

ST REGIS ACADEMY

NEWSLETTER

9th May 2025



MESSAGE FROM MR PARRY

As we approach the exam season, next week marks the start of the main GCSE and A Level exams for our Year 11 and Year 13 students. We fully understand the challenges this time brings, but we are confident that our students have been thoroughly prepared. Their dedication and hard work throughout the year has been truly impressive. We will continue to offer support to both our students and their families during this critical period, and we wish every Year 11 and 13 student the very best of luck as they tackle the exams ahead.

This week has been action packed, despite the shorter four day week. Highlights have included a successful Year 7 parents' evening, a Year 10 visit to a university, a Year 9 trip to the West Midlands Police Open Day, VE Day celebrations and a Year 9 Duke of Edinburgh Award walk. Looking ahead to next week, our Year 7 students will enjoy a geography trip, and we'll be focusing on mental health awareness throughout the week, an important initiative as we continue to support our students in every aspect of their well-being.

We're also excited to announce our Summer Open Evening after the half term break. We look forward to welcoming many Year 5 students to our campus, offering them a chance to explore St Regis as they begin to consider their secondary school options. More details to follow on this exciting event!

Mr Parry
Principal

Join us at a St Regis Open Event!

Thursday 5th June 9.30am - 11am
Monday 9th June 9.30am - 11am
Wednesday 11th June 9.30am - 11am
& St Regis Summer Fayre on
Thursday 12th June 4pm - 6pm

Book now!



**ST REGIS STARS
OF LAST WEEK!**

- YEAR 7 – Alfie M.
- YEAR 8 – Bagzada J.
- YEAR 9 – Amanda N.
- YEAR 10 – Shriya P.
- YEAR 11 – Ayodele O.
- YEAR 12 – Samriti C.
- YEAR 13 – Seamus B.



CHESTER – Alfie M.
LICHFIELD – Ayodele O.
WORCESTER – Bagzada J.
**HOUSE OF THE WEEK
IS LICHFIELD!**



Welcome to St Regis, Bella & Trix!
**What a lovely addition to our
outdoor education area.**





St Regis Prom 2025

Wednesday 2nd July at Molineux Stadium

Tickets £35.00

Included in ticket cost: -

- DJ WITH BESPOKE PLAYLIST/DISCO
- RED CARPET ENTRANCE
- HOT BUFFET FOOD
- SWEET TREAT STAND
- DECORATIONS
- SECURITY
- DROP OFF ZONE FOR CARS



All ticket payments to be made via Parent Pay

Any issues with Parent Pay, please contact

admin@stregisacademy.org

Deadline to Purchase Tickets

Friday 30th May



UNDERSTANDING EMOJIS

What do these emojis really mean?

| Emoji | Meaning |
|-------|--|
| | Body parts, often sexual innuendo |
| | Sexual references |
| | 'Plug' or drug dealer |
| | Reference to being on drugs or emotionally numb |
| | Delivery, sometimes drugs |
| | Mischief or risky behaviour |
| | Lean or drug-laced drinks |
| | "Red Pill" ideology-part of online misogynistic group |
| | Drop the truth-sometimes linked to extremist or aggressive views |
| | Used to mock people who haven't woken up to Red Pill views |
| | Refers to the belief that 80% of women are only attracted to 20% of men - used to justify misogynistic beliefs |

⚠️ NOTE: THESE SYMBOLS ARE NOT INHERENTLY HARMFUL, BUT CONTEXT IS KEY. WHEN USED TOGETHER OR IN SPECIFIC COMMUNITIES, THEY CAN REFLECT EXPOSURE TO TOXIC OR EXTREMIST ONLINE CONTENT.

THE SYMBOLS MAY ALSO HAVE DIFFERENT MEANINGS DEPENDING ON AREA AND AGE OF CHILDREN.

Here are a few simple steps to support your child:

- ✔️ **Start conversations:** ask your child about how they use emojis and what they mean to them.
- ✔️ **Stay informed:** keep up with common digital slang and social trends.
- ✔️ **Check in regularly:** know what platforms your child uses and how they interact online.
- ✔️ **Create a safe space:** encourage your child to talk to you if they see or hear something concerning.
- ✔️ **Use monitoring tools where appropriate:** but always use these alongside open communication.

In this issue:

- The hidden meaning behind emojis
- 'Incel Culture'

In today's digital age, emojis have become a universal language, used across texts, social media and messaging apps. But did you know that some emojis don't always mean what they seem to mean?

