



## MESSAGE FROM MR PARRY

It has been wonderful welcoming students back to St Regis this week for the start of the academic year 2025-26. We have enjoyed welcoming our new Year 7 and Year 12 cohorts and making sure they are settled in and happy. With challenges such as numerous wet lunch breaks and our canteen till system not working this week, the students have coped exceptionally well, and it has been a very positive first week back.



Last night we invited Year 11 students and parents into school for an information evening to provide lots of important details about the year and ahead and what our families can do to best ensure their child's success. Next week, we invite all Year 7, 8, 9 and 10 students and parents into school on Thursday 11th September at 6pm for their information evening with Heads of Year and the Senior Leadership Team.



We have been focusing this week on ensuring our students have a positive start to the academic year and have been outlining the school's expectations for uniform and conduct. I will be writing to all parents today reminding everyone of these expectations, and thanking parents for their support. We have had a very positive response to our move to Arbor Pay, and our parent engagement with the Arbor parent portal has increased significantly this week.



On Monday next week we have student photographs for Year 7, 9, 11 and 6th form students, as well as an information evening for our students going on the history residential visit, and Year 13 mental health training for selected students.



## FLOURISH





# We're using Arbor's free Parent Portal and Parent App



## We've chosen Arbor to help us manage our school.

Arbor is a simple, smart and cloud-based MIS (Management Information System), which helps us work faster, smarter and more collaboratively as a school. The Parent App and Parent Portal mean we can keep you informed about your child's life at school in a much more accessible way. Log into Arbor to see and update your child's information, get live updates and make payments or bookings on the go! The Parent Portal works on Google Chrome (computer or laptop) and you can download the Parent App from the App Store or Google Play Store on your phone (Android 5.0; iOS 10.0 and upwards).

## How to get started

- 1.Wait for your welcome email from us telling you Arbor is ready - you won't be able to log in before
- 2.Click the link in your welcome email to set up your password
- 3.Go to the App or Google Play Store on your phone and search 'Arbor'
- 4.Click 'Install' on Android or 'Get' on iPhone then open the App
- 5.Enter your email, select the school, then enter your password
- 6.Accept the Terms & Conditions and enter your child's birthday

The Sunnyville School of Magic  
W10 5BN, London, GBR

Enter your password

Log in

Forgotten password?

## Need help using Arbor?

**Contact the school office if you have questions about Arbor, the App or Parent Portal.** Tell us the type and model of your phone, e.g. an iPhone SE, and include screenshots or screen recordings.

To safeguard student data in line with General Data Protection Regulations (GDPR), Arbor only works directly with schools.

### Some tips to try:

- 1.Ensure your username is the email address you use for Arbor. Ask us to **check the email address** linked to your account.
- 2.**Reset your password** from the login page, or ask us to do this.
- 3.If the login email was sent to you more than 96 hours ago, the

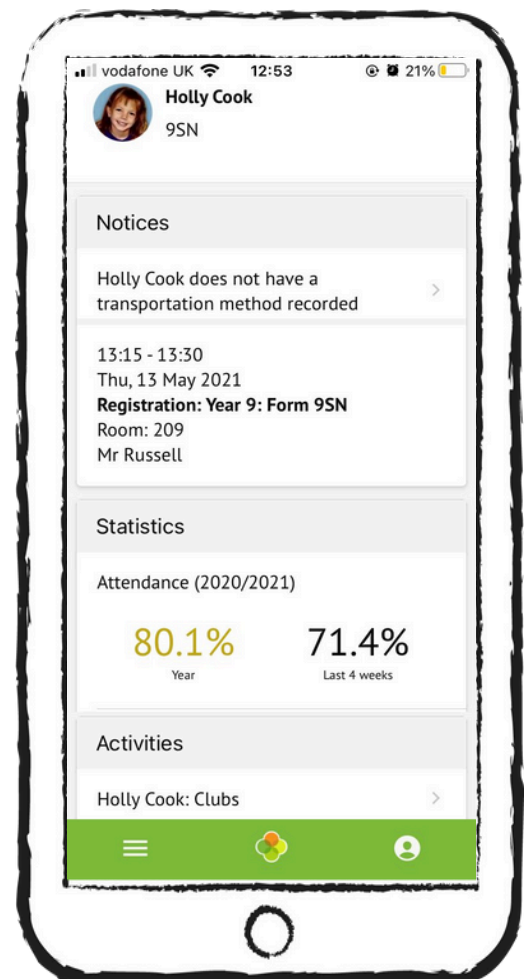
**password link will have expired.** Ask us to send it again.

