

ST REGIS ACADEMY

NEWSLETTER

17th October 2025



MESSAGE FROM MR PARRY

As we approach the end of the first half term of this academic year, we take time to reflect on yet another extremely positive and successful week here at St Regis.

We continue to honour Black History Month with a diverse programme of activities across the school. On Monday, we held our fourth Open Morning, welcoming many prospective students and their families through our doors. On Tuesday, a group of our Year 11 students visited Wolverhampton Art Gallery as part of their Art and Photography curriculum. Thursday saw our first Personal Development “drop-down” day of the year, when we welcomed external speakers and facilitators to lead interactive and engaging workshops with our students. Then yesterday evening, we hosted a highly successful Post-16 Open Evening at the Molineux, where many Year 11 students from across the city came to learn more about the Three Spires Sixth Form offer.

Next week is a short week, as school will be closed to students on Thursday and Friday for staff INSET days. Among the planned events are: a Year 11 Geography field trip to Carding Mill Valley; a visit for some Year 7 students to an event with the author David Walliams; our first SALAD (Speaking, Listening, and Discussing) Day of the term; and we will close the half term with a “Night Under the Stars” event on site for Year 5 St Michael’s students. Lots of brilliant moments to look forward to! The last day of school for students is Wednesday 22nd October.

I would like to wish all our students and families a very happy and restful half term break. We look forward to welcoming you back on Monday 3rd November.



Mr Parry
Principal



**ST REGIS STARS
OF LAST WEEK!**

YEAR 7 – Ethan D.

YEAR 8 – Janelle O.

YEAR 9 – Maliki B.

YEAR 10 – Amanda N.

YEAR 11 – An Q.



CHESTER – Amanda N.

LICHFIELD – An Q.

WORCESTER – Maliki B.

**HOUSE OF THE WEEK
IS CHESTER!**

**TEACH WITH PURPOSE,
INSPIRE FOR LIFE!**

Apply now to train to teach in your local area with Three Spires Trust.

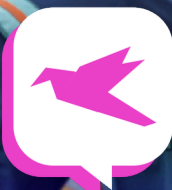
To learn more visit:
<https://www.gov.uk/apply-for-teacher-training>

Teach First | Training Partner

Three Spires
INSTITUTE OF EDUCATION
Life is all that follows

Click the link below for further information

<https://threespirestrust.org/institute-of-education/>



Peerscroller

BY yipiyap

Meet your child's new role model. In class. In app. And all in two minutes' time.

Nobody does curiosity quite like teenagers - but we know they don't always get their info from the right source.

That's where Peerscroller comes in.

How does Peerscroller work?

Peerscroller puts **essential life skills** into **bitesized TikTok-style videos** - all delivered by relatable role models close in age to the user. It looks and feels like social media - but all our videos are **made and fact-checked by Yipiyap** to address key topics, from relationships and digital wellbeing to career planning and financial literacy.

And because our peer tutors speak your child's language, you can be confident they've got a **trustworthy source of knowledge**, in **accessible and engaging** format.



How can you use Peerscroller?

Students, parents and carers all get access to Peerscroller - so you can find videos to support your child and start important conversations.

Download the app now from the App Store or Play Store to get started. Just enter your school or college's **unique 6-digit code** or **scan your QR code** in app to **create your account**.

And **teachers** can access Peerscroller in their **lessons and form time** - so learning continues in and out of the classroom.

Happy scrolling!




Find out more at peerscroller.com



GET IT ON
Google Play



Download on the
App Store



REFLEXIONS WEBINAR

Wednesday 29th October 2025
Join us via MS Teams

PURPOSE OF THE SESSION



Want to know more about the support we offer?



Looking to access local wellbeing and mental health services?



Interested in our growing holiday provision for CYP?

Got ideas? Help shape what's on offer during school



holidays!

NO SIGN UP REQUIRED!

Passcode: Tr9kY7Bz

OR

Email us bchft.reflexions@nhs.net for the link to the webinar!

