

# ST REGIS ACADEMY

## NEWSLETTER

4<sup>th</sup> July 2025



**FLOURISH**

### MESSAGE FROM MR PARRY

It has been a very enjoyable week here at St Regis as we approach the end of the summer term.

We continue to see our students enjoy the various planned visits arranged, and I understand that Year 9 particularly enjoyed their visit to Jaguar Land Rover this week.

On Tuesday, we held our Year 13 leavers' assembly and would like to wish all of our students the best of luck for their future.

Wednesday evening was the Year 11 Prom. It was amazing to see so many of our hardworking students enjoying this celebration, many of whom we look forward to welcoming back in September for Year 12.

This week, we also welcomed our new Year 7 students for their induction days. It was lovely to see so many happy and excited faces, and some of the comments received from them are fantastic to read.

- St Regis was great. We got to learn different subjects and I wish I was already here!
- The 3 days at St Regis were excellent. I met so many new people.
- I really enjoyed it at my new school and I like all the teachers. Thank you for teaching me.
- I have had so much fun. I'm excited to join in September.
- I have made new friends already.
- I have had an amazing time at St Regis and can't wait to go there in September!
- St Regis was actually so much fun and is so big. I want to be here forever. Best school ever!

We look forward to seeing you all again in September!



**Mr Parry**  
Principal



# ST REGIS STARS OF LAST WEEK!

**YEAR 7** – Priyanshi S.  
**YEAR 8** – Dilshaan S.  
**YEAR 9** – Shawn O.  
**YEAR 10** – Shriya P.

**CHESTER** – Bethiah S.  
**LICHFIELD** – Priyanshi S.  
**WORCESTER** – Dilsaan S.  
**HOUSE OF THE WEEK  
IS LICHFIELD!**



Last week, we took eight Sixth Form Cricket Academy students to watch the first ever Disability Cricket international fixture to be played at the home of Cricket, Lords. A really powerful and fascinating day of high quality sport was witnessed, along with strong links to the city of Wolverhampton and the forward thinking of the city's people! A very proud day for Mr Askin!



### U13's Staffs Cricket Tournament

We also saw ten of our Year 7 and 8 students participate in their first cricket tournament last week. Across the course of the day, the group really improved and impressed by increasing the number of runs scored and wickets taken in each game! What impressed Miss Key and Mr Askin most was just how much the team respected each other, worked together and showed resilience throughout the day!





Year 9 were privileged to receive a talk from The ASK programme - WorkPays.

The speaker, Dan, spoke to students about available apprenticeships in various industries.

The students were very engaged and left our presenter astonished at their participation and by how many students had an idea of their career passions!

Well done Year 9!



## Sponsorship Opportunity!

We are looking for a sponsor for our brand new St Regis Football Kits for September 2025!



Your logo and company name on the kit



Fantastic coverage across the city and further



Support of our school community

Please contact Miss Key for further information  
[admin@kingswolverhampton.co.uk](mailto:admin@kingswolverhampton.co.uk)



# ST REGIS PROM 2025





## Helping children navigate grief with understanding and care

As children grow, their understanding of life and of loss deepens. The death of someone close, whether a family member, friend, teacher or someone in the public eye, can have a significant impact.

Grief during adolescence is complex. While older children may seem more independent or emotionally mature, they still need consistent care, guidance and opportunities to process what they're feeling.

## Understanding grief in adolescents

Teenagers, and those nearing their teens, are at a unique stage of development; forming their identity, seeking independence and navigating big emotions. When they experience loss, their grief may be shaped by:

- a growing understanding of death's finality
- big, sometimes overwhelming, emotions like guilt, anger, anxiety or numbness
- questions about meaning, fairness and faith
- concern about the impact on friends and family
- reluctance to share feelings for fear of upsetting others or appearing 'weak'.

Some young people may seem to shut down, while others become more reactive. Both are natural responses. Grief is not linear - your child's emotions may come and go in waves.

## When to seek additional support

While grief is a normal response to loss, sometimes teenagers need extra help. You might consider talking to your GP if your child:

- talks about self-harm, hopelessness or not wanting to be here
- struggles with daily functioning for more than a few weeks
- becomes highly withdrawn, aggressive or anxious
- is using risky behaviours to cope (e.g. substance use, skipping school).

In this issue:

- Supporting your child with bereavement
- What are VPNs?

## HOW YOU CAN SUPPORT YOUR CHILD WITH LOSS AND GRIEF

### BE AVAILABLE, WITHOUT PRESSURE



Let them know you're there if and when they want to talk. A quiet walk, a car journey or doing something side-by-side can create safe opportunities to talk without making it feel like an interrogation.

### LISTEN MORE THAN YOU SPEAK

If your child does talk, try not to rush in with solutions or explanations. What they often need most is someone to listen without judgment, even if what they say is difficult to hear.



### VALIDATE THEIR EMOTIONS



Grief can be messy. Let your child know it's okay to feel angry, numb, guilty or even relieved. All these emotions are valid. "It's okay to feel whatever you're feeling. There's no 'right way' to grieve."

### BE HONEST AND OPEN

Give clear, age-appropriate information about the death, even if it's hard to talk about. Teenagers often sense when they're being kept in the dark, which can lead to confusion or mistrust.



