

ST REGIS ACADEMY

NEWSLETTER

14th February 2025



FLOURISH

MESSAGE FROM MR PARRY

As we go into the midpoint of the academic year at February half-term, it is amazing to reflect on everything we have achieved so far. It has been a very busy and enjoyable spring half-term, although the weather may not have felt very spring-like for most of it. As always at St Regis, we have endeavoured to provide our young people with a wide range of educational experiences and opportunities, both onsite in our specialist facilities and offsite through many visits - domestic and abroad.

As we move into the second half of the spring term and towards Easter, with the changing of the season comes the next exam season, and we will continue to do everything we can to best prepare our students in Year 11 and 13 for this important time. The students have been working so hard already in their studies this academic year and the approach to the additional study periods after school has been remarkable.

I wish all families within our school community a very happy and safe February half-term break, and look forward to welcoming all students back to St Regis on Tuesday 25th February, following a staff Inset day on Monday 24th. I hope students and staff find the opportunity to recharge and spend some quality time with their loved ones.





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

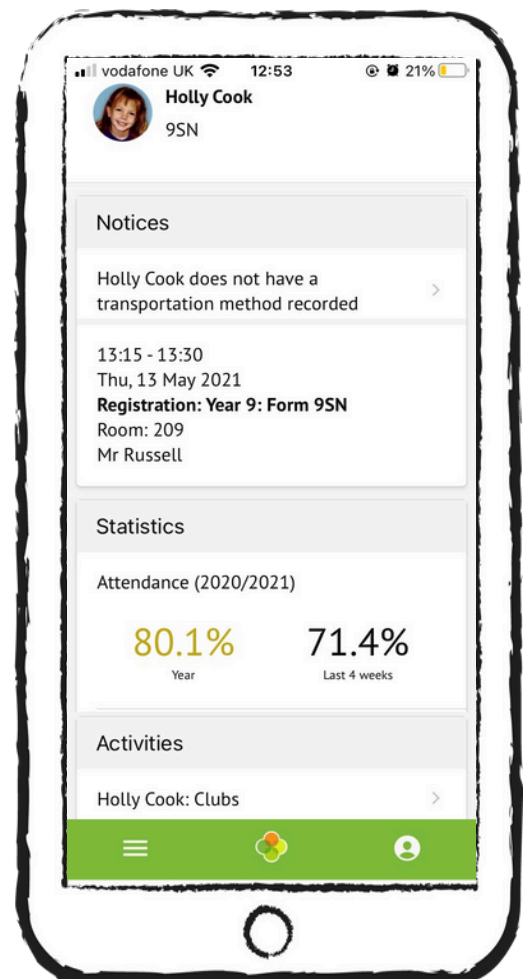
password link will have expired. Ask us to send it again.

- 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 – Emanuel O
- YEAR 11 – Ayodele O.
- YEAR 12 – Noah I.
- YEAR 13 –

CHESTER – Amanda N.
LICHFIELD – Ayodele O.
WORCESTER – Vedant S.
HOUSE OF THE WEEK
IS Lichfield!



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>



Fifty Year 11 students visited London on Thursday, with students studying history visiting The Tower of London and students studying RE visiting Westminster Abbey. At the Abbey, students were able to see a place of Christian worship and make links with their study on how Christians demonstrate their faith in God. Many of our national events take place at the Abbey and students were able to see the Coronation Chair, used most recently for the Coronation of King Charles III, having been used to crown Kings and Queens since the 12th century. Students were great ambassadors for the school, and we all returned happy, if not a little tired, after a day of traveling and walking around London! Well done to all involved.