- 4.Ask the school office to check that your email address has not been used twice - e.g. on another guardian or child's profile.

**Enter the birthday** of one of your children to log in.

5.

- 6.Only relatives who are **Primary Guardians** of a child can access the Arbor App. Ask us to check you can access Arbor.



Join us at a St Regis Open Event this autumn!  
Don't miss out on an opportunity to view our academy, meet our dedicated staff and learn more about how you can grow at St Regis.



**OPEN  
EVENTS!**

**BOOK NOW!**



Thursday 18th  
September 9:30am  
Friday 26th September  
9:30am  
Wednesday 1st October  
9:30am  
Thursday 9th October  
4pm - 7pm  
Monday 13th October  
9:30am  
Tuesday 21st October  
9:30am  
Scan the QR code &  
secure your place!



**CALLING ALL PARENTS!**



Join the St Regis WhatsApp Channel  
Scan the code or use the link below



<https://whatsapp.com/channel/0029VafLsyxBfxo8mn3Ok419>

# Coming Soon!

## New Generation Juice Machines

In a fight against plastic waste, our new machines hold 500 drinks each, overall saving 1000 plastic bottles!

Students can purchase tokens from the canteen, and will be provided with a St Regis reusable bottle free of charge.



Our school garden has been flourishing over the summer holidays.

Five bags of delicious vegetables were harvested and taken to the Good Shepherd Ministries for their Food Pantry this week.





# SPOTLIGHT ON SAFEGUARDING

WORKING TOGETHER TO KEEP OUR YOUNG PEOPLE SAFE  
Secondary | September 2025

## Back to school – building positive routines for a strong start

As the new school year gets underway, many families find it helpful to re-establish routines around sleep, screen time, curfews and home life. While the summer holidays are a chance to relax, the return to structure can be a welcome reset – not just for learning, but for your child’s overall wellbeing and safety.

## Why routines matter for well-being

Routines offer young people a sense of stability, predictability and control, all of which are important for good mental health, particularly during the teenage years. Adolescence is a time of rapid change, emotionally and physically. Having regular daily habits can help reduce anxiety, improve focus and create a stronger sense of security.

When children know what to expect – such as when they’ll eat, sleep, study and unwind – it can help reduce stress and overwhelm. Consistent routines also support better sleep, which is closely linked to emotional regulation, mood and the ability to cope with challenges.

In uncertain or emotionally demanding times, even small routines – like packing a bag the night before, eating breakfast together or turning devices off at the same time each night – can act as ‘anchors’ that promote calm and emotional resilience.

## Sleep, screens and curfews

Teenagers need 8–10 hours of sleep to focus and manage emotions. If bedtimes have slipped over the summer, gradually return to earlier routines. Encourage screen-free time before bed and keep devices out of bedrooms to avoid disrupted sleep. Re-establishing curfews and clear expectations can also support safety and balance as school starts.

In this issue:

- Building positive routines
- Deepfakes

## TIPS FOR SETTING ROUTINES THAT STICK

### INVOLVE YOUR CHILD

Teenagers are more likely to follow routines they’ve helped create. Ask for their input on what works.



### START SMALL

Focus on a few key routines (e.g., bedtime, screen time, homework) and build from there.

### USE VISUAL REMINDERS

A weekly planner or checklist on the fridge can help make routines visible and easier to follow.



### BE CONSISTENT, BUT FLEXIBLE

Life happens, so allow for changes – but try to return to the routine as soon as possible.



### PRAISE PROGRESS

Acknowledge your child’s efforts. Positive reinforcement goes a long way.



