

ST REGIS ACADEMY

NEWSLETTER

28th February 2025



FLOURISH

MESSAGE FROM MR PARRY

It has been wonderful welcoming students back to school this week following our half-term break, and Monday's INSET day. The INSET day was hosted by Three Spires Trust and saw staff from all schools in the Trust meet together at our Headquarters in Stafford. The day gave staff the opportunity to reflect on the provision we give our students and how we can best shape the future curriculum to meet the needs of all young people within our care. The day started with an awe-inspiring performance from our very own St Regis gospel choir - 'M.O.R.E'. The choir were fantastic, and we are very excited to see what our gospel choir can go on to achieve.

This half-term marks the start of Lent as we journey towards Easter and also the start of Ramadan next week. We will be supporting all members of our school community during this time. As we move towards spring, we also have a wide range of educational experiences and learning opportunities for our students. This week we had Year 11 students on a field trip to Birmingham and Year 13 students at RAF Cosford. It was also wonderful to welcome Year 9 parents into school this week for a very important options evening.

Next week we have our 4th careers focus week of the academic year, with lots of great activities taking place. We also welcome Pep the Poet for a workshop with Year 7, look forward to World Book Day on Thursday and having our Post 16 sports academies' day on Friday.



**ST REGIS STARS
OF LAST WEEK!**

- YEAR 7** – Alfie M.
- YEAR 8** – Dilsaan S.
- YEAR 9** – Amanda N.
- YEAR 10** – Shriya P.
- YEAR 11** – Stacey M.
- YEAR 12** – Samriti C
- YEAR 13** – Stuart S.

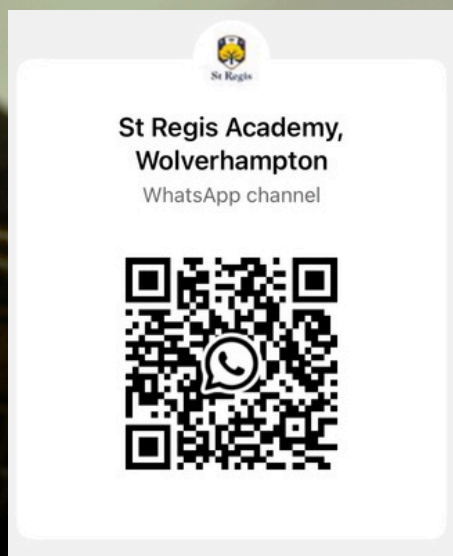


CHESTER – Amanda N.
LICHFIELD – Shawn O.
WORCESTER – Stacey M.
HOUSE OF THE WEEK
IS Lichfield!

CALLING ALL PARENTS!



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



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



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

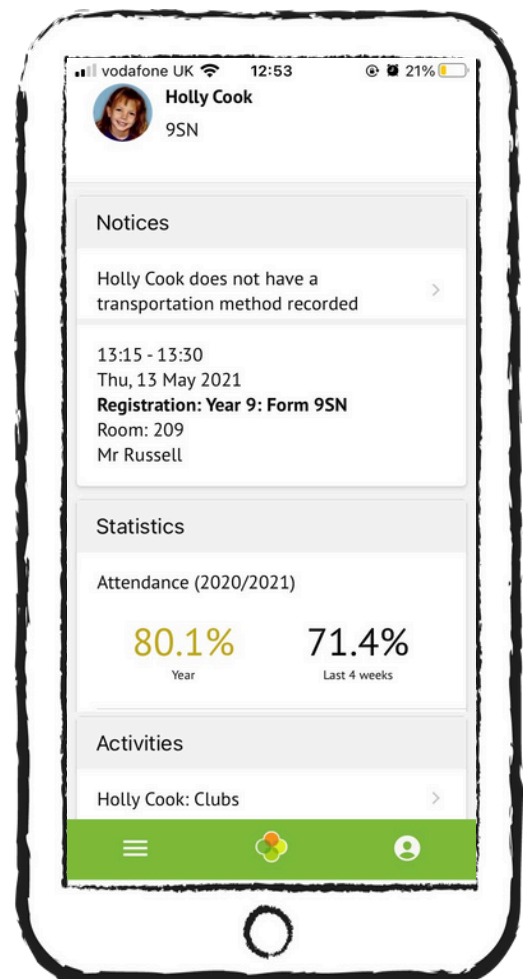
password link will have expired. Ask us to send it again.

- 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.



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...

Our final episode in our series on Jacob sees a reunion between Jacob and his long-estranged brother Esau. I imagine that both brothers must have been approaching one another with some trepidation since they parted decades before under a cloud of anger, injustice and hurt pride. But time has changed them both and as older and wiser men, with their own families and livestock, they are both seeking reconciliation. Jacob advances in a spirit of humility, sending ahead gifts to appease his brother and bowing down to the ground, but he also carefully arranges the servants and family accompanying him to protect those he loves most. We hear that Esau brings with him 400 men.

Restoration and reconciliation are an important part of our communal life here at St Regis where all that we do is built on positive relationships, mutual trust, respect and cooperation. We are human and we all manage to mess up those relationships at times, causing hurt and mistrust. How do we repair and rebuild our connections when that happens?

Like Jacob, we will enter into any process of reconciliation with a mixture of fear and of hope. If we are to achieve the peaceful and positive outcome we seek, then both parties will need to be willing to listen humbly and seek to understand the perspective and truth the other brings and this means making ourselves vulnerable. Not an easy process for those who have already been hurt and we have all experienced the challenges of forgiving and of asking for forgiveness. And yet, a quick glance at the news is all it takes to see what happens when that hurt and resentment is allowed to go on unhealed.

Our God is merciful and full of grace. His power lies in his willingness to make himself vulnerable and to put aside his own hurt in order to love the other. Jacob's trust and willingness to show humility were greeted with grace and love from Esau as the two met and embraced. As we seek to be agents of change in our communities and wider world let us be encouraged by this story and by the grace we are shown from God. I end with words from a famous hymn based on a prayer attributed to St Francis:

O Master, grant that I may never seek
so much to be consoled as to console,
to be understood as to understand,
and to love as to love with all my soul.