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

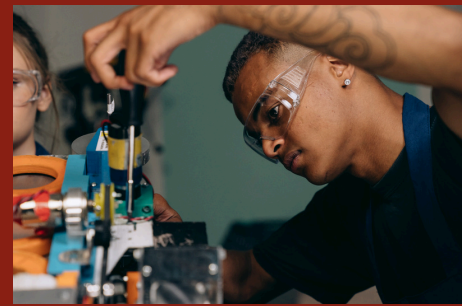
Register today and attend the event for your chance to win 1 of 4 x £25 Wolverhampton City Centre Gift Card 🎉

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! 📅🌟

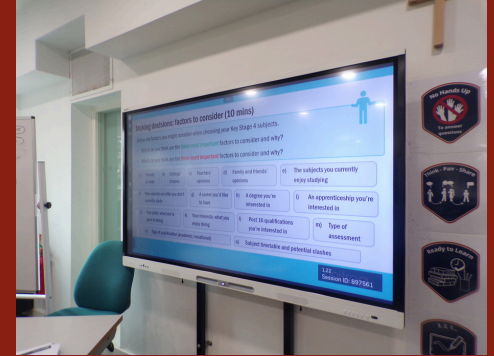
EARN While You LEARN Tickets, Sat, Feb 15, 2025 at 11:00 AM | Eventbrite

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





Options



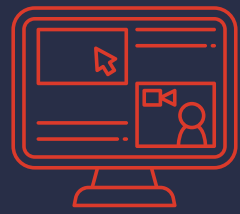
Year 9 'It's Your Choice'

Year 9 took part in options-based activities on Monday 3rd February led by visitors from the Army, Nova Training and Dudley College. They found out how choosing options can help with their future careers, learned about skills for work and how to choose the options that are best for them and their future, and even learned a dance! They were given information about apprenticeships, college courses and joining the Army so that they can think about and choose their options based on their career aspirations, strengths, skills and interests. Choosing the right options can essentially shape their academic pathway and future career options and potentially limit their post-secondary education choices if not carefully considered. Please talk to your child about their options so that they can make the best choice for their future careers.

Year 8 'Guess My Job'

On Wednesday 5th February, Year 8 took part in a session led by Carol Codner, who brought visitors from local industries including an architect, an accountant, an entrepreneur and a microbiologist. Year 8 were detectives who were tasked with working out which individuals were in a specific job role. They were shown a range of different people and given a list of jobs then tasked with the mission of matching the people to the job. This workshop challenged stereotypes, provided information about specific careers, and hopefully inspired pupils for their future careers!





Online Awareness Sessions

Catch 22 are offering 3 free online awareness sessions for parents and carers to learn more about county lines and criminal exploitation.

The free County Lines Awareness Webinar is aimed at parents and carers to gain a understanding on the important issues surrounding county lines, the impact that it can have on young people and their families, and the support that is available to young people.

The session will cover:

- **County Lines, child criminal exploitation (CCE) and financial exploitation**
- **Stages of recruitment**
- **Push and pull factors**
- **The National Referral mechanism**
- **The psychological impacts**
- **Social media**
- **Debt bondage**



Parents and carers need to register below to sign up for the sessions (3 options - same session)

19th February 12:00-13:30: <https://ow.ly/o1EL50UQWKr>

20th February 12:00-13:30: <https://ow.ly/HHpC50UQWKp>

20th February 18:00-19:30: <https://ow.ly/OAHX50UQWKq>

Register Now!





A huge thank you to Valerie Hutchinson for her very kind donation of two new bleed kits for St Regis Academy. The specialist first aid kits have been donated in memory of her late husband, Dave, who was a Regis School alumni, having been a student in the very first cohort of the original school. The new kits will be welcome additions to our design and technology department and our nature reserve, where students use specialist facilities and equipment as part of the curriculum.



On Tuesday we were delighted to welcome Father Mihai from the Romanian Orthodox Parish in Birmingham. Some of our students were fortunate enough to listen to Father Mihai as he shared some stories and also listened to their stories. The purpose of the visit was to encourage our young people to evolve in their own cultural values by being open and inclusive to change. Also, to be proud of themselves and learn to respect themselves and others in the school community. We hope to see Father Mihai again next month, to develop conversations, and engage with our school families.

