



SOW



NURTURE



GROW



FLOURISH

MESSAGE FROM MR PARRY

Earlier this week we welcomed Matt Sen, a former professional boxer, into school to deliver "Struggle to Succeed" workshops with our Year 9 and Year 10 students. We welcomed Year 10 parents into school for a parents' evening, and today we hosted a Year 9 parent coffee morning in school.

Next week, our Year 11 and Year 13 mock exams continue. We have a number of Year 8 students continuing their work with the Jon Egging Trust and the RAF, as well as a number of Year 12 students visiting University of Wolverhampton. The week then ends with an exciting trip to take students to Wembley to watch the England Lionesses play.

Recently I had the pleasure of spending time at one of our local primary schools that we are working very closely with, St Paul's. I spent a parents' evening there talking to staff and parents about the wonderful work that takes place day-in, day-out at St Regis, and it was lovely hearing lots of positive feedback about our school. I also recently delivered a talk at the City of Wolverhampton Council's Inclusion summit, which saw teachers from across the City join together to explore how we can make our school's appropriate learning environment for all of our young people. It was a privilege to talk to colleagues from across the City about St Regis and our approach to inclusion.



Mr Parry
Principal





**ST REGIS STARS OF
LAST WEEK!**

YEAR 7 – Harris T.

YEAR 8 – Maisie-Lou M.

YEAR 9 – Akshdeep S.

YEAR 10 – Akaljapsimar S.

YEAR 11 – Muhammad A.



CHESTER – Harris T.

LICHFIELD – Bella M.

WORCESTER – Akshdeep S.

**HOUSE OF THE WEEK IS
CHESTER!**



**ST REGIS
CHRISTMAS
ROLLER DISCO**

**THIS HALF TERM OUR REWARD ACTIVITY WILL BE A ROLLER DISCO,
HELD HERE WITHIN SCHOOL ON WEDNESDAY 17TH DECEMBER.**

ALL STUDENTS HAVE THE OPPORTUNITY TO ATTEND.

TO BE INVITED, STARTING FROM TODAY UP UNTIL THE EVENT

ALL STUDENTS NEED TO ACHIEVE

95% ATTENDANCE/BEHAVIOUR RATIO & EXCELLENT PUNCTUALITY



Friends of St Regis



Support St Regis PTA & Win Big with Wolverhampton Community Lottery!

We're excited to share a fantastic way you can support Friends of St Regis Parent Teacher Association while having the chance to win up to £25,000 every week!

By playing the Wolverhampton Community Lottery, you'll be helping us raise vital funds to enhance the educational experience of all our students – from funding enrichment activities to improving school resources.

- ✓ Tickets cost just £1 per week
- ✓ 60% of every ticket goes directly to local good causes
- ✓ Weekly prizes up to £25,000
- ✓ Special draws with amazing prizes like PS5 bundles or £1,000

It's easy to join!

Visit:

www.wolverhamptoncommunitylottery.co.uk/support/friends-of-st-regis-parent-teacher-association or scan the above QR code

Your support makes a real difference. Let's grow great things together for our children and school community!



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.

STI testing

Pregnancy advice

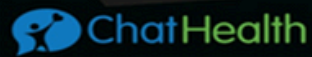
Smear tests

HIV testing

Safe sex

Counselling

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
- Bullying
- Body image and identity
- relationships

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



The Royal Wolverhampton NHS Trust

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.



SPOTLIGHT ON SAFEGUARDING

WORKING TOGETHER TO KEEP OUR YOUNG PEOPLE SAFE

Secondary | November 2025

Helping young people think critically: misinformation and conspiracy theories online

Today's young people are growing up in a world where news, opinions and videos appear instantly - often before they've had time to think them through. Social media platforms such as TikTok, Instagram, YouTube and X (Twitter) are now where many children get their information about the world.

What's the challenge? Not everything they see is true.

Some of it is misinformation (false or misleading information) and some are conspiracy theories - such as ideas claiming secret groups or plots are controlling world events. These can spread quickly online, often designed to shock, anger or persuade.

Why young people are drawn in

It's natural for children to explore big questions and look for answers. Online content that sounds bold or mysterious can feel exciting and convincing- especially when it's presented confidently or emotionally.

Apps and algorithms can reinforce this by showing users more of the same kind of content they've watched before. For example:

- **TikTok** and **YouTube** use recommendation systems that can lead from harmless curiosity to more extreme or misleading videos.
- **Instagram** and **Snapchat** may spread rumours or fake stories quickly through friends' posts and private messages.
- **X (Twitter)** and **Reddit** often mix real news with speculation, which can make it hard for young people to tell fact from opinion.