With the recent release of Netflix's *Adolescence*, a mini-series exploring the digital lives of teenagers, the use of emojis in coded and sometimes concerning ways has been pushed into the spotlight. The series highlights how teens often communicate in ways that fly under the radar of adults, using innocent-looking symbols to convey deeper, and occasionally darker, meanings.

While most emojis are harmless and fun, a growing number of them are being used to communicate hidden messages—sometimes these are linked to bullying, inappropriate content or even illegal activity, such as drugs. That's why it's essential for parents to understand the double meanings behind some of these seemingly innocent icons.

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.

SPOTLIGHT ON SAFEGUARDING

Understanding and protecting your child from 'incel culture' online

In today's fast-paced digital world, children and young people are exposed to a wide range of ideas, communities and influencers online. While many of these can be positive, informative and empowering, others can be harmful, manipulative and rooted in toxic ideologies. One such concerning trend is 'incel culture.'

'Incel' stands for 'involuntary celibate.' It refers to an online community, made up mostly of men, who express extreme resentment, frustration or hatred toward women, as well as towards other men they perceive as more successful, socially or romantically.

Over time, this culture has grown to include misogynistic content, glorification of violence and deeply harmful worldviews. Some of its narratives promote hopelessness, anti-social behaviour and, in rare but worrying cases, extremist ideologies.

How might your child encounter this online?

'Incel' content can appear in many forms and platforms:

- **Social media platforms** like TikTok, Instagram, YouTube and Reddit.
- **Gaming communities** including Discord servers and Twitch.
- **'Advice' or 'self-improvement'** videos that begin with seemingly harmless content about fitness, dating or confidence, but slowly introduce harmful narratives.
- **Algorithm-driven suggestions** – once a user interacts with a few videos or posts, platforms may begin to recommend similar or more extreme content.

This can create what's called a 'content spiral', where the algorithm shows more and more intense material, pushing users deeper into a particular worldview, often without them even realising.

How can you support your child?

1. Start with open conversations

Ask questions such as:
"What videos or accounts do you follow?"
"Have you seen anything online that felt extreme or uncomfortable?"

3. Explain how algorithms work

- Algorithms aim to keep viewers engaged rather than ensure accuracy.
- One click can trigger a series of increasingly extreme content.

5. Lead by example

Be conscious of your own online habits, the influencers you support and the way you talk about others, especially in front of your children.



2. Teach critical thinking

Help them develop the skills to question what they see:
"Who made this content, and why?"
"Is this opinion balanced or is it trying to provoke a reaction?"

4. Use parental controls

Tools such as YouTube's Restricted Mode, TikTok's Family Pairing and time-limiting apps help monitor your child's digital activities without being intrusive.

From the Chaplain...

I remember being thirteen years old and I hadn't done my RE homework. This was unusual for me; though not a particularly well-organised teenager I minded the consequences and the strictness of the teacher enough to generally hand in my work on time. But on this occasion, I had run out of time, and I spent the day worrying about what I was going to say and what the results would be. Amazingly, when I turned up to the lesson I found out that the teacher was away... so I needn't have worried.

Yesterday after school I met a student who had the weight of the world on his shoulders. Through a series of shrugs and one-word answers I established that he had lost his PE kit 'yet again' and he clearly anticipated serious consequences when he got home. We established that it might be in the Spanish classroom, but the room was locked, and the boy seemed unable to imagine any sort of positive outcome. Thirty seconds later when we found the lost bag in the room he had suggested, a smile broke out and his whole demeanour was transformed.

These are relatively trivial examples, but the effect of not being able to see a positive outcome to your situation can become an impossible barrier to joy, hope and ultimately to our flourishing.

For Joshua, ancient military leader, the barrier was all too real. God had promised his people would enter the city of Jericho but on arrival they found it heavily guarded and surrounded by an impenetrable wall. Confronted with this impossible situation Joshua stuck faithfully to the plan God had shared with him; though he couldn't see how it might work, he encouraged his men to march round the city walls on a daily basis. On the seventh day, despite not yet seeing any progress, they would shout out and blow their trumpets in assurance of the victory to come... and indeed, when they did so, the walls crumbled.

Again and again through the bible we are told not to worry and not to be anxious, but to trust in God's plan and in his desire to bless us. Whether you believe in the power of a positive mind-set or whether you believe in the power of God to break down barriers and do the impossible in our lives, not allowing our worries to hold us back but trusting that hope is possible seems like a good place to start!

Dear Lord,

I turn to you to ask for your help. I give you my worry, knowing that your hands are big enough to hold it. I accept your peace, love, and understanding. Help me to start trusting that even where I can't see a way forwards, you have a plan to bless me. Help me to wait on your answers, because I know that they are good. Amen.

