

# ST REGIS ACADEMY

## NEWSLETTER

16th May 2025



FLOURISH

### MESSAGE FROM MR PARRY

This week we had the exciting opportunity to host the first meeting of our brand new Parent Teacher Association (PTA) - "Friends of St Regis". Our wonderful parent governor, Sonia Mann, met with a number of parents that have volunteered to form our first PTA group. The members were joined by our Chair of Governors, Dr Terry, and our Assistant Principal for Personal Development, Mrs Rowley. The group discussed our upcoming Summer Open Event on Thursday 12th June. This is a wonderful development for our school, and we look forward to seeing the positive contribution that our parents can make in the future. Thank you to the parents who have volunteered to be involved.

This week we also enjoyed taking the students in Year 7 offsite for a geography field trip in our beautiful village of Tettenhall. In addition to students and staff, our very own Orla (therapy dog) accompanied the trip to oversee proceedings! The students had a wonderful time, and we are very fortunate to have such a wonderful village on our doorstep for our students to experience as part of their learning.

Remarkably, next week is our final week of a very short summer half term! We look forward to welcoming some West Park Year 5 students and parents on site for some workshops and have some Year 9 students attending an NHS careers event. We will also be supporting our Year 11 and 13 students through the exam season, which is now in full swing. We recognise this is always a challenging time for these students, but we are confident we have done everything we can to best prepare them. I have been very impressed with the hard work they have put into their studies and will continue to support our students and their families throughout the ongoing process and wish every Year 11 and 13 the very best of luck for the remaining weeks.



Mr Parry  
Principal



**ST REGIS STARS  
OF LAST WEEK!**

**CHESTER** - Isis G.  
**LICHFIELD** - Zakai M-S.  
**WORCESTER** - Ivy C.  
**HOUSE OF THE WEEK  
IS LICHFIELD!**

**YEAR 7** - Janelle O.  
**YEAR 8** - Zakai M-S.  
**YEAR 9** - Shawn O.  
**YEAR 10** - Darasimi O.  
**YEAR 11** - Sarah K.  
**YEAR 12** - Success A.  
**YEAR 13** - Dilpreet K.



# Join us at a St Regis Open Event!

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

Book now!



The WoW for week beginning 19th May is:

## REJUVENATE

<b>Word Class</b>	<b>Verb</b>
<b>Meaning</b>	To give new life and/or energy to something
<b>Examples of use</b>	The sunshine may be just what it takes to rejuvenate us all!
	Sleep gives us the opportunity to rejuvenate our bodies.
	We are focusing on rejuvenating the use of vocabulary across the Academy.
<b>Synonyms</b>	<ul style="list-style-type: none"> <li>• Restore</li> <li>• Revive</li> <li>• Refresh</li> <li>• Renew</li> <li>• Revitalise</li> <li>• replenish</li> </ul>



# Mental Health Awareness week



This year the focus has been about coming together for mental health through communities.

We are so proud of the community we have built at St Regis and we couldn't do this without our fabulous staff!

## From a knitting stitch to a football pitch...

dog walks to weekly talks, cricket bats to casual chats, from a team score to opening new doors.

Let's celebrate our communities this Mental Health Awareness Week.



## Showing kindness benefits both you and your community.

Let's celebrate kind communities this Mental Health Awareness Week



People who are more socially connected to family, friends, or their community are happier, physically healthier, and live longer.

We all need community. What's yours?



St Regis staff Wearing green to show support for Mental Health Awareness Week.



Being part of a positive community is good for mental health and wellbeing





# St Regis Prom 2025

Wednesday 2<sup>nd</sup> 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](mailto:admin@stregisacademy.org)

Deadline to Purchase Tickets

Friday 30<sup>th</sup> May

REFLEXIONS & POWEREDBYCAN

# CREATIVE EVENT



COME AND JOIN REFLEXIONS/ROUTES AND ARTISTS FROM  
POWEREDBYCAN WHO ARE HOLDING A CREATIVE EVENT FOR  
YOUNG PEOPLE AGES 12-19 IN THE BLACK COUNTRY!

