

ST REGIS ACADEMY

NEWSLETTER

11th April 2025



FLOURISH

MESSAGE FROM MR PARRY

It has been really great this week, marking the final week of the spring term with many wonderful events taking place in school.

Our end of term reward trip saw over 100 students go to the cinema to watch 'Minecraft' and a great time was had by all. Our church services have been taking place throughout the week with Three Spires Sixth on Wednesday and the rest of St Regis Academy on Thursday. We are very fortunate to be able to have these services at the beautiful St Michael's Church and the weather made it a very pleasant walk to and from the church services for our students and staff. Our church services are always made very special by the contributions of many students and this term we had students leading through: performance of our welcome music, reading prayers and readings (including the use of different languages such as Shona, Hindi and Yoruba) and some inspiring performances from our very own Gospel Choir "M.O.R.E".

As we come to the end of a very long spring term, we have the opportunity to pause, reflect and celebrate what a wonderful term it has been at St Regis and the many successes our students have had. A rest is very much deserved for all students and staff, and I wish all of our families a very happy and restful Easter break. I hope all of our students stay safe, have quality time with loved ones and return recharged in the summer term. This is particularly important for our Year 11 and Year 13 students as they continue with their final exam preparations. We recognise this is always a challenging time for these students but are confident we have done everything we can to best prepare them and we will continue to support them throughout the process.



Mr Parry
Principal



ST REGIS STARS OF LAST WEEK!

YEAR 7 – Teja M.

YEAR 8 – Ranvir S.

YEAR 9 – Akaljapsimar S.

YEAR 10 – Oseiwe O.

YEAR 11 – Inioluwa B.

YEAR 12 – Samriti C.

YEAR 13 – Seamus B.

CHESTER – Teja M.

LICHFIELD – Priyanshi S.

WORCESTER – Janelle O.

HOUSE OF THE WEEK

IS CHESTER!



Friends of St Regis



We are excited to announce the launch of our very first St Regis Parent Teacher Association (PTA), also known as "Friends of St Regis". This is an incredible opportunity for parents to get involved and make a lasting impact on our school community.

A PTA is a group of passionate volunteer parents who collaborate with school staff to create a better learning environment for our students. Through organising a variety of fun and creative initiatives, the PTA helps raise extra funds for the school and supports whole-school community events.

Why Join the PTA?

- **Enhance the School Environment:** Your involvement can help improve the school's facilities and resources.
- **Fundraise for Important Initiatives:** Support key programs that benefit all students.
- **Foster a Strong Community:** The PTA brings together parents, teachers, and students for shared success.

The positive influence of a PTA can have a tremendous impact on the educational experience and future opportunities for all our students. A thriving PTA can help make our school a more vibrant, engaging, and inclusive space for everyone.

Meet Our PTA Leader:

We are thrilled to have Sonia Mann, a dedicated parent governor on our Academy Committee, leading the launch of the PTA. Sonia will be working closely with other parent volunteers to ensure the success of this exciting new chapter.

Get Involved:

We invite any parent who is interested in joining the Friends of St Regis to reach out to Sonia directly at smann.governor@threespirestrust.org. Your involvement will be instrumental in shaping the future of our school and making a difference in our student's lives.

We look forward to holding our first Friends of St Regis meeting early in the summer term and hope to see many of you there!

Let's work together to create a positive and supportive environment for our students' to thrive!



SOW



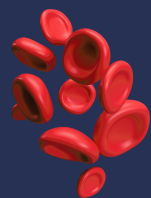
NURTURE



GROW



FLOURISH



Careers Visit to New Cross Hospital

Insight to medicine



On Thursday, seven of our Year 12 students went to the 'Making Medics Insight Day' at New Cross Hospital and what an amazing day it was!

The day included lots of information about the process of going into medicine, from sitting the University Clinical Aptitude Test (UCAT), which is the admissions test used by most medical and dental schools when students apply for a university place, to what their career progression could look like once they've completed their initial medical training.

