

ST REGIS ACADEMY

NEWSLETTER

4th April 2025



MESSAGE FROM MR PARRY

This week we have sent all parents some important safeguarding information, some of which has been created by the Wolverhampton police school partnership in response to the Netflix series, *Adolescence*. We are aware of the national response to this TV series and would be more than happy to discuss with parents any concerns they may have for their child regarding any of the issues covered in the program. As always, we are here to support our parents, students and families, so please contact us if you wish to discuss any concerns.

We have seen a fantastic response to the launch of our Arbor parent App and now have two-thirds of parents accessing this important system. Congratulations to the four parents that have won the prize draw by signing up for the App. Your prize voucher will be with you shortly, and we will have a second prize draw in the summer term, so encourage any parent that has not yet signed up for the App to do so.

We have had a fantastic week at St Regis as we move towards the end of the spring term. We welcomed sixty Year 4 students from our local junior school, Christ Church, to take part in some PE activities led by our Year 10 student sports leaders; on Tuesday we had a panel from Three Spires Trust conducting a 'Culture of Safeguarding' review of the school, which was really positive; and on Thursday we held a very successful Post 16 enterprise afternoon with our Year 12 students.

Next week we end the term with a rewards day and our termly school church services, which are always wonderful occasions in our calendar. We have sent all parents a letter this week with key dates and times for the end of term and for the summer term. Reminder to all parents that students are dismissed at 12:30pm on Friday 11th April and arrangements have been made with our bus services to accommodate this.



Mr Parry
Principal



**ST REGIS STARS
OF LAST WEEK!**

- YEAR 7** – Ayra Q.
- YEAR 8** – Vedant S.
- YEAR 9** – Amanda N.
- YEAR 10** – Precious A.
- YEAR 11** – Inioluwa B.
- YEAR 12** – Ismail K.
- YEAR 13** – Elkan N.



CHESTER – Ayra Q.
LICHFIELD – Jesse G.
WORCESTER – Vedant S.
**HOUSE OF THE WEEK
IS CHESTER!**



St Regis outdoor education is in full swing. Mr Green is testing out the pizza oven in the sunshine. Spring is definitely in the air!





Stepping Forward The careers Bulletin for St Regis Academy

Degree & Higher Apprenticeships:

- Nuclear Restoration Service. Degree Nuclear Engineer Apprenticeship Closing 25th April 2025
- Colas Rails Ltd. Degree Project Management Apprenticeship 2nd May 2025
- Hydrock Consultants Ltd Geo-Environment Degree Apprenticeship Closing 13th April 2025
- MAC Solutions. Marketing Assistant Degree level Apprenticeship Closing 18th April 2025

Advanced Apprenticeships:

- MITIE Group. Fire & Security Fence Installer. Advance Apprenticeship Closing 4th April 2025
- Truflo Air Movement Multi-Skilled Maintenance Adv Apprenticeship 4th April 2025
- Royal Mail Group. Heavy / Light Vehicle Service Technician Closing Date 30th April 2025
- Platform Property Care. Gas and Plumbing Apprenticeship 8th April 2025
- Guhring Ltd Design & Technical Engineering 24th April 2025

MGTS. Engineering Apprenticeships:

www.mgts.co.uk/apprenticeship

Make Uk. Engineering Apprenticeships:

www.makeuk.org/future-makers

For further information on these apprenticeships visit: www.findapprenticeship.service.gov.uk
and www.getmyfirstjob.co.uk

Other Useful Websites:

- www.nationalcareersservicedirect.gov.uk
- www.icould.com
- www.bfi.org.uk – British Film Industry runs a national programme offering hands-on filmmaking Apprenticeships
- www.findapprenticeship.service.gov.uk
- www.notgoingtouni.co.uk

Higher Education:

- www.ucas.com
- www.university.which.co.uk
- www.whatuni.com
- www.hecsu.ac.uk

Please speak to Mrs Thomas for further information.



Technology

CAP COLLECTION INITIATIVE

Stop! Don't throw away your plastic bottle and drink carton caps! We've got a plan to put them to good use!

**Reduce,
Reuse,
Recycle,
Repeat!**



**Look for
this
symbol**



St Regis CE Academy wants to give them new life by melting and remoulding them into new, long-lasting products such as drinks coasters, phone holders and more!

Drop off points:

- **Reception**
- **Canteen**
- **Technology Building**

Our initiative focuses on the importance of recycling HDPE bottle caps. These caps often end up in landfills, contributing to environmental pollution. By collecting and recycling them, we can reduce waste and promote sustainability. We encourage community participation to help gather caps and educate others about the benefits of recycling. Join us in making a positive impact on our environment through this simple yet effective action.

