

# ST REGIS ACADEMY

## NEWSLETTER

31st January 2025



**FLOURISH**

### MESSAGE FROM MR PARRY

It was wonderful to welcome the National Theatre into school this week for the performance of 'The Left Behinds'. This was a great experience for our students and follows on from our recent theatrical performances in school from Saltmine. In addition to this, there have been many PE fixtures taking place at St Regis this week including: basketball, girls and boys football, indoor athletics and volleyball.

We have a busy couple of weeks remaining before half-term and this week we passed the halfway stage of the academic year, which seems remarkable! Coming up we have year 11 visits to London and Birmingham offered by our humanities subjects, year 9 and 12 parents evenings, a year 7 music concert and our third Speaking, Listening and Discussion (SALAD) day.

We have now launched our Arbor Parent App, which is becoming our preferred method of communication for all parents. If you have not already done so, please follow the link in the newsletter to access it. In the coming weeks, the Arbor Parent App will become essential not only for school communications but also for payments and monitoring your child's behaviour and conduct. Please don't delay and get signed up for the Arbor App. If you have any issues with access, please contact us in school and we will support you.





# We're using Arbor's free Parent Portal and Parent App



## We've chosen Arbor to help us manage our school.

Arbor is a simple, smart and cloud-based MIS (Management Information System), which helps us work faster, smarter and more collaboratively as a school. The Parent App and Parent Portal mean we can keep you informed about your child's life at school in a much more accessible way. Log into Arbor to see and update your child's information, get live updates and make payments or bookings on the go! The Parent Portal works on Google Chrome (computer or laptop) and you can download the Parent App from the App Store or Google Play Store on your phone (Android 5.0; iOS 10.0 and upwards).

## How to get started

- 1.Wait for your welcome email from us telling you Arbor is ready - you won't be able to log in before
- 2.Click the link in your welcome email to set up your password
- 3.Go to the App or Google Play Store on your phone and search 'Arbor'
- 4.Click 'Install' on Android or 'Get' on iPhone then open the App
- 5.Enter your email, select the school, then enter your password
- 6.Accept the Terms & Conditions and enter your child's birthday

The Sunnyville School of Magic  
W10 5BN, London, GBR

Enter your password

Log in

Forgotten password?

## Need help using Arbor?

**Contact the school office if you have questions about Arbor, the App or Parent Portal.** Tell us the type and model of your phone, e.g. an iPhone SE, and include screenshots or screen recordings.

To safeguard student data in line with General Data Protection Regulations (GDPR), Arbor only works directly with schools.

### Some tips to try:

- 1.Ensure your username is the email address you use for Arbor. Ask us to **check the email address** linked to your account.
- 2.**Reset your password** from the login page, or ask us to do this.
- 3.If the login email was sent to you more than 96 hours ago, the

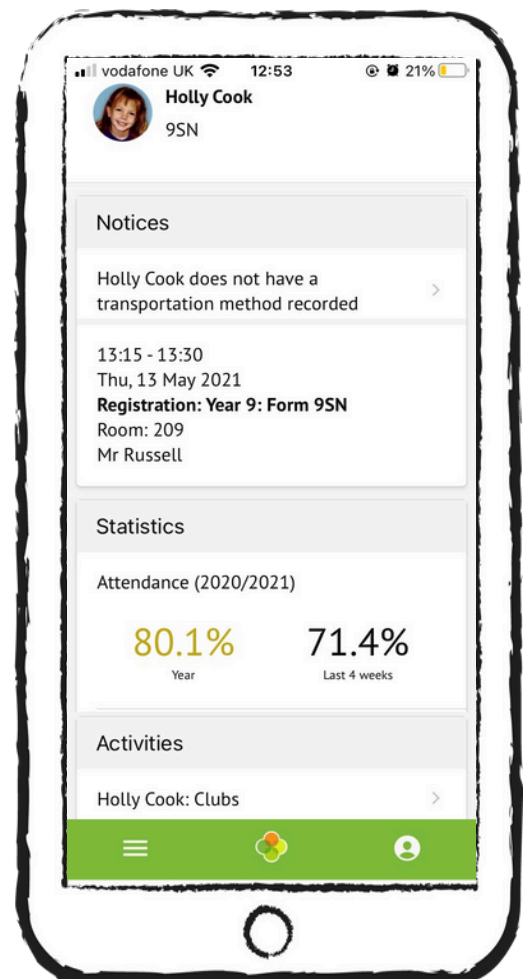
**password link will have expired.** Ask us to send it again.

