

ST REGIS ACADEMY

NEWSLETTER

7th February 2025



FLOURISH

MESSAGE FROM MR PARRY

We have had a fantastic response to the launch of our Arbor Parent App recently, and already have 40% of parents signed up. This is a really important tool for us to use in school to communicate with parents, and also allows parents to update their contact details on our systems. In addition, there is an in-app messaging feature that we will be using very soon. In the near future, all payments and behaviour monitoring will be through this one portal, so it is essential all parents sign up. It is a simple app that can be accessed on your device. If you require any additional support accessing this app, please let us know in school and we will be happy to support you. We also have our very own WhatsApp channel which all parents are encouraged to follow for up-to-date news direct to your device. Please use the QR below to join.

This week we held an Incident Response drill ("lockdown") in school that had been scheduled in our safeguarding procedures calendar for some time. The tragic events in a secondary school in the North of England this week heightened the importance of such procedures in school and, just as is the case with a fire drill, it is something we hope is never needed in real time. The support from parents was much appreciated in the lead up to this event, and the conduct and cooperation from students was exemplary. Students gained a clear understanding of the necessary actions to ensure their safety and that of their classmates in an emergency situation.

Next week we enter the final week before the half-term break and have lots to look forward to: Year 7 students attending a music concert, our third "SALAD" day (Speaking, listening and discussing), a Year 11 visit to London and Year 12 Parents' Evening.





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

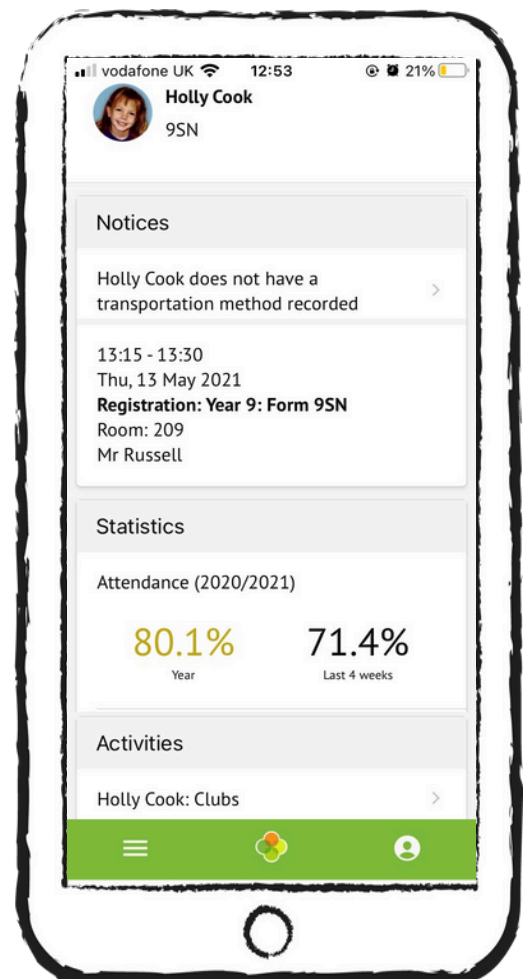
password link will have expired. Ask us to send it again.

- 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 – Babban J.
- YEAR 9 – Shawn O.
- YEAR 10 – Oseiwe O.
- YEAR 11 – Special C.
- YEAR 12 – Samriti C.
- YEAR 13 – Stuart S.

CHESTER – Oseiwe O.
LICHFIELD – Shawn O.
WORCESTER – Special C.
HOUSE OF THE WEEK
IS Worcester!



CALLING ALL PARENTS!

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



St Regis Academy,
Wolverhampton
WhatsApp channel



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

Apprenticeship Event

Imagine getting paid for learning whilst you're working and gaining a qualification. Come along to our Apprenticeship Event and find out how

Welcome to the 'EARN While You LEARN' Apprenticeship Event happening on Sat Feb 15, 2025, at 10:00 AM at The Mander Centre (Ground Floor by TJ Hughes) 🎉

You can visit the event anytime between 10am - 2pm

Register today and attend the event for your chance to win 1 of 4 x £25 Wolverhampton City Centre Gift Card 🎉

The City of Wolverhampton Council, in partnership with the Wolverhampton Black Country Careers HUB, is hosting an exciting Apprenticeship Event designed to raise awareness of the diverse apprenticeship opportunities available across the city. Get ready to discover exciting opportunities to earn money while gaining valuable skills and knowledge. This in-person event is perfect for anyone looking to kick start their career or explore new possibilities. Come join us for a day filled with inspiration, networking, and learning!

Don't miss out on this chance to invest in yourself and your future. Mark your calendars and spread the word - we can't wait to see you there! 📅🌟

EARN While You LEARN Tickets, Sat, Feb 15, 2025 at 11:00 AM | Eventbrite

<https://www.eventbrite.co.uk/e/earn-while-you-learn-tickets-1142967389229?aff=oddtcreator>



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

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/



SPOTLIGHT ON SAFEGUARDING

Working together to keep our young people safe
Secondary | February 2025



In this issue:

- Children's Mental Health Week
- Understanding anxiety and depression
- Kooth

The week of 3rd to 9th February marks **Children's Mental Health Week**, and this year's theme is 'Know Yourself, Grow Yourself.' It's a wonderful opportunity for parents and carers to open up conversations with their children about mental health and well-being.

