
at Graiseley Family Hub

An Introduction to Autism and Understanding Behaviour

Thursday 6 February, 12 - 2pm online

An Introduction to ADHD

Wednesday 12 February,
12.30 - 2pm online

An Introduction to Autism

Tuesday 4 March, 9.30 - 11.30am
at Cherry St SEND & Sensory Hub

Autism and Understanding Behaviour

Friday 21 March, 10 - noon online

Autism and Understanding Behaviour

Thursday 27 March, 9.30 - 11.30
at Cherry St SEND & Sensory Hub

An Introduction to ADHD

Thursday 3 April, 10 - 11.30am
at Dove Family Hub

An Introduction to ADHD

Thursday 10 April,
9.30 - 11am online

To book, please use the QR code or visit
www.wolverhampton.gov.uk/outreach-service-dates/



Chai Mithai comes to Wolverhampton

People with a learning disability and autistic people are often surrounded in negative myths. They are told from childhood what they can't do, rather than what they can. In some communities there is shame associated with disability and mothers can feel they have done something wrong when they give birth to a disabled child.

Chai Mithai is a project that challenges myths surrounding learning disability and autism in South Asian communities. Our team is made up of disabled people and family members from South Asian communities, as well as experienced professionals who work with people with a learning disability and autistic people.

Until the end March 2025, the Chai Mithai project will be in Wolverhampton.

Working with families from South Asian Communities

We would like to meet with parents of young children who may either have a diagnosis of learning disability or there is a likelihood that their child may have a learning disability or be autistic and they have not yet been diagnosed.

When we meet with families we will have conversations about what it means to have a learning disability or be autistic and share examples of how people with a diagnosis go on to lead a good quality life.

We are holding an informal coffee morning on **March 13th at the Cherry Street SEND and sensory hub, Wolverhampton WV3 0QR from 10.00am - 11.15am** where we can explore these issues in a supportive environment.

If you would like to attend this event, or would like to meet with us at a different time, please email: jackie@changingourlives.org or call us on 0300 302 0770

You can find out more about Chai, Mithai on our website
<https://changingourlives.org/our-work/current-campaigns/>

You can read about Harry's life on the link below. Harry is a young man with Down's syndrome from a South Asian community. <https://changingourlives.org/wp-content/uploads/2023/05/WEB-An-Ordinary-Life-in-Translation-Harry.pdf>

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...

We hear, this week, about Jacob tricking his father into giving him his final blessing in the place of his twin Esau having already cheated his brother out of the inheritance he was due. The tradition of inheritance which favoured the eldest male over his siblings led to rivalry in a system in which there would always be winners and losers and feelings of injustice.

This week saw the inauguration of a new President of the United States and with that a whole raft of policies designed 'to make America great' at the expense of all others. Policies which seem set against inclusivity and international cooperation over issues such as health and the climate.

Despite the size and power of the United States, neither they nor any other country exist in isolation: the actions of each one will have an impact on others. We live in an era in which humankind is facing some huge challenges; challenges which will not be overcome unless we all work together. More than ever, we need to realise that we are all connected and that each one is needed. One will not flourish in isolation but if one suffers then all will suffer (1 Corinthians 12).

As global warming threatens to spiral out of control, it is worth noting that the countries which produce the most CO2 are contributing well over a hundred times per person than that of other countries; yet the latter are suffering most from the effects and are least able to cope with the droughts and flooding they are experiencing. Let us remind ourselves that God's plan is one in which all people will flourish and all people will know his abundant love.

God's model for leadership and human relations is not the obvious one to those who strive for power but he is clear that what is needed is justice, mercy and humility:

He has shown you, O mortal, what is good.
And what does the Lord require of you?
To act justly and to love mercy
and to walk humbly with your God.
Micah 6:8

We don't need to be in positions of great power to embrace these values in our lives, to make a difference to those we interact with daily or to think carefully about our roles as consumers and those who will be affected across the globe by the choices we make. Only by valuing, respecting and treating with compassion and dignity every one of God's creatures can we create the environment in which all can flourish and all can enjoy the life in abundance which God desires for us all.

May God grant us the strength and courage
to honour the dignity of every human being
to speak the truth to one another in love
and to walk humbly with one another and with our God,
for the good of all people. Amen
(Bishop Mariann Edgar Budde at the US Presidential Inauguration Prayer Service)