The more time children spend on these platforms, the more normal this flood of conflicting information can feel.

A shared responsibility

If our young people are using social media, we can't control every video or post our they see, but we can teach them how to question and think critically about it.

By staying involved, showing interest and keeping conversations open, parents and carers can help young people grow into informed, thoughtful digital citizens who can tell fact from fiction.

In this issue:

- Misinformation and conspiracy theories
- Unsupervised events

HOW PARENTS/CARERS CAN HELP

1. STAY CURIOUS, NOT CRITICAL

If your child mentions something unusual they've seen online, ask open questions: "Where did you see that?" or "What do you think about it?" Listening calmly shows you're interested, not judging or dismissing them.

2. TALK ABOUT HOW PLATFORMS WORK

Explain that social media apps want people to keep watching, so they show content that triggers strong reactions - even if it's misleading. Understanding how algorithms work helps children step back and think more clearly.

3. ENCOURAGE THEM TO CHECK SOURCES

Show your child how to look for information on trusted news websites or fact-checking pages like **Full Fact**, **BBC Verify** or **Newsround**. Ask: "Who made this?" and "What's their reason for posting it?"

4. SHARE YOUR OWN EXPERIENCES

Talk about a time you believed something online that turned out to be false. It helps young people see that anyone can be caught out and that being willing to question and correct yourself is a strength.

5. PROMOTE BALANCE AND PERSPECTIVE

Suggest following a mix of reliable sources - news outlets, educators and positive creators - not just influencers or accounts that share dramatic opinions. Remind them it's healthy to switch off and do things offline too.

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

Staying safe at parties: helping young people make good choices

As children move through secondary school, their social life becomes a huge part of growing up. Parties, gatherings and sleepovers are where friendships deepen and independence grows, but they can also bring new challenges, especially when adults aren't around.

Unsupervised parties at a friend's house can seem harmless or 'normal', but without adults present, situations can quickly get out of hand. Alcohol, peer pressure and risky behaviour can all play a part, even when no one intends for things to go wrong.

The goal isn't to stop young people from socialising, it's to help them stay safe, make good choices and know they can always turn to you for help.

What makes unsupervised parties risky?

Even well-meaning plans can become unsafe when:

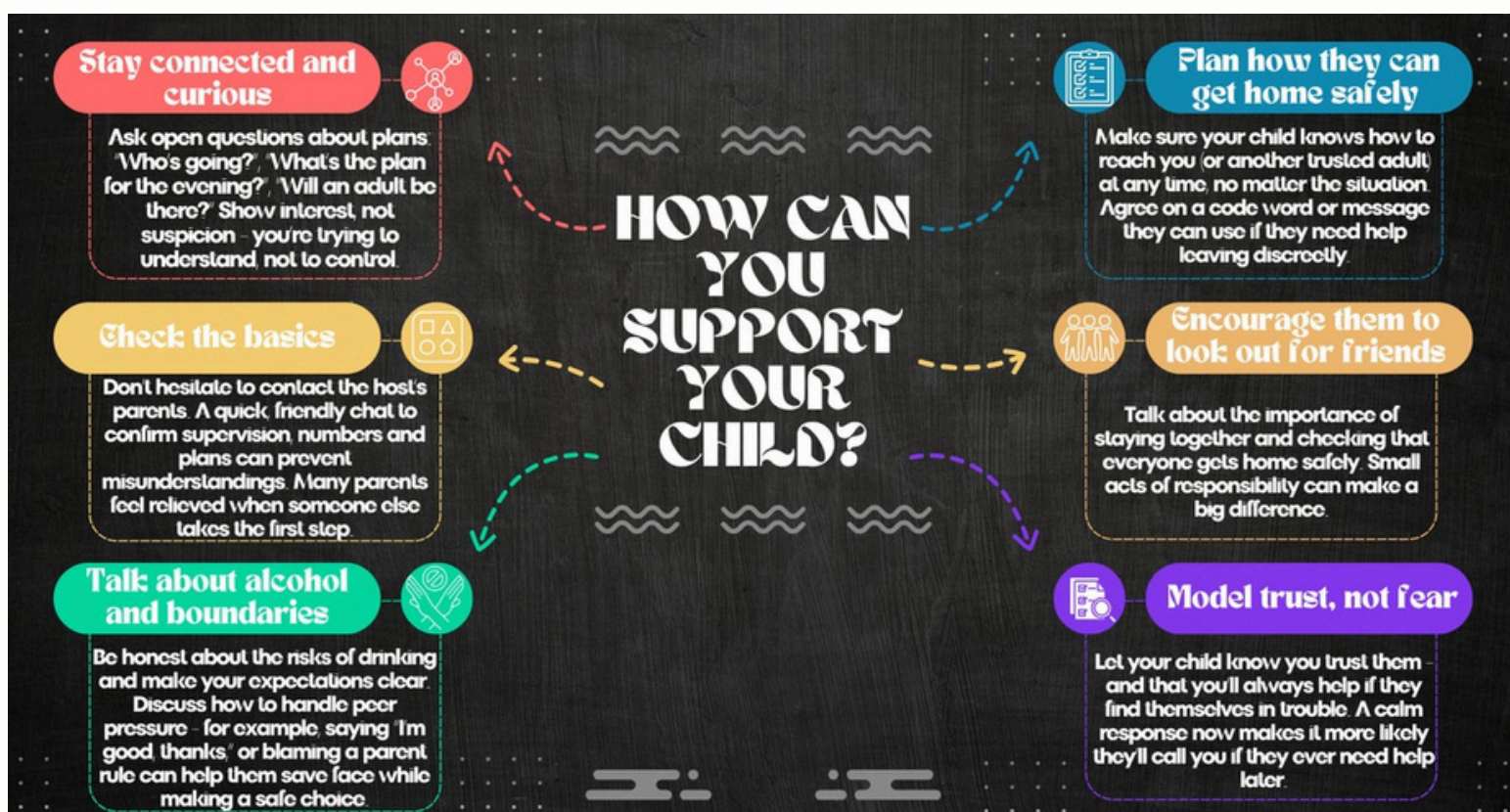
- alcohol or vaping is introduced
- word spreads on social media and far more people turn up than expected
- guests don't all know each other
- there's no adult to manage boundaries or call for help if needed
- peer pressure makes it hard for young people to say no.