What does 'Know Yourself, Grow Yourself' mean for our young people?

As children grow, they face new challenges, responsibilities and opportunities to discover who they are. The theme *Know Yourself, Grow Yourself* encourages self-awareness and personal growth, two essential building blocks for mental health and well-being.

Why self-awareness matters

Self-awareness is the ability to recognise and understand your emotions, strengths, weaknesses and values. For children, this skill is crucial as they navigate friendships, academic pressures and personal identity.

When children are self-aware, they can:

- **manage their emotions**- recognise when they're feeling stressed, anxious, or overwhelmed and take steps to cope.
- **make better decisions**- understand their values and priorities, which helps them avoid peer pressure.
- **build stronger relationships**- communicate more effectively and empathise with others.

How personal growth builds resilience and confidence

Personal growth happens when young people challenge themselves to learn, improve and step out of their comfort zones; it's about progress, not perfection.

Through personal growth, young people can:

- **develop resilience**- learn to bounce back from setbacks and see failure as a stepping stone to success.
- **build confidence**- gain a sense of achievement by setting and reaching goals.
- **adopt a growth mindset**- believe that abilities and intelligence can improve with effort and persistence.

6 WAYS YOUNG PEOPLE CAN KNOW AND GROW THEMSELVES

JOURNALING
Encourage your child to keep a journal where they can reflect on their emotions, experiences, and goals.

TAKING PERSONALITY OR STRENGTHS TESTS
Tools like the Myers-Briggs Type Indicator (MBTI) can help them identify their unique traits and preferences. Discuss the results with them.

MINDFULNESS PRACTICES
Activities like meditation, yoga, or simply taking a few minutes to breathe deeply can help children become more aware of their emotions and reduce stress.

TRYING NEW ACTIVITIES
Encourage your child to step out of their comfort zone by joining a club, learning a new skill, or volunteering.

SETTING PERSONAL GOALS
Help your child set SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound) to work towards something they care about.

LEARNING FROM MISTAKES
Normalise failure as part of growth. Share your own experiences of overcoming setbacks and emphasise the lessons learned.

The key is to help your child view challenges as opportunities to grow, rather than obstacles to avoid. For example, struggling with a difficult subject at school can become a chance to develop problem-solving skills and perseverance.

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.

From the Chaplain...

Last week we met Jacob running away from home, having cheated and tricked his family. This week we hear how Jacob in turn is tricked by his uncle Laban into marrying the sister of the girl he has been promised in marriage. Is Jacob getting his just desserts? Is he paying the price for his own dishonesty?

One thing we can all agree on is that life isn't fair. Good people suffer terrible injustices every day whilst there seem to be countless examples of those who cause hurt and harm simply getting away with it. Do we believe in a God who pays us back for our misdeeds in this life? When things go wrong for us, do we look for explanations asking what we have done to deserve our plight?

The Old Testament belief that misfortunes and illness must be our punishment for failing to please God, clearly evident among the friends of the prophet Job, still strike a chord in those who seek to make sense of tragedy. As humans we long for reasons and for justice... even when there are none. So does this mean that God doesn't care about our suffering?

Through Jesus we see a compassionate and merciful God, one who reaches out to heal and not to punish. When Jesus meets a man born blind, in John chapter 9, he tells his disciples, "It was not because of his sins or his parents' sins." Instead of a punishment Jesus sees the man's blindness as an opportunity for compassion, for healing and for restoration. We are reminded that God doesn't see as we see; where we see barriers, he sees opportunity.

So what does this mean for us, living in a world where so many suffer and injustices go unchallenged? We long for God to come and sort things out now, to put things right. We long for a health system with the capacity to help those in need of care and healing, for a justice system which has the time to listen and respond, for fulfilling work and wages enough for all to pay their bills and feed their children. We long for all people to be able to participate in society without feeling isolated or excluded and for our young people to feel safe and valued on the streets of our city. We long for peace in war torn countries and in suffering families and we long for international cooperation over the climate, sustainable energy and border policies.

Let us ask God to show us in all this brokenness the opportunities he sees for his love and healing and to lend us the compassion and the courage to join in with his work. And then let us trust in his promise that one day his reign of justice will be complete and all shall be well. For as Isaiah says (chapter 40):

The Lord is the everlasting God, the Creator of the ends of the earth.
He will not grow tired or weary and his understanding no one can fathom.
He gives strength to the weary and increases the power of the weak.
Even youths grow tired and weary and young men stumble and fall;
but those who hope in the Lord will renew their strength.
They will soar on wings like eagles; they will run and not grow weary,
they will walk and not be faint.