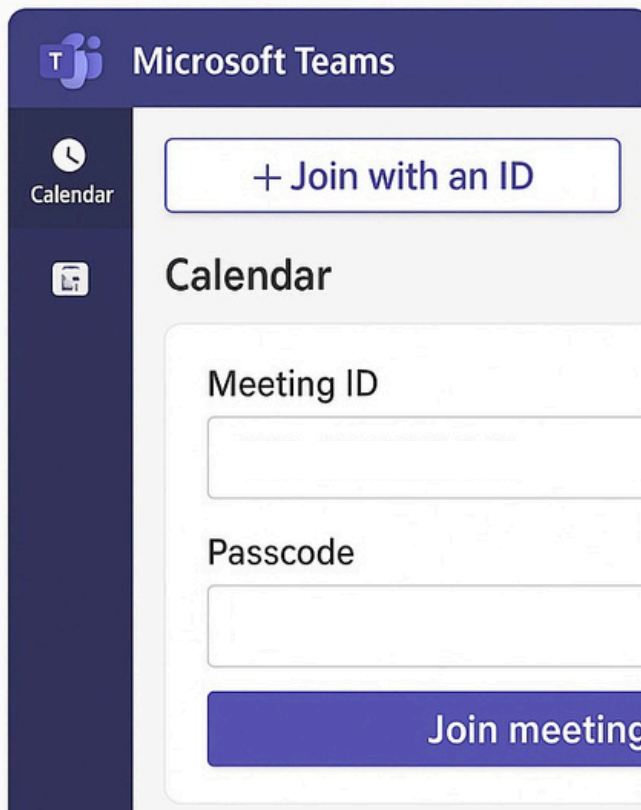
See you there!

MEET YOUR LOCAL REFLEXIONS TEAM!

HOW TO JOIN

How to join a Teams meeting via Meeting ID

1. Open the Microsoft Teams app (or go to <https://www.microsoft.com/en/microsoft-teams/join-a-meeting>).
2. Click **Join with an ID** (you'll see this at the top of your Teams calendar or home screen)



The screenshot shows the Microsoft Teams app interface. At the top, there is a dark blue header with the Microsoft Teams logo and the text "Microsoft Teams". Below the header, there is a sidebar with a "Calendar" icon and the word "Calendar". In the main content area, there is a button labeled "+ Join with an ID". Below this button, there is a section titled "Calendar" which contains a form for joining a meeting. The form has two input fields: "Meeting ID" and "Passcode". Below these fields is a blue button labeled "Join meeting".

3. Enter the Meeting ID and Passcode (if required)

4. Click **Join meeting**

Meeting ID: 326 480 573 481 7
Passcode: Tr9kY7Bz

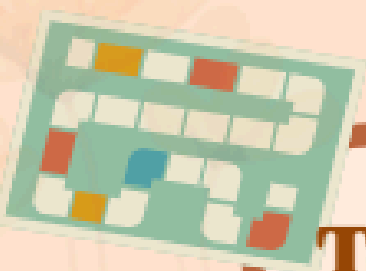


Do you want to level up your October Half Term break?

**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**

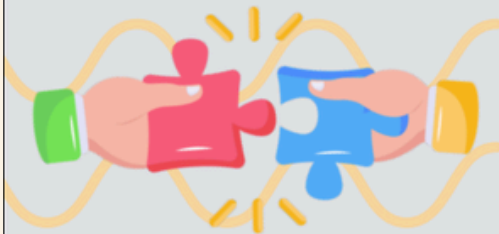
2:00pm - 4:00pm



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

How Board Games Help Young People Connect

- **Build Communication** – practice listening & sharing ideas.
- **Encourage Teamwork** – cooperate or compete respectfully.
- **Resolve Conflicts** – learn fair play & problem-solving.
- **Grow Empathy** – see from others' perspectives.
- **Practice Patience** – take turns & respect time.
- **Boost Confidence** – enjoy small wins.
- **Strengthen Friendships** – share screen-free fun!



Contact us

- ☎ 01902 951 622
- ✉ bchft.reflexions@nhs.net

Follow Us!

- 📷 @bchft_reflexions
- 📘 @BCHFT Reflexions

Take a look at our website!



SCAN



How Board Games Help with Mental Health

Discover how a simple game can boost mood, focus, and connection!



Why Board Games Are Good for the Mind



Emotional and Personal Growth

Emotional Regulation

- Learning Patience: Helps manage emotions and stay calm.
- Managing Winning & Losing: Builds resilience in facing life's challenges.

