



MESSAGE FROM MR PARRY



It was so lovely to find this creative take on our school badge on my desk this morning! Carefully created by one of our talented Year 7 students, it will take pride of place in my office.

Our badge encompasses much of what makes St Regis so great...the tiny mustard seed growing into a great tree of life, representing the journey our students take during their time here developing from Year 7 students into happy and successful young adults in Year 13.

A special mention to our Rugby Academy this week. The team travelled to Gloucester on Wednesday afternoon to take on the prestigious Hartpury College in their first competitive league fixture. After fantastic commitment and effort from the team, and an excellent performance, we just lost on the final kick of the game, with the result 18-15. We look forward to seeing what our new rugby academy can go on to achieve in the future!

We had a very enjoyable Year 7 welcome service this week which was held in school due to the weather preventing us from walking to St Michael's church, as we would normally. We were joined by a very healthy number of Year 7 parents, which was very much appreciated by both staff and students.

We have also launched Gen Juice drink machines in the canteen this week, and it has been wonderful to see students using their new St Regis reusable bottles and enjoying the range of flavours available to them from the drinks machines. We have seen an immediate reduction in single use plastic and it has been a welcome development.

Our outdoor education residential visit to Wales returns today and the group have had an amazing time. Next week, we have our Year 9 history residential to Belgium departing, which is very exciting for the students involved. I am sure we will have more updates from them on their travels next week.



Mr Parry
Principal

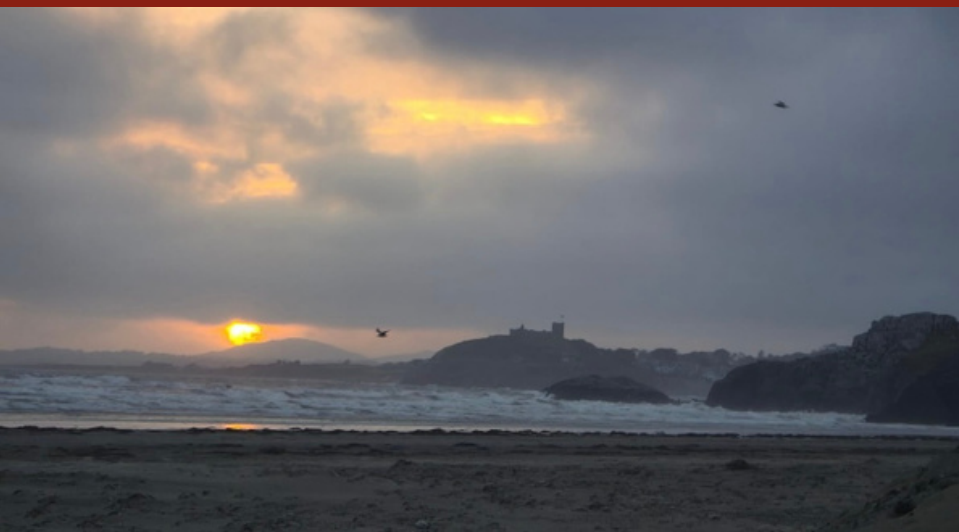


**ST REGIS STARS
OF LAST WEEK!**

- YEAR 7** – Harris T.
- YEAR 8** – Logan B.
- YEAR 9** – Kardo S.
- YEAR 10** – Isaiah O.
- YEAR 11** – Rohin S.



CHESTER – Wilson O.
LICHFIELD – Gift S.
WORCESTER – Kardo S.
**HOUSE OF THE WEEK
IS CHESTER!**



Our outdoor education residential trip to Wales has been a fantastic experience for everyone. Some lovely memories made and new friendships formed.



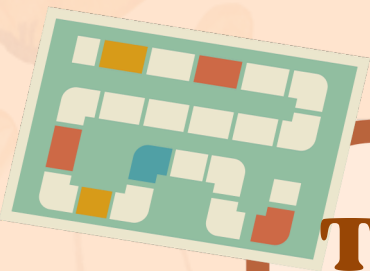


Do you want to level up your October Half Term break?

**GAME & CHAT
SECONDARY SCHOOL AGES**

Dodge the gloomy weather and dive into a session of games and chill times with the Wolverhampton Reflexions Team.

Play some of your favourite board games whilst making new friends and having a laugh! A cosy, feel good way to brighten up the chilly season!



**Tuesday 28th October
Wolverhampton Art
Gallery**

2:00pm - 4:00pm



For additional information or brief sign up form to register your attendance, please email bchft.reflexions@nhs.net or feel free to pop in!



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.

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...

**The Lord will mediate between nations
and will settle international disputes.
They will hammer their swords into ploughshares
and their spears into pruning hooks.
Nation will no longer fight against nation,
nor train for war anymore.
(Isaiah 2:4)**

21st September every year marks the International day of peace; a day for re-committing ourselves to speaking up against inequality, practising respect and embracing diversity. It seems that the values of compassion, openness and seeking justice are needed this year more than ever as we continue to live in a world where homes and families are torn apart by war, where the politics of exclusion are seen as a means to winning votes, where children are exposed to the trauma of violence on their screens and where peace of mind is an alien concept to people of all ages.

The theme of this year's global peace day is 'Act now for a peaceful world', and we are encouraged to consider the urgent need for understanding and non-violence, opportunities to listen to voices different from our own and to challenge bullying and discrimination in our daily lives. We can also speak up with the choices we make as consumers, choosing sustainable and fairly-produced products and checking our facts before we pass on messages or propaganda via social media. But can we really make a difference in the world? Are the issues not too big for us to tackle?

Our school verse reminds us that God works in small ways, like the tiny mustard seed which grows into a huge plant and provides blessings for all those around. The actions we take, the conversations we have and the opinions we express, however insignificant they may seem to us, are not wasted by God who does not see as we see and whose time scale is not the same as ours.

Most holy God and Father,
We pray today for all who work for peace.
Remembering the horrors of war and violence,
we ask your blessing on all those who suffer at the hands of others.
Thinking of those who search for places of safety and refuge,
we pray that they might find the welcome and peace they seek.
Remembering that conflict show itself in our streets and communities,
we pray for the peace of your Holy Spirit to flow through our streets
and to enter every home, every school and every place of work.
Thinking of those for whom anxiety, fear and rejection are a way of life,
we pray for compassion and for deep peace of mind.
In the name of the one who came amongst us as a child,
and who gave his life that we might know your peace, we pray.
Amen.

