

ST REGIS ACADEMY

NEWSLETTER

3rd October 2025



SOW



NURTURE



GROW



FLOURISH

MESSAGE FROM MR PARRY

This week we have welcomed two special visitors to St Regis. On Tuesday it was a pleasure to welcome The Right Worshipful Mayor of Wolverhampton, Councillor Craig Collingswood to school. The Mayor toured the school, addressed some of our student leaders and was incredibly complimentary of the school and our students.

On Friday, we welcomed Rev Dr Andrew Ashdown, who is the Partnership Coordinator for the Africa – Global Relationships Team, Methodist Church in Britain. Through this role, Rev Ashdown has a wide range of experiences of different cultures and faiths coexisting, specifically Muslim and Christian communities. In addition to touring the school, Rev Ashdown spoke to staff and students, sharing his experiences and lessons learnt.

Following the successful return of our history visit to Belgium last week visiting battlefields and historical sites, this week we have a Year 13 RE residential trip to Norfolk to visit The Shrine of Our Lady at Walsingham. We also have Pep the Poet in school working with Year 7 students to mark National Poetry Day, and on Wednesday we welcomed more families into school for our latest Open Morning.

Our Open Evening is approaching on Thursday 9th October from 4 pm–7 pm, and we look forward to welcoming families to St Regis to meet with our students and to see the amazing work that takes place here day-in, day-out.



**Mr Parry
Principal**



ST REGIS STARS OF LAST WEEK!

YEAR 7 – Bella M.
YEAR 8 – Janelle O.
YEAR 9 – Vedant S.
YEAR 10 – George E.
YEAR 11 – An Q.



CHESTER – Harris T.
LICHFIELD – Bella M.
WORCESTER – Vedant S.
**HOUSE OF THE WEEK
IS CHESTER!**

SEND COFFEE MORNING & INFORMATION EVENT

Support for parents



Mentored **RACHEL WATSON - WOLVERHAMPTON OUTREACH**
by **SERVICE AND FAMILY HUBS**
Supporting parents of children with SEND

Collection links



📍 Graiseley Family Hub, Wolverhampton

👤 Ages: 18+

🎫 Adult ticket **Free**

📅 Next date: **Thursday 16th Oct, 10:00 – 12:00**

🏠 Funded by **Wolverhampton Family Hubs**

👉 Universal provision



Click the link below to book, or just drop in.



https://linkprotect.cudasvc.com/url?a=https%3a%2f%2feequ.org%2fbook%2fsend-coffee-morning-and-information-event-with-rachel-watson-wolverhampton-outreach-service-and-family-hubs-19032&c=E,1,PcsQ-z4wMb_EYV5u2qRujjGfz73Nf9yBjKjH996YUfgbet8VjNM89KyXGpQYw4zdUXngrO9KEs_IXhgOg03SxYkzdTOnej45ZAo8_wUqQ3JOUeK_vxnjqU6P&typo=1



Sow through love.

Nurture through respect.



Grow together at St Regis.



Flourish through confidence.



Join us as we grow together. 4pm – 7pm 9th October 2025



Join us at a St Regis Open Event!

- Thursday 17th September 9.30am
Friday 26th September 9.30am
Wednesday 1st October 9.30am
Thursday 9th October 4pm
Monday 13th October 9.30am
Tuesday 21st October 9.30am

Scan to register your attendance.



OPEN EVENING

16TH OCTOBER 2025 | MOLINEUX STADIUM

WWW.THREESPIRESSIXTH.ORG



Three | SIXTH
Spires | FORM

'Life in all its fullness'

**BOOK
NOW**

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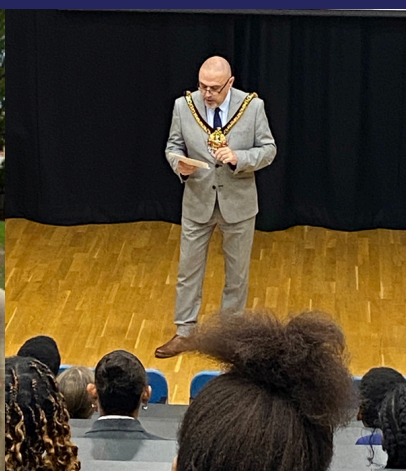
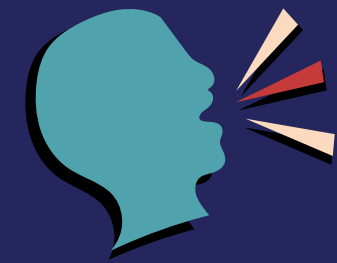
ORACY OCTOBER

As the National Framework for Oracy celebrates its tenth year, St Regis launches Oracy October across the Academy on 1st October.

