

# ST REGIS ACADEMY

## NEWSLETTER

21st March 2025



FLOURISH

### MESSAGE FROM MR PARRY

We enjoyed a wonderful evening on Thursday welcoming our new Year 7 students into school with their families as they begin their journey to becoming St Regis students in September. We recognise that the transition from Year 6 can be a daunting prospect, so by inviting our next cohort into school to meet us at this early stage ensures we can be alongside them throughout the next few months. Last night, after the event, one parent posted this on social media:

☀️ Exciting Times Ahead! ☀️

Today, I had the pleasure of attending the Year 7 Open Day at St Regis Church of England School—my third visit since my children started their journey here. This time, I was there for my youngest child, who will be embarking on their Year 7 adventure come September.

The warm welcome from the school management was truly heartening. It's clear that St Regis is committed to ensuring each student feels valued and supported as they transition into this new phase of their education.

I'm looking forward to the transition day in July, where we'll get to meet more of the amazing staff and other families. It's reassuring to know that my child will be stepping into an environment that fosters academic excellence and personal growth.

Here's to new beginnings and the exciting journey ahead! 🇬🇧🇪🇺

I recently included in our newsletter information about plans to launch the very first St Regis Parent Teacher Association (PTA), also known as "Friends of St Regis". A PTA is a group of volunteer parents who work together with school staff to make their school a better environment for children to learn. The group is involved in organising a wide range of fun and creative initiatives to raise extra funds for the school and contributes to whole school community events. PTAs can massively improve the life of a school community, and positively influence the education system. A successful and supportive PTA contributes to improving the educational experience and future opportunities for all our children.

I am very pleased to say that Sonia Mann, our wonderful Parent Governor, has offered to lead the launch of our "Friends of St Regis" and any parent that is willing to volunteer some time to contribute, or would like some more information about what is involved, is invited to contact Sonia via email: [smann.governor@threespirestrust.org](mailto:smann.governor@threespirestrust.org)

Parent support is always very welcome. I look forward to seeing this exciting venture grow and develop in the coming months.



**ST REGIS STARS  
OF LAST WEEK!**

- YEAR 7** – Arya Q.
- YEAR 8** – Babban J.
- YEAR 9** – Katherine E.
- YEAR 10** – Shriya P.
- YEAR 11** – Mercy I.
- YEAR 12** – Noah I.
- YEAR 13** – Tumaini B

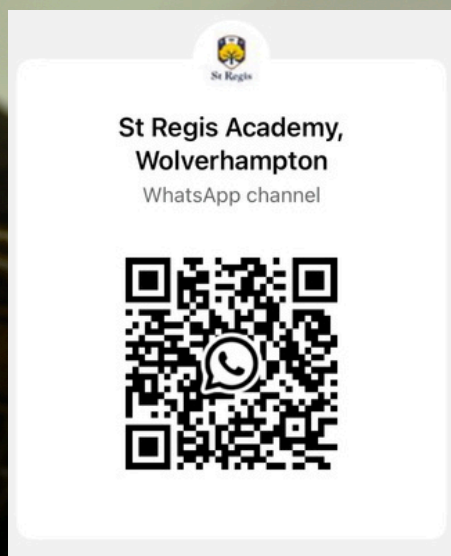


**CHESTER** – Arya Q.  
**LICHFIELD** – Abigail T.  
**WORCESTER** – Harrison H.  
**HOUSE OF THE WEEK  
IS CHESTER!**

**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.

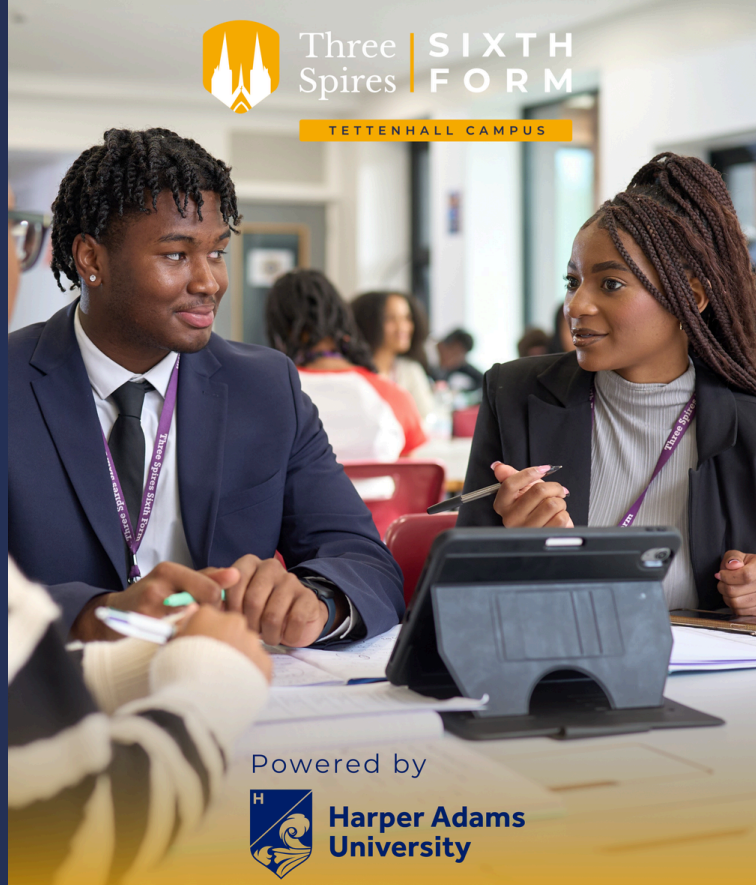
- 4.Ask the school office to check that your email address has not been used twice - e.g. on another guardian or child's profile.