@The\_Enlightened\_Parent

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 deepfakes – what parents and carers need to know

As technology continues to evolve, new online risks are emerging; and one of the most concerning is the rise of deepfakes. While the term may sound technical, it's something all parents and carers need to be aware of. Deepfakes can be used to deceive, manipulate and harm, and young people are increasingly being exposed to them, whether they realise it or not.

### What are deepfakes?

Deepfakes are videos, images or audio recordings that have been digitally altered – often using artificial intelligence (AI) – to make it look like someone has said or done something they never actually did. This can include realistic-looking videos where a person's face is swapped onto someone else's body or voice recordings that sound identical to a real person.

While some deepfakes are created for fun or entertainment (e.g, putting a celebrity's face in a movie scene), others are made with harmful intent – to spread misinformation, harass individuals or cause reputational damage.

### How can deepfakes affect young people?

**Online bullying and harassment:** there have been cases where deepfakes are used to humiliate or threaten young people – for example, by placing their face onto inappropriate or explicit content and sharing it without their consent.

**Manipulation and misinformation:** deepfakes can be convincing and may be used to spread false stories, fake messages from public figures or even impersonate friends or family members online.

**Emotional and mental health impact:** Being targeted by or exposed to deepfakes can cause embarrassment, anxiety and long-lasting emotional harm. Even witnessing a deepfake involving others can be distressing and erode trust online.

## How can parents and carers support their child?



### Open the conversation

Discuss deepfakes with your child calmly and without judgment. Ask if they've encountered them online and reassure them they can always talk to you if they feel uncomfortable.



### Teach critical thinking

Encourage your child to critically assess online content. Help them build digital literacy skills by identifying signs of fake and manipulated content.



### Check privacy settings

Review your child's social media privacy settings to ensure accounts are private and they understand not to share personal photos or videos with unknown individuals.



### Know what to do if something happens

If your child is targeted by a deepfake, take it seriously. Save evidence, report it to the platform and, if the content is explicit or threatening, report to the Police.



### Reassure and support

The emotional impact of being involved in or exposed to a deepfake can be significant. Be ready to listen, validate their feelings and access professional support if needed.

While deepfakes are a serious concern, knowledge and communication are powerful tools. By staying informed, creating an open home environment and helping children build critical thinking skills, we can help them stay safer in a changing digital world.

# From the Chaplain...

**See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! (1 John 3:1)**

I wonder how often you have looked at your children or young relatives and pondered whose nose or eyes they have and whether they look more like their mother or their father? And what about other attributes? Have you ever been told that you have your mother's laugh or your father's singing ability? In John's letter to the early believers he reminds them that we are the 'children of God'; words which describe both a tender and trusting relationship between us and our creator but also say something about our very identity.

**Then God said, 'Let us make humankind in our image, according to our likeness... So humankind were created in God's image, in the image of God they were created. Male and female they were created. (Genesis 1: 26-27)**

I think most of us can agree that this early account of creation does not mean that God physically looks like me or you, after all we are all unique and different in our physical bodies. The idea of being created in a particular image, to the ancient people from whom these stories came, referred to the creation bearing the essence of that person; it conveyed something intrinsic about who they were.

So what does it mean to us, to be created in the image of God? There are clues in Genesis and elsewhere in scripture to the responsibility we have been given as stewards of creation; that God has placed us on earth to represent him and to make decisions on his behalf about how resources should be used and shared. But there is also a challenge here that we value ourselves and one another as God's precious children and do our best to live up to the task of representing God in the ways that we treat ourselves and one another, as bearers of his image.

As we embark on this new school year together, let us not forget the trust that God has placed in us as his children and his representatives and let us honour his image in one another as we seek to grow into and celebrate the wonderful, curious, compassionate, courageous and diverse people he created us to be.

Loving Creator God,  
we thank you for the people you have created us to be,  
and that you see our potential and pronounce us good in your sight.  
Help us to welcome each other as your precious children.  
Surround us with your love and protection as we begin this new school year,  
open our hearts to possibility and positivity  
that we might learn new skills, make new friends and tackle new challenges  
confident in your love for us.

Amen

