

# ST REGIS ACADEMY

## NEWSLETTER

6<sup>th</sup> June 2025



**SOW**



**NURTURE**



**GROW**



**FLOURISH**

### MESSAGE FROM MR PARRY

It has been wonderful welcoming students back to St Regis this week following the half-term break, and we start a very busy second half of the summer term. There is a lot to look forward to this half-term, including: St Regis Day (16th June); our Awards Evening (18th June); Year 11 prom; end-of-term rewards; school church services and our end-of-year school show.

Next week (12th June) we host our first summer open event / summer fayre, and we are very excited about what should be a wonderful occasion. We look forward to welcoming local families and prospective Year 5 students to see our fantastic school site. We have been particularly supported by our very own Friends of St Regis, the school's first PTA.

Next week we also welcome our governors to school for our summer term Academy Committee Meeting. We have recently had a vacancy become available for a parent governor and will be sending all parents some correspondence soon for anyone who is interested in becoming more involved with the governance of St Regis.

Finally, I would like to wish Eid Mubarak to any of our students and families celebrating a happy and blessed Eid al-Adha.



Mr Parry  
Principal

Notice!

2025/26 Term dates  
are now on our website



**ST REGIS STARS  
OF LAST WEEK!**

**YEAR 7** – Priyanshi S.  
**YEAR 8** – Vedant S.  
**YEAR 9** – Amanda N.  
**YEAR 10** – Shriya P.  
**YEAR 11** – Gaurav K.

**CHESTER** – Amanda N.  
**LICHFIELD** – Priyanshi S.  
**WORCESTER** – Shriya P.  
**HOUSE OF THE WEEK  
IS WORCESTER!**



# 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 issue of pornography

In today's digital world, children and young people are increasingly exposed to online content that may not be age-appropriate—pornography being one of the most concerning.

As part of our commitment to safeguarding and supporting the wellbeing of our young people, we want to help parents and carers understand the risks and how you can protect and support your child.

### Why is this important?

Children can come across pornography accidentally, through pop-ups, social media or even on mainstream websites. Others may seek it out due to curiosity or peer pressure.

### Early exposure can have serious impacts:

- **unrealistic expectations:** pornography often presents unhealthy and unrealistic portrayals of relationships, consent and bodies.
- **mental health concerns:** it can lead to confusion, anxiety, shame or compulsive behaviours.
- **impact on relationships:** it may affect how young people view intimacy and gender roles.
- **addiction risk:** repeated exposure can become compulsive, impacting learning, relationships and self-esteem.

### What if my child has seen pornography?

- **Stay calm:** reacting with anger or shame can close down communication.
- **Ask open questions:** "What did you see?" or "How did it make you feel?"
- **Reassure:** let them know they're not in trouble and you're there to support them.
- **Guide and educate:** use the moment to teach them about healthy relationships, respect and safe online use.

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In this issue:

- Pornography
- Sleepover safety

## HOW CAN PARENTS AND CARERS SAFEGUARD THEIR CHILD FROM PORNOGRAPHY?

### Have open conversations

Talk to your child about healthy relationships, consent and online safety. Create a safe space where they feel able to ask questions.



### Use parental controls



Install filters and use built-in controls on devices, browsers and apps to block inappropriate content. Regularly review these settings.

### Educate on media literacy

Teach your child to think critically about what they see online. Help them understand the difference between real relationships and harmful portrayals.



### Be present online

Know which apps, websites and games your child is using. Use them together when possible, and model healthy digital behaviour.



### Encourage balance

Support offline interests—sports, arts, reading—to reduce screen dependency.



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

## Sleepover safety

As children grow into teenagers, social independence becomes increasingly important. Sleepovers can be a fun and positive part of adolescence, helping to build friendships and social skills. However, it's also important to consider safety, boundaries and communication—especially as children begin to stay overnight in other households.

## Why sleepover safety matters

While most sleepovers happen safe and well, there are potential risks to be aware of:

- lack of supervision or unknown adults present
- exposure to inappropriate content or behaviour (e.g. alcohol, pornography, vaping)
- peer pressure or unsafe dares/challenges
- online risks if phones/devices are used without supervision
- emotional safety: conflicts or exclusion among peers.

## KEY QUESTIONS TO CONSIDER BEFORE SAYING YES

BEFORE AGREEING TO A SLEEPOVER, IT'S IMPORTANT TO ASK THE OTHER PARENTS THESE QUESTIONS:

### ✓ WHO WILL BE SUPERVISING?

Will an adult be present all night?

### ✓ WHO ELSE IS ATTENDING?

Will boys and girls be mixed? Are older teens involved? Will there be other visiting adults?

### ✓ WHAT ARE THE RULES IN THE HOUSEHOLD?

E.g. device use, curfews, sleeping arrangements.

### ✓ HOW CAN YOUR CHILD CONTACT YOU?

If they don't have their own phone, are they able to contact you at any point in the evening?

## 5 TIPS TO KEEP YOUR CHILD SAFE AT A SLEEPOVER



### Have a clear conversation

Talk to your child beforehand about expectations and how to handle uncomfortable situations. Reassure them that they can always contact you.

### Set boundaries around devices:

Discuss appropriate phone or internet use. Encourage your child to avoid sharing photos or videos during sleepovers.



### Stay informed



Connect with the host parent to confirm plans and supervision. This is important for your child's safety.

### Consider a check-in with your child

A call to your child during the evening can reassure both of you.



### Have a 'Plan B'

Make sure your child knows they can contact you to come home, even late at night, and that you'll support them if they are ever uncomfortable.

The Enlightened Parent

**Remember:** It's absolutely acceptable to say "no" or "not yet" if you're not comfortable.

Sleepovers can be a positive experience—but only when your child's safety, comfort and your peace of mind are protected.

# From the Chaplain...

*I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust." (Psalm 91)*

Our Bible story this week illustrates 'God our Protector' and tells of the faithful Daniel, who despite being forced to live abroad in a foreign culture and to serve a foreign king, nevertheless remains faithful to his God, the God of Israel and Judah. As he works hard for his master the king he is promoted to a position of authority provoking jealousy among local dignitaries who then plot against him. So it is that Daniel finds himself thrown into a den of hungry lions for the night. According to the story God rewards Daniel's faith by sending angels to close the mouths of the lions and to keep him safe.

I have to admit, the story causes me no little discomfort. If it is the nature of our God to protect from any harm all those who are righteous and faithful to him, how do we explain the extreme suffering of good and innocent people around the world? It feels inadequate to simply say that 'God works in mysterious ways' and yet the unfairness of life can be for some a huge barrier to faith in a loving God.

I am not of the mind that God causes the evil in the world or that disaster is some form of divine retribution or punishment for sins committed. And yet I cannot deny that the loving God I believe in seems to allow suffering. Perhaps the best I can offer for now is the belief that God is with us and has walked alongside us on human feet, that he will squeeze blessings out of any situation, no matter how hopeless and that God, desiring our blessing, is working to put all things right in the end.

*They will be his people, and God himself will be with them and be their God. 'He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away. (Revelation 21)*

I am also a firm believer that the way that God chooses to work for our blessings and our well-being is through us. Rather than a mighty God sitting on a distant throne and causing things to happen his way, ours is a God who chooses to work with us and through us in the world. As we heard in our house worship this week, God chooses to involve us, through the transforming power of God's Holy Spirit in our hearts and lives, in the protection of one another and of creation.

*The fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. (Galatians 5)*

Let us watch over one another with compassion and integrity, seeking the well-being of those we live and work alongside and having the courage to speak up and to make changes where justice is lacking. Amen