Most young people want to do the right thing - they just need support, information and a plan.

What to do if you are hosting

If your child wants to have friends over, consider:

- Keeping the group small and supervised.
- Agreeing clear start and finish times.
- Keeping alcohol out of reach and monitoring any social media sharing.
- Being visible – even if you're just "around" in another room.



From the Chaplain...

'This is the King of the Jews' read the sign above Jesus' head, as he hung battered and broken on the cross. It had been placed there to mock him, just as those jeering and pointing suggested that if he truly was the Messiah, then he should use his power to save himself. Why would one with such power allow himself to be treated in this way? And why should anyone put their faith in a God who seems so easily defeated by evil forces?

'What is power anyway? And how do we recognise those who have power in this world?' I asked some sixth formers this week. 'Power is the ability to take from others, to hurt them or to impose your will upon them,' came the answer. Unfortunately, our experience of power in human hands is too often just that, and yet we recognise also the power of community. Those in positions of authority hold power only because we, the majority, allow them to do so and our own power, as consumers, as citizens and as people with voices, we often underestimate.

'So how much power do you think you have over your own lives?' I asked. The answer was quite favourable, 'around 70%'. As young, healthy, educated people on the cusp of being allowed to work and vote and choose the direction of their lives, this is understandable perhaps. If I had asked younger children, or people whose lives are governed by working to make ends meet, perhaps I would have received a different answer. And what about the elderly I work with when I am not at school, those whose powers to see, hear and move about freely are being slowly stripped away? Those who are having to rely on strangers to come into their homes and feed, wash and clothe them?

There are plenty of indications in the Bible of a God who has extraordinary powers, used to provide, to heal, to protect and to remove barriers... so why does he seem so easily quashed by the Jewish leaders, the Roman authorities and so many ordinary people who turn against him in the story of Jesus' crucifixion? For me the answer lies in God's power being rooted in love. As is hinted in the stories of Jesus' temptations in the wilderness, God does not choose to use his power to dominate others, to enforce his will or for his own comfort or convenience. God's power is all about love and in loving others he chooses to walk alongside them, to suffer alongside them and even to die at their hands. But what appears weakness, what appears foolishness, is in fact the most powerful of all; because it is only this extreme and abundant love which has the power to offer hope, new life and healing for a broken world.

God, who is love and nothing but love,
Pour your Spirit into our lives that by your power
We might grow in your image and your love
Our lives, our school and our community transformed into your likeness. Amen