**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.





## Three Spires Sixth Form Open Evening – Compton & Tettenhall Campuses


 Date: Thursday 27th March 2025

 Locations: Compton Campus & Tettenhall Campus


 Presentations (Compton): 4:15 pm & 4:45 pm

 Presentations (Tettenhall): 5:15 pm & 5:45 pm

Three Spires Sixth Form is built on collaboration, bringing together the strengths of Compton and Tettenhall Campuses to provide outstanding opportunities for our students. Whether you're considering A levels, enrichment activities, or specialist pathways, this is your chance to explore the wide-ranging experiences available across both sites.

 Buses will run between campuses throughout the evening, allowing you to discover the full scope of facilities and support available to students.

 Register here: [bit.ly/TSSFopen](https://bit.ly/TSSFopen)



Our newly established prayer team consists of members of staff and pupils from right across the school who are willing to offer prayer as a blessing to others. Our second cohort of students received training recently in good listening, safeguarding and offering prayer.



# Ramadan GRAB BAG

DURING THIS RAMADAN INNOVATE ARE OFFERING GRAB BAGS FOR YOU TO TAKE AND ENJOY AT HOME TO BREAK YOUR FAST

EACH GRAB BAG INCLUDES:

Dates

Apple &  
Mango  
Juice

Vegetable  
Samosa

AVAILABLE EVERY SCHOOL DAY  
FROM THE FIRST DAY OF  
RAMADAN UNTIL EID AL FITR  
COLLECT YOURS AFTER SCHOOL  
FROM THE RESTAURANT!

£ 2.60

\*All Grab Bags are available at  
the price of a free school meal

COMING UP... CELEBRATE EID AL FITR WITH US THIS MARCH!



# SPOTLIGHT ON SAFEGUARDING

Working together to keep our young people safe

Secondary | March 2025

Knife crime is a growing concern in many communities, affecting young people and their families. While most children will never become involved, it's important for parents to stay informed and engaged. Understanding the risks, recognising warning signs and having open conversations can help keep our children safe.

In this issue:  
Knife crime  
Sexism and misogyny

## The reality of knife crime

Knife crime is not just a problem in major cities; it can happen anywhere. Although most young people do not carry knives, those who do—whether for self-defence or due to peer pressure—significantly increase their risk of harm.

## What you can do as a parent:

- **listen without judgment** - children need to feel safe talking to you. Create an environment where they know they can share their worries without fear of punishment.
- **know who they're with** - peer pressure is one of the biggest influences on a child's decisions. Encourage positive friendships and stay aware of who they are spending time with.
- **check their belongings if you're worried** - if you suspect your child is carrying a knife, don't ignore your instincts. It is your right and responsibility to ensure their safety.
- **reach out for support**- if you are concerned, there are organisations that can help. Schools, local youth services and even the police can provide guidance and intervention before it's too late.

**CONVERSATIONS ABOUT KNIFE CRIME**  
These can feel difficult but the way you approach it makes all the difference. Here's how to start the conversation:

**MAKE IT NATURAL, NOT A 'BIG TALK'**  
Chat while doing everyday things like driving, shopping or washing up. Use news stories as conversation starters.

**BE HONEST ABOUT YOUR FEARS**  
Carrying a knife doesn't keep them safe, it puts them in more danger. Walking away isn't cowardly, it's smart. The risks? Injury, arrest or even losing their life.

**HELP THEM MAKE SAFE CHOICES**  
Talk about signs that a friend might be getting involved and how to say 'No' if someone asks them to hold a weapon.

**STICK TO THE FACTS**  
The law is clear: carrying a knife without a valid reason is illegal. They can be searched, arrested and face up to four years in prison, even if they haven't used it.

Early intervention can prevent a tragedy. Having regular, open conversations, and staying informed about the risks, can help keep your child safe.