Mindfulness

- Learning Patience: Helps manage emotions and stay calm.
- Managing Winning & Losing: Builds resilience in facing life's challenges.

Boosting Self-Esteem

- Sense of Accomplishment: Winning boosts confidence and self-worth.
- Skill Development: Fosters a sense of growth and achievement.



Stress Relief

- Escapism: Offers a mental break from everyday stress.
- Focus on Fun: Helps reduce anxiety by engaging in enjoyable activities.

Cognitive Stimulation

- Mental Exercise: Enhances problem-solving and memory.
- Dopamine Boost: Achieving a goal can boost dopamine levels, creating positive emotions and a feeling of accomplishment

Social Connection

- Building Relationships: Strengthens bonds through face-to-face interaction.
- Teamwork: Encourages cooperation and communication skills.

Feel Good, Join In!

Because good vibes are contagious!

Thoughts to boost your mood:

- ★ "I'm having fun."
- ★ "People like being around me."
- ★ "I've got this!"

Feel The Feels

- 😊 Happy
- 😌 Relaxed
- 😎 Confident
- 👏 Included

What You Might Do:

- ✓ Join in the fun
- ✓ Take turns & share
- ✓ Cheer others on
- ✓ Laugh together

You bring the energy!
Try it. Feel it. Share it.

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



WEST MIDLANDS
VIOLENCE
REDUCTION UNIT

[Click here to book via
Eventbrite](#)

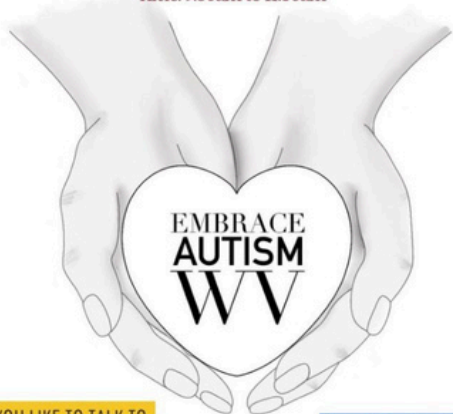
Support Group for Parents/Carers of children with ASD

Venue: Special Needs Early Years Service, Cherry Street SEND & Sensory HUB, Cherry Street, Wolverhampton, WV3 0QW

Next sessions will be on:

Tuesday 30th September 2025
Thursday 27th November 2025
Tuesday 20th January 2026
Thursday 12th March 2026
Tuesday 5th May 2026
Thursday 25th June 2026

Time: 9.30am to 11.30am



WOULD YOU LIKE TO TALK TO SOMEONE ABOUT ASD? IF SO, WHY NOT COME TO OUR COFFEE MORNINGS AND MEET OTHER PARENTS OF A CHILD WITH ASD

WE DISCUSS ASD CHALLENGES, WHAT SUPPORT IS AVAILABLE AND HAVE PROFESSIONAL AGENCIES ATTENDING

For further information or if you wish to attend, please email EmbraceAutismWV@outlook.com

Funded by UK Government

Wolverhampton Family Hubs

Friendship and Group Support Sessions

for parents of children with Autism and/or ADHD (no diagnosis needed)

Drop in for the opportunity to meet other parents/carers, share experiences, support each other and to get advice.

at Graiseley Family Hub, Pool Street, WV2 4NE

2025 Sessions

- Wednesday 19 November noon - 2pm
- Thursday 11 December 9.30 - 11.30

2026 Sessions

- Thursday 22 January 2026 9.30 - 11.30am
- Thursday 26 February 2026 noon - 2pm
- Wednesday 11 March 2026 9.30 - 11.30
- Wednesday 22 April 2026 noon - 2pm
- Thursday 21 May 2026 9.30 - 11.30
- Thursday 11 June 2026 9.30 - 11.30am
- Wednesday 1 July 9.30 - 11.30



These sessions are run by the Autism and ADHD Parent Champions who can offer group support, 1 to 1 mentoring and signposting to other services.



Drop in, no need to book

For more info, please contact: RWatson1@aatrust.co.uk



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...



Celebrating with fireworks safely

Keeping you and your family safe around firework displays and bonfire night

Fireworks and Bonfire Safety Tips:

It is illegal for anyone under the age of 18 to possess a firework, flare or smoke bomb.