Talks, and question and answer sessions were held with the Deputy Chief Medical Officer for The Royal Wolverhampton NHS Trust, Mr Ananth Viswanath; a Foundation Doctor, Dr Kiran Bhandal, who was able to share her experiences from 6th Form to her current rotations in her Foundation Programme as well as hearing from a Consultant Orthopaedic Surgeon, Mr Tony Marino.

Some of those who spoke said they knew they wanted to go into medicine but didn't know what area of medicine they wanted to specialise in, even when they had completed their degree, and it was only when they were doing their clinical rotations that they found an area and knew it was for them.

Mr Viswanath said he didn't want to do surgery, so his training took him along the physician route, and he specialises in Diabetes and Endocrinology, whilst Mr Marino said he knew he wanted to be more hands on and do surgery and, over time, he has honed his specialism in spine related conditions.

There was also a live video link to an operating theatre in the hospital during which students were able to speak to the staff in the theatre and see, in real time, an operation on a patient who'd had a fall and needed urgent corrective surgery on her hip.

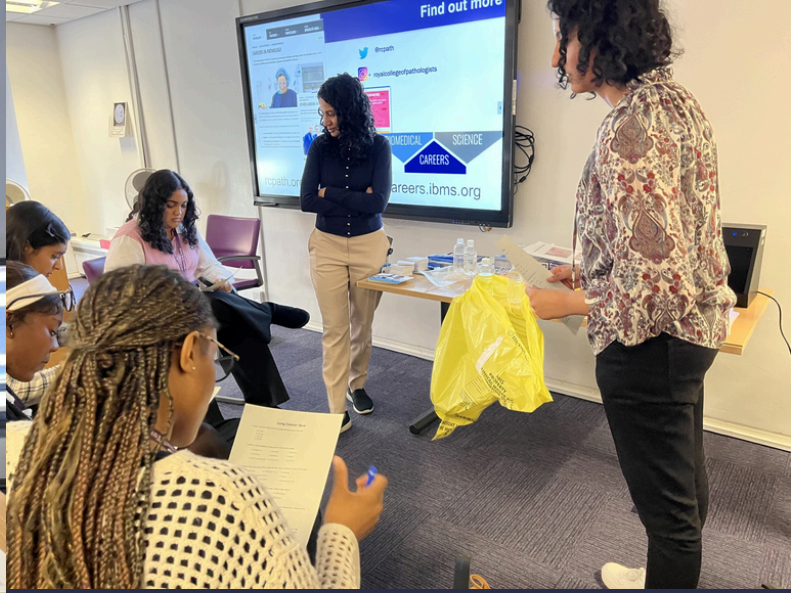
We were introduced to the staff in the operating theatre and told about their roles, from the anaesthetist to the radiographer, the consultant performing the surgery to the scrub nurse and her assistant. They also talked about the staff who were involved with the patient before they went from the ward for their surgery and those involved in their aftercare. Dozens of different staff with different expertise involved in the care of this one patient.

The students also participated in workshops relating to careers in several different areas of Pathology, and had the opportunity to go through a case study of a patient from when that patient arrived in the Emergency Department to their eventual discharge after surgery and other complex treatments several months later.

The day was packed full of information and our students asked lots of fascinating questions.

Every member of the hospital staff who spoke to the students during the day said that, whatever their role, they were part of a team and there was always support no matter what that role was or what level they were and that even though it is a long process, it is a fulfilling and rewarding career.





Careers Visit to New Cross Hospital Insight to medicine

Parents careers evaluation



Please scan the QR code or use the link below to provide feedback

<https://forms.office.com/e/rTBsm7hN7G>



Performing Arts



This week, the performing arts department took a group of Year 9 and 10 drama students to Wolverhampton Grand Theatre to watch 'Pig Heart Boy'.

The performance allowed them to see the novel, written by the multi award-winning writer **Malorie Blackman OBE**, brought to life in a brand-new adaptation by Winsome Pinnock, and directed by Tristan Fynn-Aiduenu.

This trip was offered to students currently taking or selecting the KS4 drama option. The students had a wonderful evening and loved the experience of watching this fantastic stage show, where they were able to watch how different lighting, visuals, music and audio can create different experiences for the audience.

All the students who attended represented St Regis really well and the audience certainly enjoyed hearing the students' reactions to the topics being covered during the play.