BLOXWICH HOCKEY CLUB



FREE

HALF TERM

HOCKEY COACHING



FOR EVERYONE INTERESTED IN TRYING HOCKEY OR INDEED EXISTING HOCKEY PLAYERS THAT WANT TO EXTEND AND IMPROVE THEIR SKILLS BASE

FREE!

In conjunction with



DATES:

WED 19TH FEB 10-12PM
THU 20TH FEB 10-12PM
FRI 21ST FEB 6-8PM

BEGINNER & PERFORMANCE GROUPS

LOCATION:

**WILLENHALL EACT
FURZEBANK WAY
WILLENHALL
WV12 4BD**

**AVAILABLE FOR
ALL AGES**

**STICKS ARE PROVIDED BUT
PLEASE BRING SHINPADS AND
MOUTHGUARDS**

LEVEL 2 COACHES:



ALEX HILL
BLOXWICH HC
MEN'S 1S



LOUIE MORRIS
HARBOURNE HC
EH DIV 1 NORTH

**REGISTER:
ENQUIRIES@BLOXWICHHOCKEY.CO.UK**

WWW.BLOXWICHHOCKEY.CO.UK





Mental Health Support Team

Upcoming Events:
February Half term

01

Tuesday

February 18th

10:00-11:00

Parent Online Webinar

Supporting your child with Anxiety

Aims of session

To understand what anxiety is.

·To understand reasons why your child may experience anxiety.

·To understand the fight, flight and freeze responses.

To learn strategies to support your child to manage their anxiety.

02

Wednesday

19th February 10:00-

12:00

Wolverhampton Art Gallery

Craft and Chat- The Art of Self Compassion- Ages 6-11 (Primary)

A variety of crafting activities designed for Parent's and children to collaboratively explore ways children can practice kindness towards themselves and others

03

Wednesday 19th

February 13:00- 15:00

Wolverhampton Art
Gallery

Craft and Chat- The Art of Self Compassion- Ages 11-16 (Secondary)

A range of creative activities designed to help teens explore their artistic side while discovering meaningful ways to show kindness and compassion to themselves and others

The above events are sign up only. Please contact the below email to complete a brief referral form to register your attendance - bchft.reflexions@nhs.net

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...

As we head towards a half term break I sense as much as ever how much the pause is needed. Is it really only six weeks since the last holiday? Our school has been growing, there have been theatre performances, sports matches, educational visits, careers opportunities, options launched and so much more... not to mention all the day to day learning and enrichment. On top of that there have been viruses and bugs to fight off leaving us low on energy: I know it is not just me who feels we need to recuperate and re-energise!

In this week's Bible reflection Jacob too was facing challenges. Decades have passed, Jacob now has a large family and flocks of his own and yet he is nervous and unsure about the reception he will receive from his long-estranged brother as he returns home: will Esau still be angry and seeking revenge? Sending his family on ahead Jacob pauses to wrestle with God and with his own faith. The struggle leaves its mark on Jacob but he is not defeated, indeed he receives God's blessing.

Times of struggle are an inevitable part of the human experience and cannot be avoided. Some of the obstacles we face will happen whether we are ready or not. Other challenges may be put off, but whilst we avoid them they still manage to become weights we carry in the backs of our minds. Eventually we will face them and they may be painful but we will get through the challenges and come out the other side. Just as the short winter days are starting to lengthen, warmth will return to our part of the world and bulbs are already starting to open in our gardens so the seasons we go through in our lives of high and of low points will also pass.

'For as long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night will never cease.' (Genesis 8:22)

Perhaps this half term break will be an opportunity for us to pause from our daily work and to face some of the burdens or worries that have been weighing us down. Let us also take the opportunity to rest and to do some of those things which bring us joy and renewed energy and enthusiasm for that too is a blessing God offers us that in every way we might enjoy life in all its fullness. May you rest well!