-  **Professional Displays:** Attend a public firework display rather than handling fireworks at home. Never allow children to handle fireworks or sparklers without supervision.
-  **Anti-social Behaviour:** Talk to your children about the danger of pointing fireworks at people or buildings. Police can prosecute for dangerous use of fireworks.
-  **Stay Visible:** Wear high-vis jackets, glow sticks, or give a torch to your children.
-  **Safe Place:** Before visiting a bonfire or firework display talk to your child about a safe meeting place or a time to regroup after the event
-  **Bonfires:** It's never a good idea to make your bonfire. Attend a professional display or event where the fire can be properly contained and monitored.
-  **Dispose Properly:** After fireworks have cooled, dispose of them in a metal container filled with water.
-  **Ask Them:** What are your child's plans? How are they going to enjoy fireworks and bonfire night safely?

If you see anti-social use of fireworks, flares, or smoke bombs in your local area, please call **101** or **999** in an emergency.

If you would like to report a trader for selling to underage persons, contact Citizens Advice consumer helpline on **0808 223 1133**

Learn more about when and where you are allowed to let off fireworks by searching **'WMP darker nights'**

West Midlands
POLICE




Don't get spooked





this Halloween

A parent's guide to keeping children and teenagers safe


Trick-or-Treating Safety Tips:


 **Supervision:** Accompany young children while trick-or-treating and set a return-home-time for older kids.


 **Stranger Danger:** Talk to your child about staying with their friends and never going into a property they do not know.


 **Safe Routes:** Plan a safe route in familiar neighbourhoods, use pelican and zebra crossings, and stick to well-lit streets

 **Use Reflective Accessories:** Add reflective tape to costumes and carry flashlights or glow sticks.

 **Visible and Well-Fitting Costumes:** Ensure your child's costume is easy to see in the dark and fits properly to prevent tripping.

 **Mobile phones:** Make sure phones are charged, have location apps turned on, and keep it out of sight when they are not using it

 **Pets:** Keep dogs on a lead and purchase a reflective collar if taking your dog with you

 **Lights On:** Keep a light on in your home to help welcome your children home and prevent burglars

It is always best to check any sweets, gifts, or toys children have been given while trick-or-treating.

We ask that children and teenagers do not visit homes that display a 'no trick-or-treating' sign as this time of year can be unsettling for many. You can download a copy on our trick-or-treat posters on our website.

If you want to report something suspicious call **101** or **999** in an emergency.

For more information about West Midlands Police are helping keep you safe this Halloween, search '**WMP Darker Nights**'.

West Midlands
POLICE



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



The Royal Wolverhampton NHS Trust



Let's chat sexual health



#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.

SCHOOL NURSING

STI testing

Pregnancy advice

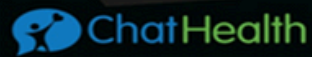
Smear tests

HIV testing

Safe sex

Counselling

Emergency contraception



The Royal Wolverhampton NHS Trust

Aged 11 - 19?

Text a school nurse on

07507 332 631

for confidential help and advice.

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.

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

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



SPOTLIGHT ON SAFEGUARDING

WORKING TOGETHER TO KEEP OUR YOUNG PEOPLE SAFE



What parents need to know about vaping

Vaping has become increasingly common among teenagers, and many parents are understandably concerned. E-cigarettes were originally designed to help adults quit smoking but they are not safe for children or young people.

The rise in brightly packaged, sweet-flavoured disposable vapes has made them particularly appealing to young people, despite the health risks.

Research shows that more teenagers are experimenting with vapes each year, often without realising how addictive and harmful they can be.

Why vapes are dangerous for children

Although often marketed as 'safer than smoking', vapes still carry serious risks:

- **nicotine addiction** – many vapes contain high levels of nicotine, which can cause dependency and affect brain development in young people
- **harmful chemicals** – new research shows vapes can contain toxic substances such as formaldehyde, acrolein and metals like lead. These can damage the lungs and cardiovascular system
- **respiratory effects** – vaping can irritate airways, trigger asthma and cause long-term lung problems
- **unregulated products** – some disposable vapes, especially those bought online or from informal sellers, may exceed legal nicotine limits or contain banned substances. More recently, tests have even found some vapes laced with illegal drugs such as Spice, making them extremely dangerous.