Throughout this month we have many activities and opportunities planned to encourage students and staff to develop their own communication skills. Whether through active engagement in an oracy task in a lesson, taking part in a workshop, attending a trip or joining a debate there is much on offer for everyone to unlock the power of their voice and get their ideas heard.

Oracy October will end with one of our very special SALAD days on 23rd October; a day when we rest our pens and all learning across the Academy is done through spoken language.

Get those voices warmed up!



We were thrilled to host the Mayor of Wolverhampton, Cllr Craig Collingswood, this week.

Our students left a lasting impression with their enthusiasm and insightful questions.

SCHOOL NURSING

If you would like to discuss your child's health with a School Nurse, please contact our 0-19 Single Point of Access (SPoA) Hub on:



01902 441057



rwh-tr.0-19service@nhs.net

Parent & Carers Webinar

Parent & Carers Webinar

Building safety for our young people



The 1 hour webinar will.

Explore some of the risks and issues facing children & young people, and consider how as parents/ carers we can support our children's safety & wellbeing

[Click here to book via Eventbrite](#)

Designed for professionals, parents and carers alike.

Resources covering:

- ▶ Mental health
- ▶ Online safety
- ▶ Peer pressure
- ▶ Exploitation
- ▶ Weapons
- ▶ Drugs/alcohol

QR code to book via Eventbrite...





Let's chat sexual health

ChatHealth

#ChatSexualHealth

More information, including T&Cs and privacy, at:
www.embracewolverhampton.nhs.uk/chatsexualhealth

Text a school nurse on

07480 635 548

for confidential support and advice.

STI testing
Safe sex

Pregnancy advice
Counselling

Smear tests

HIV testing
Emergency contraception



Aged 11 – 19?

Text a school nurse on

07507 332 631

for confidential help and advice.

General health
Anxiety, emotions and anger
Family issues and friendships
Social media
Smoking, alcohol and drugs
Body image and identity
Bullying relationships

#chathealthwolves

For more information, including T&Cs and privacy, visit: www.royalwolverhampton.nhs.uk/chathealth



School Nurses are part of the 0-19 service.

They offer free, confidential advice and support. They are qualified nurses with additional training and skills in meeting the health and wellbeing needs of young people. ChatHealth allows direct access to a school nurse.

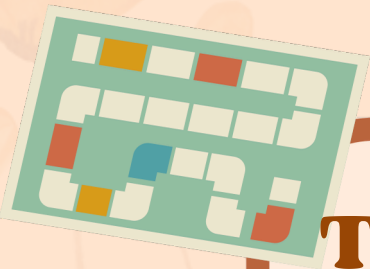


Do you want to level up your October Half Term break?

**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!

6

DAILY MEAL DEALS

Bringing You Great Value Every Day!

CHOOSE ONE
FROM



CHOOSE ONE
FROM

1

MAIN MEAL

Choose from our daily changing main meals

2

SELF-SERVE SALAD BAR

With a range of fresh salads to choose from

3

12OZ PASTA POT

Daily changing sauces

4

JACKET POTATO

with 2 toppings

5

SUB ROLL

Made fresh on site daily

DESSERT OF THE DAY
OR
PIECE OF FRUIT
OR
BOTTLE OF PLAIN WATER

ALL
MEAL
DEALS

£2.73

OR

6

CHILL DEAL CHOOSE 4

1 Filled Roll, 1 Snack Pot 4oz,
1 Small Home Bake, 1 Drink

Chill
deal

Chill deal

COOL COMBOS
FRESH FROM THE FRIDGE!

FILLED ROLL

SNACK POT (4OZ)

SMALL HOME BAKE

DRINK

CHOOSE 4 ITEMS

LOOK FOR THE CHILL DEAL FRIDGE IN
YOUR SCHOOL DINING AREA TODAY!