Together we can make a difference!



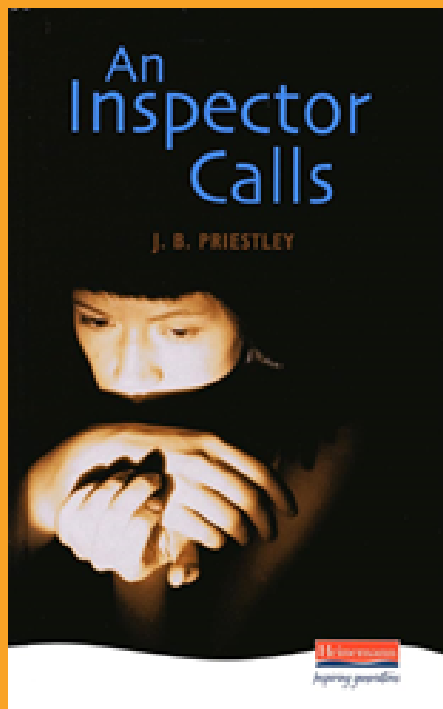
English

Many positive points have been awarded to students this week for their correct use of the word 'exemplified'. Next week's word is below and again, we'd love you to help by using this word at home to normalise this new vocabulary and encouraging your children to do the same!

The WoW for week beginning 7th April is:

SUSTAINABLE

Word Class	Adjective
Meaning	When something can be maintained or kept going
Examples of use	'This kind of pressure is not sustainable long-term.'
	'This argument is not sustainable in all countries.'
	'The quantity needs to be brought down to a more sustainable level.'
Synonyms	<ul style="list-style-type: none">• Continual• Viable• Continuous• Supportable• Feasible• Endurable



An Inspector Calls

All Year 11 students will have the amazing opportunity to watch a production of An Inspector Calls on Tuesday 8th April.

Katch 22 Theatre Company are coming to St Regis to perform an abridged version of the Priestley classic and then for a 20min Q&A session.

This will be a massive support to all Year 11 who have studied this play in preparation for their GCSE English Literature Paper 2 exam on 6th June.

Talking About Communication

at St Regis Church of England Academy



Expert trainers from Talk The Talk will be coming into school on Wednesday 9th and Thursday 10th April 2025 to work with students in Years 8 and 9.

The Talk About Communication workshop is an exciting and engaging master class developing speaking and listening skills within a creative learning environment. The workshop provides numerous speaking opportunities and students are coached and supported throughout the day to deliver a structured two minute presentation, on a topic for which they have a genuine passion, to their peers.

'We demonstrate that speaking out should be an experience that we CAN do – and one that is nowhere near as daunting as we might think. One of the keys to the success of the Talk The Talk programme is creating an environment of mutual respect with a supportive ethos so that when students stand up and voice their opinions, share their thoughts and present their ideas – their skills and confidence grow.'

Talk The Talk

Talk The Talk's mission is to develop students' oracy skills and their communication confidence to support positive interaction in all life situations and improved social outcomes.

Talk The Talk has trained over 115,000 students to be confident communicators across England and Wales since they began in 2013.

To learn more about Talk The Talk's work visit them at:

www.talkthetalkuk.org

See what teachers are [saying about us on twitter](#)

SPOTLIGHT ON SAFEGUARDING

WORKING TOGETHER TO KEEP OUR YOUNG PEOPLE SAFE



Secondary | April 2025

In this issue:

- The dangers of vaping
- Concerning dark material

What is vaping?

Vaping involves inhaling an aerosol (commonly known as vapour) produced by an electronic cigarette or vape device. These devices often contain nicotine, flavourings and other chemicals. Many vapes are marketed with appealing flavours, making them attractive to young people.

Vaping among young people, including those aged 11-16, has become a growing concern. While e-cigarettes were initially designed as an alternative for adult smokers, they have become increasingly popular among teenagers. The appeal of flavoured vapes, the influence of social media and peer pressure all contribute to this rise in use.

The risks of vaping for young people

- **Laced vapes:** some vapes have been found to contain illegal substances such as THC (the psychoactive component in cannabis) or synthetic drugs. These pose serious health risks, including severe anxiety, hallucinations, and hospitalisation. It is crucial to educate young people about the dangers of accepting vapes from others or purchasing them from unverified sources.
- **Nicotine addiction:** many vapes contain nicotine, which is highly addictive and can affect brain development in teenagers.
- **Health concerns:** research suggests vaping may cause respiratory issues and expose users to harmful chemicals.
- **Unknown long-term effects:** vaping is a relatively new trend, and scientists are still studying its long-term impact.
- **Illegal sales to under-18s:** it is illegal to sell vapes to anyone under 18, yet many young people still access them through social media, shops or peers.
- **Peer pressure and social media influence:** vaping is often glamorised online, leading to increased experimentation.