Why young people are drawn to vapes

- Bright packaging and sweet flavours – flavours such as bubblegum, mango and cotton candy make vapes seem harmless and child-friendly, masking the fact that they often contain addictive nicotine.
- Peer pressure and social media trends – vaping is frequently shown on TikTok, Snapchat and Instagram, making it appear fun, fashionable, or a way to fit in with friends.
- Belief that 'everyone is doing it' – many young people think vaping is common and safe, not realising the health risks or that many of their peers actually choose not to vape.

Secondary | October 2025

In this issue:

Vapes

Child Criminal Exploitation

Supporting your child to avoid the risks of vaping



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

What parents need to know about Child Criminal Exploitation

Child Criminal Exploitation (CCE) happens when children and young people are manipulated, coerced or forced into committing crimes for someone else's benefit. It can affect boys and girls from all backgrounds and often begins without a child realising they are being exploited. Understanding how CCE works is key to protecting children and knowing when to step in.

What is Child Criminal Exploitation?

CCE is when adults, gangs or organised networks exploit children to take part in criminal activities. This can include:

- **County Lines drug dealing** – transporting or selling drugs between areas
- **carrying weapons** – being pressured to hold or use knives or other weapons
- **theft, burglary or shoplifting** – committing crimes on behalf of others
- **online exploitation** – being recruited or directed through apps, social media or gaming platforms.

The role of the online world

Criminals don't always approach children in person – many now use the internet to make contact. Social media, messaging apps and gaming chats are common recruitment tools.

Exploiters may:

- start with friendly conversations to build trust
- use games or group chats to identify and target vulnerable young people
- offer money, free items or a sense of belonging online
- move conversations to private messaging, where they apply pressure or give instructions.

Because online communication is hidden, parents may not see what's happening until the child is already involved.

Criminals often exploit children, targeting those who seem vulnerable. They may:

- offer gifts, money, food or clothes
- create a sense of owing a debt in exchange for the gifts. The debt is paid by undertaking criminal activities
- provide friendship or a sense of belonging
- use threats of violence.

Watch for signs of exploitation in your child, such as:

- unexplained money or new possessions
- secretive behaviour about online interactions
- sudden changes in friendships, including unfamiliar adults
- signs of anxiety or reluctance to explain actions.



From the Chaplain...

“Hallowed be your name. Your kingdom come, your will be done...”

Matthew 6:9-10

This week in our worship and reflections we consider the meaning of the verb ‘to hallow’. In conversation with students, many associate the word with evil spirits and Halloween. This ‘holy’ evening preceding All Saints Day is indeed linked to ghosts and ghouls in popular culture, however the hallowing of God’s name for which we pray is to do with treating God’s name with respect, reverence and awe.

As God’s children, created in God’s image, we bear a double responsibility when we pray these words. Appointed as God’s representatives or stewards on earth, we are to act as God would act, love others as God loves them and treat them with the care and respect they are due as beloved children of God themselves. Not only should we treat as holy God’s name in its own right, but we should treat as holy God’s image in every one of his human children.

This poses a real challenge when God’s children don’t behave as we would expect, hold views we agree with or uphold the values on which our own morality is based. How do we honour and revere God’s name in them? How do we recognise God’s image in them? Jesus showed us the way of compassion. Where so-called ‘righteous people’ judged and excluded those who didn’t fit their vision of God’s kingdom, Jesus listened to them with love. By seeking to understand the view of the other rather than condemn them, God’s kingdom and our understanding of God himself are expanded. As our Chair of Governors stated in our house worship this week, this is where we catch a glimpse of heaven breaking through.

And if we want to do more than just listen, there is much to be said for eating together! In negotiations and diplomacy eating together has often played a key role in the processes of bringing about peace. From the traditional Bedouin practice of ‘sulha’ to the important role played by shared meals in the peace talks in Northern Ireland or the parable of the Great banquet (Luke 14) there is much evidence that sharing meals brings people together. There is much evidence to back up the Islamic Hadith ‘Eat together and do not eat separately, for the blessing is in sharing food’.

Help us, O Lord, to affirm our common humanity so that in our differences we may build together for justice and peace. Amen.