## ACTIVITIES ON OFFER



- Music Writing
- Jewellery Making
- Creative Writing
- Music Production
- Street Art
- Sculpting



FOR ADDITIONAL INFORMATION OR BRIEF SIGN UP FORM TO  
REGISTER YOUR ATTENDANCE FOR THIS EVENT, PLEASE EMAIL

[BCHFT.REFLEXIONS@NHS.NET](mailto:BCHFT.REFLEXIONS@NHS.NET)

DATE & TIME:

**29TH MAY 2025**

START FROM 1 PM - 6:30 PM  
AT MERRY HILL SHOPPING CENTRE  
- (BY THE BIG NEXT)

BCHFT Reflexions

[bchft\\_reflexions](#)



<https://www.blackcountryhealthcare.nhs.uk/our-services/reflexions>

AGES

**12-19**

# Low Mood WEBINARS!

Join Reflexions online free webinars to learn more about low mood and how to recognise the symptoms in yourself or your child!

**Tuesday 27th May**

**Low Mood - Children 11+**

**10:00am - 11:00am**

**Via MS Teams**

**Wednesday 28th May**

**Recognising low mood in your child**

**10:00am - 11:00am**

**Via MS Teams**



**Recognising low mood in your child**

**3:00pm - 4:00pm**

**Via MS Teams**

**Low Mood - Children 11+**

**3:00pm - 4:00pm**

**Via MS Teams**



## Aims of the sessions

- To recognise what low mood symptoms look like.
- To recognise when someone/child is feeling low in mood.
- To learn strategies to help you to manage/support symptoms related to low mood.

For additional information or brief sign up form to register your attendance for these events, please email

**[bchft.reflexions@nhs.net](mailto:bchft.reflexions@nhs.net)**



## 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](mailto: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...

In the eighth century BC a young man, probably of noble descent, had a vision in which he found himself in God's presence. God was seated upon his throne and yet all that Isaiah could see was the very hem of God's robes, which filled the whole temple. Immediately Isaiah became aware of his own unworthiness and sinfulness.

We might not have shared exactly the same experience of meeting with God but many of us have felt awe at the size and magnificence when contemplating either of the Divine Creator or God's creation itself... perhaps it was when staring out to sea or maybe when contemplating the stars on a particularly clear night. Like Isaiah, the sheer scale and wonder we were faced with might have left us feeling insignificant and worthless. What difference can we make, small and frail as we are?

In the purifying of precious metals, heat is used to burn away impurities which would weaken or spoil the quality of the costly substance. In Isaiah's vision, a hot coal was held to his lips to purify him from the harmful words which he had uttered and to leave him ready to face the tasks ahead; in Isaiah's case the proclamation of messages from God. We have been considering this week how God has prepared us for the challenges ahead.

So what are the barriers to our own flourishing and living up to our calling as children of God? Perhaps one of the most common barriers is a deep fear and sense of unworthiness: whether that presents as self-doubt, reluctance to participate, social isolation or harmful and divisive attitudes which stem from a perceived need for self-protection but might manifest themselves as rejection or hatred of the other. This fear of failure, fear of being judged or attacked, fear of change or the loss of control can be contagious and can affect our relationships, personal success and the wider economic success and cohesion of whole communities. But with what can we combat it? Where is the burning coal which will burn the fear out of our hearts and leave us pure and confident, resilient and ready to flourish no matter what?

It may seem simplistic and naïve, but I do believe that at least part of the solution is love. If we were only aware of just how much we are cherished by the Divine One; if only we could tap into that grace and love that God longs to pour into our lives; if only we could know and accept God's love which not only makes us right with God but which also drives out all fear... imagine the transformation in our lives, in our relationships, in our communities, in our politics and in our world. Imagine the wholeness and the peace we would enjoy as we flourished together.