How can parents support their children?



If you need further advice and support, here are some helpful resources:

NHS Vaping Information: www.nhs.uk Action on Smoking and Health (ASH): www.ash.org.uk

SPOTLIGHT ON SAFEGUARDING

Protecting our children from harmful social media content In today's digital world, social media platforms play a huge role in shaping our children's lives. While these platforms offer entertainment and social connection, they can also expose young people to disturbing and dangerous content. One of the most alarming trends is the way algorithms push self-harm and suicide-related content to vulnerable users, often without them actively searching for it. As parents, it is crucial to understand these risks and take steps to protect our children. **How social media algorithms work** Social media platforms use complex algorithms to keep users engaged for as long as possible. These algorithms track a user's activity—what they watch, like and interact with—and then recommend similar content. Unfortunately, for children and teenagers who show any interest in mental health topics, this can lead to a harmful cycle where they are repeatedly exposed to content related to self-harm, suicide and other distressing themes. Research has shown that prolonged exposure to such content can increase anxiety, depression and even suicidal thoughts.

How parents can help

Protecting children from harmful online content requires a proactive approach. Here are some steps you can take:

- 01 Open conversations**
Encourage your children to discuss online content openly and assure them they can approach you if anything bothers them.
- 02 Monitor and set limits**
Use parental controls on social media to filter inappropriate content. Set screen time limits to avoid excessive use.
- 03 Encourage healthy digital habits**
Encourage your child to engage with positive online content while promoting offline activities.
- 04 Be aware of the platforms your child uses**
Stay informed about your child's app usage and research their safety features.
- 05 Seek help when needed**
If you suspect your child is struggling with mental health issues, seek professional help from a counsellor or therapist.

SPOTTING THE SIGNS

It is not always easy to know if your child is consuming harmful content but here are some warning signs to watch for:

- Sudden changes in mood, including increased sadness or withdrawal
- Increased secrecy about their online activity
- Expressing feelings of hopelessness or despair
- Talking about self-harm, suicide or excessive discussions about death
- Changes in sleeping or eating patterns.

@the_enlightened_parent

A balanced approach to technology

Social media should be used in a way that promotes well-being rather than harm. By staying informed, setting boundaries and fostering open communication parents can help their children navigate the digital world safely.

If you have concerns or need additional resources, do not hesitate to reach out to safeguarding or pastoral staff at school.

From the Chaplain...

“Love your enemies,” said Jesus in Matthew Chapter 5, “and do good to those who hate you.” Though the verse might be familiar to us now, it marked a radical new way of thinking and behaving to those who heard Jesus preach that day and I suspect that for most of us today this is a challenge that will take a lot more practice. Is it even possible to show this level of love and forgiveness?

As we read of Jesus’ arrest this week, we notice how Jesus lives out the values he has taught his followers. When Judas, one of Jesus’ closest friends, betrays Jesus to the temple guards with a kiss in return for 40 pieces of silver, Jesus speaks kindly to Judas. Perhaps he is aware how Judas will suffer as a result of his actions?

Peter draws his sword to defend Jesus and cuts off the ear of the High Priest’s servant, but Jesus heals the man who has come to arrest him.

Later from the cross, even at the point of death, Jesus will pray that God forgives those who have acted so cruelly towards him.

So is kindness towards those who hurt us a weakness or a strength?

If we listen to the news we cannot fail to hear world leaders talking of a need to retaliate, to ensure they are not taken advantage of and to redress the balance where they perceive injustices against the nation they represent. It would certainly seem that to them kindness is a weakness which is undesirable in a leader. Our Year 9 worship leaders answered differently however, saying there is power in the ability to show forgiveness and kindness to someone who has hurt you. And Martin Luther King Jr would have agreed with them, saying, “Love is the only thing that can turn an enemy into a friend.” There are many stories in the Bible where just such an act of kindness was indeed transformational, making a friend and ally for example of Saul (the persecutor of Jesus’ followers) or even of Naaman (leader of the Syrian army and captor of many Hebrew people).

But knowing the power of forgiveness and kindness does not make it any easier to act lovingly at the point where we are feeling hurt and indignant... so how can we put this into practice?

I would suggest the transformation of our own hearts begins with a prayer. As we come before God, who has shown us love and forgiveness on so many occasions, recognising that we ourselves are far from perfect, we might ask him to soften our hearts that we might desire the blessing of the other. Perhaps this change in our hearts and in the difficult relationship we have with the other is only possible with God’s help. It is amazing what he can achieve when we are willing to work with him and in the end, God desires the blessing and flourishing of us all.