Our wonderful Easter service at St Michael's Church with our fabulous MORE gospel choir.





SALAD Day

On Tuesday, St Regis held its 4th SALAD Day: a day where all learning was driven and developed through spoken language, listening and discussion. It was lovely to walk around the school and see so many different activities taking place across subjects and great to see our students deepening their knowledge and understanding through oracy.



An Inspector Calls Performance



This week, we welcomed Katch 22 Theatre Company to the Academy to share an abridged performance of *An Inspector Calls* to support Year 11 students with revision for their upcoming Literature GCSE. The performance was thoroughly entertaining and thought-provoking; feedback from students shared how it had been really helpful and encouraged them to think about the play and characters differently. A great morning of live theatre!

Talk the Talk

On Wednesday and Thursday, Talk the Talk came into school to work with a selection of Year 8 and Year 9 students on 'Confident Communication for Life'. The day consisted of teamwork activities, games and strategies to encourage students to step out of their comfort zone in a safe environment. By the end of the day, each student delivered a short presentation on a topic of their choosing using the PEEEP framework. It was fantastic to see our students grow in confidence throughout the course of the day; the facilitator selected the following students as Oracy Champions for their excellent work:

**Chukwuka, Isis, Abigail, Lyba, Kardo
Morteza, George, Phoebe, Michelle, Carmen**

Well Done!



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!



MENTAL HEALTH YOUTH AMBASSADORS

Help us shape
our service

Share your
ideas



ARE YOU 12-18?

DO YOU WANT TO HELP MAKE A DIFFERENCE?

Come join us for our next meeting!

You can join for as long as you
would like

**MEETING
ON
TUESDAY
22ND APRIL
2025**

1PM - 3PM



There will be:

★ Crafts / art
activity

★ Snacks
available

The Gem Centre
Neachells Lane
Wolverhampton
WV11 3PG

For more information call:
01902 444021 or email
bchft.blackcountrycypf.coproduction@nhs.net

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...

As I write, Christians around the world are preparing to remember the final days of Jesus' life. On Sunday we will remember his entry into Jerusalem, riding on a young donkey to shouts of "Hosanna" he is welcomed with joy, excitement and much anticipation. Is he the one who will expel the Roman oppressors and restore Israel's privileged position as God's favoured people?

Next Thursday we will recall Jesus' last meal with his friends as they celebrate the feast of the Passover together. Washing his disciples' feet Jesus will demonstrate his humility and urge them to show the same love and care for one another. Then in a simple act of sharing bread and wine he will encourage them to remember him in their daily eating and drinking together.

On Friday we will tell of Jesus' trial; falsely accused and unjustly put to a horrific death, the very crowds who have cheered his arrival now baying for his blood. We will hear again his final words; words of compassion and forgiveness, of care for others even from this place of torture and darkness.

Since we will no longer be at school next week to tell the story, let us remember now that Jesus' death was not the end. As the sun rose on the third day we hear that some of the women among Jesus' followers got up early with spices for his body, as was their custom, but on arrival at the grave found his tomb empty. Confused and understandably anxious that the 'authorities' in fear of an uprising have removed Jesus' body, they run to tell Peter and John, who find the grave just as they have described.

With hindsight and the luxury of the gospels to refer to we might wonder at their confusion. We might wonder that they didn't realise sooner that this was what Jesus had been telling them all along. Perhaps it was their grief and their exhaustion which blinded them to the truth or perhaps it was their expectations which limited their understanding.

Throughout nature and life God has planted clues to his nature. In the flowers which die in the autumn and drop their seeds to the ground to lie dormant, but then spring up from the bare earth when the sun returns; in eggs which look at first sight like stones from which no living thing could possibly emerge; in the acts of kindness and generosity which bring hope and possibility into the darkest moments of human experience: our God is love which cannot be contained, which bursts full of life from the depths from the most hopeless situations and which defies all our expectations.

The desert will bloom with flowers.
It will be very glad and shout for joy.
Everyone will see the glory of the Lord.
They will see the beauty of our God.
from Isaiah 35

A Happy and Hope-filled Easter to you all!

