

ST REGIS ACADEMY

NEWSLETTER

18th July 2025



FLOURISH

MESSAGE FROM MR PARRY

This week we reflect on what has been an incredibly successful and positive year at St Regis:

- We have seen student numbers growing at a record rate, and we have welcomed many new staff into school, all of whom are now firmly part of the St Regis family.
- We have seen our brand-new Cricket Academy have a successful first year and have welcomed onsite Appropriate Provision into the school, which has been a wonderful additional support for some of our most vulnerable students.
- We have given our students an amazing range of educational opportunities and experiences both inside and outside the classroom, onsite and offsite.
- Our nature reserve goes from strength to strength with the addition of our therapy rabbits, a wood-fired pizza oven and brand-new technology from Harper Adams University to identify the birds visiting us.
- The Three Spires Sixth continues to grow and develop as numbers increase, our curriculum offer broadens across the campuses and greater collaboration gives our students more opportunities for success.
- We have been awarded: the Young Carers in Schools Award; the Sandwell Charter Mark; renewed School of Sanctuary Status; the FA Girls Football School Partnership; and the IOL Bushcraft Competency Award.
- Our PE department recently received the 'Impact Award' at the Wolverhampton City sports awards evening; we had a team compete in the National Final of the National Careers Challenge; and we had students playing an important part in the 'Human Library' as part of the City of Wolverhampton's refugee week.
- Our newly established Gospel Choir, 'M.O.R.E.', produced some amazing performances and went from strength to strength.
- The creation and launch of our very first Parent Teacher Association (PTA), which promises to be a great support for the school and is overseeing some exciting initiatives.

I could go on, and on, and I am sure I won't have covered all of our achievements this year. We are so proud of all of our staff and students and their success!

Next year we return for the new academic year with lots to look forward to:

- A new, renovated and moved library for students to access.
- A newly refurbished Sixth Form block.
- Exciting developments are planned in the Nature Reserve... New pond incoming!
- The launch of a brand new Rugby Academy in partnership with Coventry Rugby Club - including new outdoor changing facilities and a new rugby pitch.
- Thousands of pounds invested in ICT equipment and facilities around the school.
- Many more exciting opportunities and experiences for our students to flourish and reach their potential.

Finally, I would like to thank the students and families that form our amazing St Regis community. Your efforts and support this year has been wonderful. I look forward to welcoming all of our students back to St Regis on Tuesday 2nd September and wish all of our families a very happy and safe summer. I hope you all spend lots of time with loved ones and return to the Academy recharged and refreshed for the new academic year.



Mr Parry
Principal



**ST REGIS STARS
OF LAST WEEK!**

YEAR 7 – Priyanshi S.
YEAR 8 – Vedant S.
YEAR 9 – Amanda N.
YEAR 10 – Alex E.

CHESTER – Amanda N.
LICHFIELD – Priyanshi S.
WORCESTER – Max G.
**HOUSE OF THE WEEK
IS Worcester!**



Gardening club enjoyed harvesting and sharing out a range of delicious vegetables this week thanks to sunny days and cheerful, hard work over the last few months.



What a treat for Belle and Trix too!



Sports Day 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.

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

- Common Sense Media – Parent Guides to Apps and Tools

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...

This week in our form worship we read how Paul and his companions are frustrated in their travel plans (Acts 16). The reasons are left to our imaginations but bad weather, delays, strikes, political unrest, border controls and illness all come to mind as possibilities. Rather than allowing the changes of plan to become an issue, they attribute the barriers they face to the work of God's Holy Spirit guiding them in a new direction. Seeing opportunities in the place of problems might be termed 'a growth mind-set' in contemporary times but to Paul and his friends it was about seeing God in everything and trusting that God's plans would be better than their own.

When Paul dreams of being called across the sea to Macedonia he immediately makes plans to travel there. It is in Macedonia that Paul meets Lydia, a wealthy merchant who listens carefully to the message he brings and through whom will be gathered the first church on European soil. As Paul travels around Europe and the Middle East he writes letters to encourage the Christian communities that he leaves behind and it is around this time that he writes to the church in Thessalonica saying, "Rejoice always, pray continually, and give thanks in all circumstances."

I do not believe that Paul was saying we should never lament or grieve, indeed there is a strong history of prayers of lament including many of the psalms with which Paul would have been very familiar. Neither do I believe that Paul intended for his readers to constantly recite prayers to the exclusion of all other activity. I believe that Paul was describing a way of being constantly aware of God's presence: honouring God in the integrity with which we live and work, noticing God in the people and the situations around us and cultivating an attitude of thankfulness for the many ways that God is blessing, sustaining and nourishing us day by day.

May your summer days be filled with light and warmth,
with the joy of family and the laughter and company of friends.
May your travel plans not be frustrated
as you journey to new places and new experiences.
May your eyes be open to noticing beauty in your surroundings,
may your minds be rested but alert to opportunities,
may your strength be renewed and your spirits filled
with all the goodness and love that God desires for you...
until we meet again to do the work to which He has called us. Amen