### RESPECT THEIR COPING STYLE



Some teens may want to cry or talk a lot, while others might dive into schoolwork or distractions. Support their natural coping strategies, while gently keeping an eye on their wellbeing.

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

## HOW YOU CAN SUPPORT YOUR CHILD

THIS ISN'T ABOUT BLAMING OR BANNING DEVICES; IT'S ABOUT GUIDING YOUR CHILD TOWARD HEALTHY, INFORMED USE OF TECHNOLOGY.

### Talk regularly

Keep an open, non-judgmental conversation going. Ask:  
"Have you heard of VPNs? Do you know what they do?"  
"What do your friends use to get around blocks online?"



### Check their device together

Review apps installed on your child's device. Look out for:

- VPN apps (like ProtonVPN, TurboVPN, Betternet, Psiphon)
- apps that don't match their usual interests.



### Establish healthy boundaries

Set or review your family's digital expectations:

- when and where devices can be used
- what happens if they want to explore new technology (e.g. they come to you first).



### Use parental controls

Check your home broadband settings - some allow you to block VPN use or notify you if one is installed. Tools like Google Family Link or Apple Screen Time can also flag unusual activity.



### Teach them why privacy and protection matter

Children benefit from respectful discussions about safety. Help them understand that VPNs:

- facilitate access to harmful content
- can expose their data to strangers
- make it harder for trusted adults to help if something goes wrong.



### Helpful resources

- Internet Matters – VPNs and Online Safety

[www.internetmatters.org](http://www.internetmatters.org)

- Common Sense Media – Parent Guides to Apps and Tools

[www.commonsensemedia.org](http://www.commonsensemedia.org)

### What is a VPN?

A VPN (Virtual Private Network) hides the user's online activity and location. It creates a private 'tunnel' between the device and the internet, making it much harder for anyone, including parents or schools, to see what websites are being visited.

Many adults use VPNs for privacy or to access overseas content. But when used by young people, VPNs are often used to bypass controls or filters; which can lead to unsafe or inappropriate online experiences.

### Why children might use VPNs

Children may use VPNs to:

- get around parental controls or school filters
- access restricted apps or websites
- avoid being monitored on shared devices
- download or stream age-restricted content
- appear as though they're in another country.

This can expose them to inappropriate content, online predators, cyberbullying and privacy risks - often without parents and carers even knowing what's happening.

### How children access VPNs

It's easier than many parents and carers realise. VPN apps are often:

- **freely available in app stores** (Apple App Store or Google Play)
- **promoted on YouTube, TikTok or Reddit** by influencers or peers
- **disguised with harmless-looking names** or icons (e.g. weather apps or game boosters)
- **shared among friends at school** who have used them to get around blocks.

Some are advertised as 'free internet', 'unblocker', or 'private browser' - which can sound appealing and even harmless to young users.

### Let's work together

If you're concerned or unsure whether your child is using a VPN, please don't hesitate to reach out to us. We're here to help keep your child safe - not only in school, but in their digital life too.

With your support and open communication, we can help young people make smart, responsible choices as they grow up in a connected world.

# From the Chaplain...

One of our greatest joys at this school is celebrating our diversity; all of us unique and all created in God's image. Yet whilst we rejoice in the richness of our diverse languages, cultures and gifts and in particular this week, as we seek re-accreditation as a School of Sanctuary, I believe that true inclusivity is something we will always strive to be better at. Not least because of the invisible barriers in our familiar actions, structures and ways of speech of which we cannot even be aware until they affect us personally or until somebody who they do affect has the courage to point them out.

In our reflections last week, we considered how God challenges our preconceptions and calls on us to open our minds and change our hearts. This week's story has Peter having his mind opened when he is challenged in his belief that God is for the nations of Judah and Israel to the exclusion of other races and traditions. Jewish cleanliness and purity went far beyond the physical acts of washing, eating and socialising to stigmatise contact with gentiles and those who were sick and to imply spiritual uncleanliness. When God sends Peter to the home of a gentile man, and pours out his Holy Spirit on all in that household, Peter recognises a deeper truth: that there are no limits to God's deep and inclusive love for all people.

Since the Equality Act of 2010 and in particular in recent years, the themes of Equality, Justice and Inclusion have been much debated in church life. How do we show compassion and understanding on Mothering Sunday to those who have been unable to conceive? When addressing our heavenly Father, how do we recognise the feelings of those whose relationship with their earthly father has been traumatic or non-existent? How do we best welcome and value the gifts and perspectives of those who are neurodivergent in our worship and activities? Can and should we avoid male pronouns when referring to God? In reality, there is no 'one size fits all' response because all our needs and experiences are different and our feelings will very much be individual, but the conversations have certainly caused us to consider and question ways which had become automatic and familiar.

So how can we be truly inclusive and welcoming when we are blind to our habits which exclude or isolate? Perhaps the best we can hope to do is to be curious, to listen well and compassionately to how others experience life and, recognising all as beloved children of God, to seek to value and rejoice in the gifts in each one.

A prayer for inclusion

Inviting God, help us to see that every person has a place in your presence. Forgive us when we try to limit our friendships to people who look like us, act like us, believe like us. Through your Holy and transforming Spirit, move us from exclusion to inclusion, from formulators of fences to builders of bridges, from indifference to all-encompassing love. In the name of Jesus Christ, our Saviour. Amen.

Sonia Hicks, Former President of the Methodist Conference