Subject to availability

TARIFF SEPTEMBER 2025

Innovate IFG

DRINKS	PRICE	BREAKFAST	PRICE
Water 500ml	£1.15	Breakfast Roll	£1.55
Fruit Slush	£1.45	Mini Breakfast Baguette	£1.55
Capri Sun	£1.30	3 Piece Breakfast Pot	£2.20
Dalston Cans	£1.45	4 Piece Breakfast Pot	£2.40
Radnor 200ml Carton	£1.15	Toast with Butter or Jam	£0.35
Milk / Flavoured Carton	£1.15	Waffle with Topping	£1.70
HOMEBAKES		Pastries & Croissants	£1.70
Muffins	£1.35	Cereals + Milk (8oz)	£1.05
Small Cakes	£1.05	Porridge for Staff	£1.00
Cookies	£1.35	Porridge for Students	Free
Brownie	£1.35	Porridge Toppings	£0.50
HOT GRAB & GO		COLD GRAB & GO	
Bagel	£2.60	Chill Deal Roll	£1.15
Panini - Half/Whole	£1.55/£2.75	Deli Sub Roll/Sandwich	£2.30
Toastie - Whole	£2.30	Wrap	£2.75
Korean Crispy Chicken	£2.65	Naturally - Premium Salad	£3.00
Tandoori Chicken Naan	£3.00	Basic Baguette/Premium Baguette	£2.45/£2.75
Wrap/Twister	£2.75	Half Baguette	£1.55
Chicken Wings	£2.35	Cold Pasta Pot 16oz	£2.50
Shawarma	£2.75	Vegetable Bag	£0.75
Pizza Slice (Break Time)	£1.60	Protein Pots	£1.05
Falafel Kebab	£2.75	Salad Pots	£2.00
Hot Bowls	£2.65	Yoghurt/Jelly/Fruit Pots	£1.00
Hot Pasta Pot - Med/Lrg	£2.25/£2.50	Whole Fruit	£0.55
Jacket Potato - 1 Topping	£2.15		
ALL POWER BITES			
Range of 8oz Nutritious Rice & Noodle Dishes	£1.35		

VAT on hot food and beverages will be charged at the current rate for all staff members

TARIFF SEPTEMBER 2025

Innovate IFG

BREAKFAST	PRICE	HOMEBAKES	PRICE
Breakfast Roll	£1.55	Muffins	£1.35
Mini Breakfast Baguette	£1.55	Small Cakes	£1.05
3 Piece Breakfast Pot	£2.20	Cookies	£1.35
4 Piece Breakfast Pot	£2.40	Brownie	£1.35
Toast with Butter or Jam	£0.35	HOT GRAB & GO	
Waffle with Topping	£1.70	Bagel	£2.60
Pastries & Croissants	£1.70	Panini - Half/Whole	£1.55/£2.75
Cereals + Milk (8oz)	£1.05	Toastie - Whole	£2.30
Porridge for Staff	£1.00	Korean Crispy Chicken	£2.65
Porridge for Students	Free	Tandoori Chicken Naan	£3.00
Porridge Toppings	£0.50	Wrap/Twister	£2.75
COLD GRAB & GO		Chicken Wings	£2.35
Chill Deal Roll	£1.15	Shawarma	£2.75
Deli Sub Roll/Sandwich	£2.30	Pizza Slice (Break Time)	£1.60
Wrap	£2.75	Falafel Kebab	£2.75
Naturally - Premium Salad	£3.00	Hot Bowls	£2.65
Basic Baguette/Premium Baguette	£2.45/£2.75	Hot Pasta Pot - Med/Lrg	£2.25/£2.50
Half Baguette	£1.55	Jacket Potato - 1 Topping	£2.15
Cold Pasta Pot 16oz	£2.50	ALL POWER BITES	
Vegetable Bag	£0.75	Range of 8oz Nutritious Rice & Noodle Dishes	£1.35
Protein Pots	£1.05	SOUP	
Salad Pots	£2.00	Fresh Soup Available Daily	£1.85
Yoghurt/Jelly/Fruit Pots	£1.00		
Whole Fruit	£0.55		

VAT on hot food and beverages will be charged at the current rate for all staff members



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.