- 4.Ask the school office to check that your email address has not been used twice - e.g. on another guardian or child's profile.

**Enter the birthday** of one of your children to log in.

5.

- 6.Only relatives who are **Primary Guardians** of a child can access the Arbor App. Ask us to check you can access Arbor.



**ST REGIS STARS  
OF LAST WEEK!**

- YEAR 7 – Janelle O.
- YEAR 8 – Vedant S.
- YEAR 9 – Amanda N.
- YEAR 10 – Gabriel E.
- YEAR 11 – Ayodele O.
- YEAR 12 – Dennis H.
- YEAR 13 – Stuart S.

**CHESTER** – Amanda N.  
**LICHFIELD** – Shawn O.  
**WORCESTER** – Vedant S.  
**HOUSE OF THE WEEK**  
**IS Worcester!**

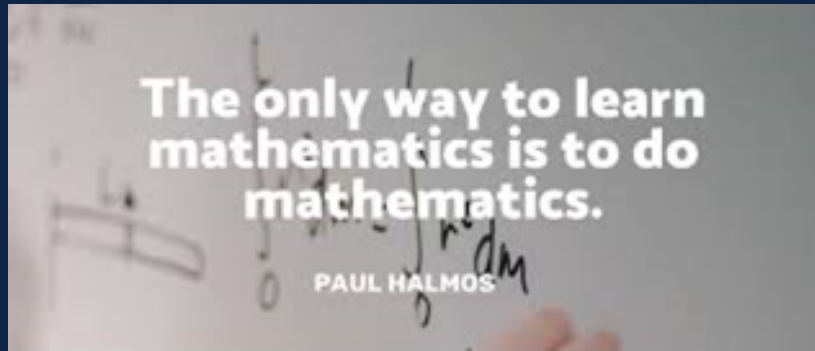


**CALLING ALL PARENTS!**

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



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



**2025 has already been busy for our maths classes:**

**Years 7 – 9 have all had their assessments and know the areas still requiring work. Teachers have identified topics that need to be revisited as well as ensuring that all students reach their potential, through the introduction of new topics.**

**In year 10, students have a full exam paper for assessment so they become familiar with the style and rigour of the GCSE. The expectation is that as they progress through Key Stage 4, their marks will improve as they learn more.**

**Year 11 and year 13 are currently involved in a two-weekly cycle of assessment, quality analysis, feedback and improvement. This allows students to work on a small number of topics at a time so that their revision is manageable and effective.**

**To support our students, we have a number of enrichment opportunities:**



**Monday and Thursday 3:20 – 4:30pm year 13 revision**

**Tuesday 3:20 – 4:20pm GCSE Statistics for those students that have chosen this extra course.**

**Wednesday and Thursday 3:20 – 4:20pm year 11 revision**

**Friday 3:20 – 4:30pm A level Further Maths for those students that have chosen this extra course.**

**Additionally, also within the maths area:**

**Monday after school – Chess**

**Tuesday lunchtime – Knitting**

**Thursday lunchtime – Chess**

**Every lunchtime –**

**Chromebooks are available for maths revision and SPARX.**



**Sparx Maths**

**St Regis Church of England Academy**



# CREATIVE CAREERS CONFERENCE

Students can register their interest by scanning the QR code below or emailing [admin@centrallyouththeatre.org](mailto:admin@centrallyouththeatre.org)



## ABOUT THE EVENT

Central Youth Theatre are hosting this one off unique event as part of their UK Shared Prosperity Funded project 'First Step on the Ladder'. The Creative Careers Event will bring together professionals from the world of TV, Radio, Media and Theatre to help Wolverhampton's young people aged 15-25 understand the range of access routes and roles within the creative industries.

It will provide a fascinating insight into the diverse range of artistic roles in TV, Film & Theatre from industry professionals who are all originally from Wolverhampton and surrounding areas. They (much like you) spent their formative years thinking about a career in the arts and have since pursued their own unique career paths to successful and diverse careers in the industry.



