

ST REGIS ACADEMY

NEWSLETTER

23rd May 2025



SOW



NURTURE



GROW



FLOURISH

MESSAGE FROM MR PARRY

Whilst it has been one of the shortest half terms we've ever had here at St Regis, we have certainly packed a lot into the past four weeks!

We have enjoyed a period of sustained beautiful weather and have provided our students with a wide range of experiences and opportunities in and outside the classroom. This includes: another careers focused week; the start of our tennis coaching sessions; our wonderful Culture Day; Duke of Edinburgh expedition preparations; Year 9 students attending a police open day event; Year 10 students visiting the University of Wolverhampton; VE Day celebrations; Year 7 students visiting Tettenhall on a geography field trip; Year 7 and 8 bikeability course; Year 9 students visiting a NHS careers day, in addition to our normal parents evening and of course Year 11 and 13 exams starting!

The next half term promises to be another successful and exciting period with lots of opportunities and experiences planned for students to look forward to: St Regis summer open event (12th June), St Regis Day (16th June) and St Regis Awards Evening (18th June) to name just a few events that are in addition to Year 7 induction events; a host of trips and visits; residential visits; Year 11 prom; our end of year rewards; school church services and our end of year school show.

Reminder also that after half term, students will be provided with school footballs and basketballs to use, and will no longer be permitted to bring their own ball into school for any reason.

I hope all of our staff, students and St Regis families have a wonderful half term break. Keep safe, recharge and refresh.

We look forward to welcoming all of our students back to school on Monday 2nd June at normal time.



Mr Parry
Principal



ST REGIS STARS OF LAST WEEK!

CHESTER - Gracious G.
LICHFIELD - Zakai M-S.
WORCESTER - Vedant S.
HOUSE OF THE WEEK
IS LICHFIELD!

YEAR 7 - Janelle O.
YEAR 8 - Zakai M-S.
YEAR 9 - Amanda N.
YEAR 10 - Darasimi O.
YEAR 11 - Mercy I.
YEAR 12 - Poorva K.
YEAR 13 -



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 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

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

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



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

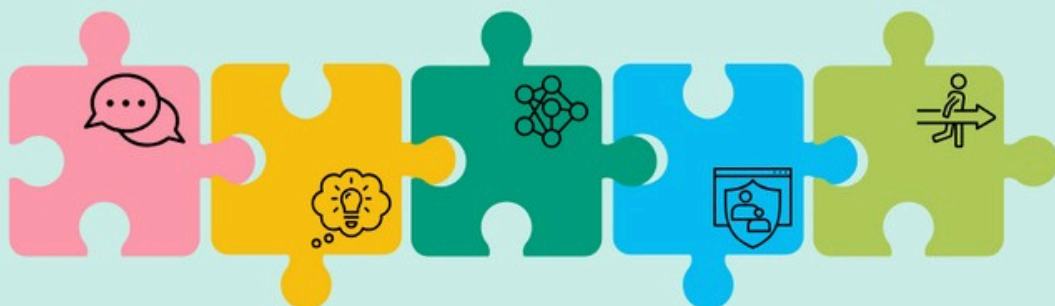
Ask questions such as:
"What videos or accounts do you follow?"
"Have you seen anything online that felt extreme or uncomfortable?"

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...

One of the ancient names for God, 'Jehovah Jireh', means the Lord will provide. And certainly ancient people relying on the seasons and the fruit of the land for their survival would have been very aware of God's providence. This concept of God providing food for us is evident from the very first chapter of the Bible when God said, "Look! I have given you every seed-bearing plant throughout the earth and all the fruit trees for your food." (Gen 1:29) Throughout the Old and New Testaments we are aware of various feeding miracles, not least the story we are hearing in school this week where during a prolonged drought God led the prophet Elijah to safety by the brook of Cherith. 'So Elijah did as the Lord told him and camped beside the brook of Cherith. The ravens brought him bread and meat each morning and evening, and he drank from the brook.' (1 Kings 17:5-6)

A few years ago I was given a book called 'Foraging' and I have since spent many a summer day tasting the wildflowers in my garden or seeking out ripe damsons and greengages down the lane. On the whole though, it is safe to say that we in our modern lives are a lot less connected to the seasons than past generations. In fact it is only when a crisis occurs, a war, climate crisis or a rapid reduction in the number of bees, that we start to take a more lively interest in the availability of the foods we have come to rely on. But it is not only food which is necessary for our flourishing and it is not only our physical well-being which is of interest to God.

Last week was Mental Health Awareness week and it strikes me that this week, as we ask one another how God has provided for us and whether our needs have ever been met by an animal, that this is a good time to celebrate our school dog mentors. Alongside a very caring human pastoral team, Brian and Orla are a much loved and valued addition to our school family... unconditionally communicating joy, fun and affection to those who need it regardless of age or language. This month our animal support team has been added to as we have welcomed two rabbits among us and of course we also benefit from a wonderful outside space where birds sing, insects buzz, trees wave their branches and our students can build shelters, grow, cook and build deeper relationships with nature and with one another. God truly is providing for all manner of our needs.

God our provider,
As we step back from our work and take a holiday
we think back over the many ways you have provided for us these past weeks,
meeting our physical needs but also our needs for love, support and peace of heart.
We thank you for the way you have reached out to us through other people,
through our pets and loved ones, through the arts, our thinking and our activity
and even through creation itself.
Help us to accept as a gift the rest you offer us this week
and to trust in your ongoing generosity and love. Amen