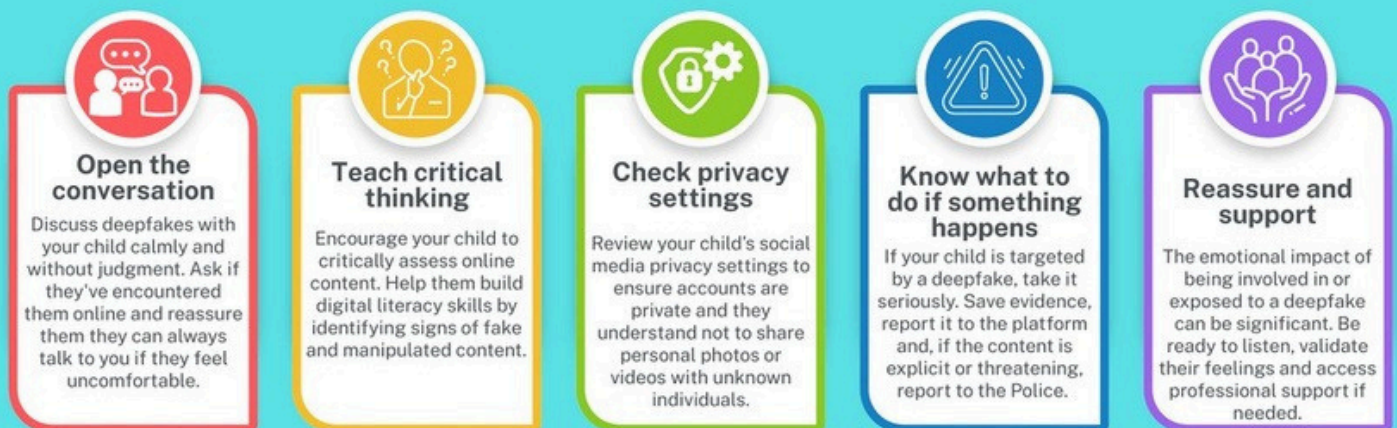
How can deepfakes affect young people?

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?



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...

'A new command I give you: love one another. As I have loved you, so you must love one another.' John 13:34

We have been asking ourselves in school this week, 'What is love, anyway?' And this question gave way to others:

- What sort of love does Jesus mean? After all, I love chocolate!
- What does that love look like in practice?
- Who are the people we find it hardest to love?
- Do we have to love people whose values are very different from our own? (Actually we put the name of a particularly influential and powerful politician in here).

In answer to the first questions we can look at how God modelled his love for us through Jesus. With his disciples Jesus showed humility and care, patiently answering their questions, washing their feet and sharing a meal with them though he knew one was about to betray him and another to deny knowing him when he most needed their support. With the public Jesus showed tireless compassion in healing, noticing, feeding and teaching those who were lost, hungry or lonely. Ultimately Jesus would die for his friends, for his followers but also for those who feared him, despised him and mistreated him; and for us. And it is this humble, gentle, forgiving and compassionate love that Jesus asks us to show to one another.

In answer to the last question, do we have to love those who are not like us, who do not agree with us and whose values are not ours, the Biblical answer is simple. 'Love your enemies; do good to them that hate you' says Jesus (Matt 5:44) Students met this week to discuss the question and agreed that we can at least pray for those whose purposes and motivations work against our own. Even more, they suggested that love is not merely an emotion but it is an action and a choice. We choose the path of kindness over hatred. We do not have to like people's actions or agree with their values but we can still intend the best for them.

In the hills of Bethlehem lies the Nassar family farm. Declared 'state land' by the Israeli authorities in 1991 the family have defended their land in the courts and sought every legal avenue to protect their property amid delays, physical attacks to their property and person, arrests, vandalism and intrusion. Throughout the process the Nassars have held firm to their commitment, 'We refuse to be enemies', and have ploughed their pain and frustration into the planting of trees and the care of the land, showing great resilience and hope for the future.

Father of Compassion and God of all grace,
thank you for teaching us to love through the example of Jesus.
May our words and actions reflect His love towards Your people today. Amen