## HOW TO ENROL

To register your interest and find out more about the event scan the QR code or email [admin@centrallyouththeatre.org](mailto:admin@centrallyouththeatre.org)

We will then send you a full enrolment pack outlining the full range of workshop sessions available for you to select and sign up for according to your areas interest.

The cost for the day is £10 and includes drinks and a buffet lunch. Bursary places are available upon request for families in need



Central Youth Theatre Presents

# CREATIVE CAREERS CONFERENCE

SUNDAY  
**16 FEB**  
10AM-5.30PM

TETTENHALL  
COLLEGE  
WV6 8QX

**FOR 15-25  
YEAR  
OLDS**

- 10+ INTERACTIVE WORKSHOPS
- 20+ INDUSTRY PROFESSIONALS INCLUDING: ACTORS, TECHNICIANS, DIRECTORS, PRODUCERS, DESIGNERS, FILM MAKERS
- Q&A & NETWORKING OPPORTUNITIES
- FIND OUT ABOUT ACCESS ROUTES & ROLES WITHIN THE CREATIVE INDUSTRIES



**PRIYASASHA KUMARI**

TV ACTOR AS SEEN ON BBC'S WATERLOO ROAD AND D.I RAY



**ZAK DOUGLAS**

TV ACTOR FOR ITV'S G'WED & CHANNEL 5'S GOODSHIP MURDER



**BEN CLARK**

FILM PRODUCER BAFTA NOMINATED & AMBLIN FILM COMMISSIONED



**SIMA GONSAI**

FILMMAKER, EXECUTIVE PRODUCER AND DIRECTOR COMMISSIONED BY SKY ARTS & BBC ARTS



**KAINE ZAJAZ**

TV ACTOR AS SEEN IN NETFLIX'S THE WITCHER AND BBC'S OUR GIRL



**STEPHEN KELLY**

TV AND FILM COSTUME PRINCIPLE AND STANDBY FOR SHOWS SUCH AS BRIDGERTON AND RED WHITE & ROYAL BLUE.

**£10**

includes light lunch & drinks

**SIGN UP HERE**



[ADMIN@CENTRALYOUTHTHEATRE.ORG](mailto:ADMIN@CENTRALYOUTHTHEATRE.ORG)



We are very proud to have two former St Regis students speaking at the upcoming Creative Careers Conference. Congratulations Faye Campbell and Cory McClane! Keep up the amazing work!

# 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@stregisacademy.org](mailto:youngcarers@stregisacademy.org)

**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/](http://www.wolverhampton.gov.uk/outreach-service-dates/)



# 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](mailto: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 meet Jacob this week as he is running away from home, having upset his family and in fear for his life. Finding himself far from civilisation as night falls, Jacob lies down to sleep with a stone for a pillow. We can only imagine that Jacob is feeling alone, scared, wretched and no doubt regretting his actions. This is certainly a low point in his story. But it is now, at his most vulnerable, that Jacob has his first powerful experience of being in God's presence. In common with many other Bible characters, God appears to Jacob in his hour of need and despair and lets him know that he is known, he is loved and that God will be with him protecting him and leading him into the hopeful future he has planned for him.

Perhaps we too can look back on the low points of our lives, the times when we have most struggled and notice that however we felt at the time, God was there. It is not always immediately apparent and can take time, but God is able to bring hope and new opportunities out of even the least promising situations. It might be that these are the times when we stop our busyness, stop trying to stay in control of every aspect of our life and simply recognise our need of either God or at least others. It might be that these are the times we are most receptive to his intervention.

Feeling lost and alone, away from his home and his family, Jacob is comforted by a God who has always known him and his father and grandfather before him. He hears God's promise to protect him and to provide for his children after him and Jacob is moved to make a promise back to God: 'If you will indeed protect and provide for me,' he says, 'then you will be my God, and I will dedicate a tenth of all I have to you.'

Jacob's is not an offering which our mighty and eternal God needs, but it is a freely offered thanksgiving for all that God will do for Jacob. Jacob is entering into a relationship with God his creator and wants to show his gratitude. Indeed, there is nothing that our God could possibly need from us whose lives are so brief and limited compared to him... but that is not to say that he doesn't rejoice in our love and thanksgiving. So what can we offer him as a sign of our love?

'He has told you, O mortal, what is good;' says the prophet Micah, 'and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?'