Knife crime can impact any family, regardless of your identity or background.

Be vigilant for these warning signs:

- ✓ Unexplained cash or new possessions
- ✓ Secretive behaviour or sudden mood changes
- ✓ Avoiding school or staying out late
- ✓ Carrying a knife for 'protection' or because it was 'found.'



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

**Safeguarding against sexism and misogyny** Sexism and misogyny are increasingly present in online spaces, shaping how young people perceive gender roles and relationships. Social media, gaming and online influencers can promote harmful ideas that normalise disrespectful behaviour toward women and girls. These influences can impact how teens interact with peers, form relationships and view their own self-worth. As parents, understanding these issues is essential in helping young people develop respectful, healthy attitudes towards gender equality.

## Spotting the signs

Recognising early signs of exposure to sexist or misogynistic content can help parents intervene before these views take root.

What to look out for:



## How social media and gaming contribute

Many online spaces subtly (or overtly) reinforce sexist views. Here's how:

- **social media algorithms:** platforms like TikTok, YouTube and Instagram use algorithms that push extreme or controversial content, sometimes leading young people down a path of increasingly sexist narratives.
- **gaming culture:** online multiplayer games often contain toxic environments where sexist language and behaviours are normalised. Female gamers frequently report harassment, reinforcing a culture of exclusion and hostility.
- **influencer culture:** certain influencers cater to young male audiences by portraying women as inferior or by blaming feminism for societal problems, shaping how boys and young men perceive gender roles.
- **memes and dark humour:** sexist jokes and memes can desensitise young people, making them think these attitudes are harmless or just 'edgy humour.'

**What parents can do** Helping your child develop critical thinking skills and fostering open conversations can counteract harmful influences. Here's how:

### 1. Encourage open conversations

- Ask non-judgmental questions like: "What do you think about how women are portrayed in media?" or "Have you noticed any sexist comments in your online spaces?" Share real-world examples and encourage discussion.

### 2. Challenge harmful views

- If your child repeats a sexist stereotype, ask them where they heard it and gently challenge it with facts and different perspectives. Teach them to critically evaluate online content and question sources.

### 3. Be a role model

- Demonstrate respect and gender equality at home. Avoid reinforcing traditional gender roles and challenge stereotypes in everyday conversations.

### 4. Set digital boundaries

- Monitor your child's online activity.
- Encourage a balanced media diet, including positive representations of gender equality.
- Use parental controls where necessary but prioritise open dialogue over strict monitoring.

By staying informed and engaged, parents can play a crucial role in shaping their children's perspectives on gender and respect. Open discussions and guidance help young people develop the tools they need to navigate online influences and build respectful relationships in the real world.

# From the Chaplain...

On June 15th, 1996, in the midst of England hosting the European Football Championships, a 1500kg bomb was detonated near the Arndale shopping centre in Manchester injuring over 200 people and closing off the whole city centre. That same afternoon, not having yet heard the news, I left work in Leeds and took a bus to Manchester where I was planning to visit friends. I disembarked confused a mile south of the bus station when the driver stopped and told us he was not taking us any further. Almost immediately I was greeted by local people keen to help me find my way in the maze of closed off streets. In the midst of their own grief and shock at the tragedy which had hit their homes, local people had come out to offer kindness and to welcome visitors to their city. Similar stories of unexpected kindness in tough times can be heard about any number of disasters from the recent tragedies at Southport to the Second World War camps of Auschwitz and Birkenau and to simple acts of kindness shown to strangers and enemies in places of conflict today.

Our bible reading this week is set at a time when Jesus was experiencing a high level of threats to his life from Herod and the authorities in Jerusalem and yet he doesn't give in to fear; undeterred he continues his caring and healing work and he speaks with tenderness about the people of Jerusalem saying, "Jerusalem, Jerusalem, you who kill the prophets and stone those sent to you, how often I have longed to gather your children together, as a hen gathers her chicks under her wing."

According to the Mental Health Foundation, 'doing good and thinking of others does you good'. In response to research showing that helping others can be good for our own mental health, can reduce stress and improve our emotional and physical well-being they recommend we all embrace Random Acts of Kindness. It is certainly true that we feel good when we are able to make a difference to others and thinking of others can distract us from our own problems. In the face of more extreme and traumatic situations perhaps it is these very acts of kindness which reinforce our humanity: whatever else might be taken away from us, whatever else humans may suffer, we are always left with the choice to treat one another gently and with compassion.

Loving God,  
Help me to live your goodness and kindness each day.  
Remind me that my actions express who I am even more than my words.  
May I love as you love. Let me be good to those who wish me harm,  
forgive those who need forgiveness,  
and reach out in kindness to all I meet  
so they can experience the unconditional love of God. Amen

Prayer from Sisters of the Divine Saviour

