



FLOURISH

MESSAGE FROM MR PARRY

We were delighted on Friday to welcome the Bishop of Wolverhampton, the Right Reverend Dr Timothy Wambunya, to St Regis. He was joined by Three Spires Trust CEO, Emily Verow, our Chair of Governors, Ian Terry, and Jenny Sinclair from the charity Together for the Common Good. Our guests enjoyed a tour of the Faith Centre and spent time meeting both staff and students.

It has been a particularly busy and productive week across the academy. Year 11 and Year 13 students have now completed their mock examinations, and we also held our Autumn Term Academy Committee Meeting. Year 12 students took part in a visit to the University of Wolverhampton, and this Saturday a group of students travelled to Wembley to watch the England Lionesses take on China. I was also pleased to join our fantastic Parent Teacher Association, The Friends of St Regis, for their final meeting before Christmas. The PTA's Christmas raffle is now live—anyone wishing to purchase tickets can do so via Mrs Rowley.

As we enter Advent, the festive spirit is beginning to build around school. Our Christmas tree arrived this week and, once decorated, we will launch our "12 Days of Christmas" rewards programme for all students. We are very much looking forward to a wonderful run-up to Christmas, with the following events planned:

Upcoming Festive Events

- Wednesday 3 December: St Regis Christmas Concert at Life Spring Church (free tickets available from Mrs Rowley)
- Thursday 4 December: Year 7 Christingle Service at Christ Church
- Tuesday 9 December: Year 7 Winter Sports Day
- Wednesday 10 December: School Christmas Dinner and Christmas Jumper Day
- Thursday 11 December: Christmas Community Lunch
- Tuesday 16 December: Christmas Church Services
- Wednesday 17 December: Christmas Reward Event

End-of-Term Arrangements

- Thursday 18 December: 12:30pm finish for all students
- Friday 19 December: Staff INSET day (school closed to students)

We look forward to celebrating the season together and wish all students and families a joyful Advent.



Mr Parry
Principal





**ST REGIS STARS OF
LAST WEEK!**

YEAR 7 – Gracie H.
YEAR 8 – Erin J.
YEAR 9 – Akshdeep S.
YEAR 10 – Ava H.
YEAR 11 – Daisy B.



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





WREATH MAKING & EDIBLE TREE DECORATIONS WORKSHOP

📅 Saturday 6th December

🕒 11am – 1pm

📍 Wildside Activity Centre, Hordern Road,
WV6 0HA

Join us for a cosy, creative festive morning as we make beautiful natural wreaths and wildlife-friendly edible tree decorations! 🌿 ✨

This family-friendly workshop is **FREE** and open to everyone — no experience needed, just come along and enjoy getting hands-on with nature.

This event is part of the project to explore, enhance, protect and promote Smestow Valley, proudly funded by the National Lottery Heritage Fund.



🎄 Wrap up warm, bring your festive spirit, and let's make something wonderful together! We can't wait to see you there.





The WoW for week beginning 1st December is:

INTEGRITY

Word Class	noun
Meaning	The quality of being honest, having strong moral principles, and doing the right thing even when no one is watching.
Examples of use	<p>A good leader is respected for their integrity.</p> <p>She showed integrity by admitting her mistake instead of blaming someone else.</p> <p>The scientist's integrity meant she reported all her results honestly, even the ones that didn't support her hypothesis.</p>
Cross-curricular opportunities	<p>English: Mr. Birling shows a lack of integrity when he refuses to take responsibility for Eva Smith's death.</p> <p>History: Nelson Mandela showed integrity by promoting reconciliation instead of revenge.</p> <p>Science: Scientists must maintain integrity by recording data honestly, even if it doesn't match their predictions.</p> <p>Art: She showed integrity by developing her own unique design instead of copying a famous painting.</p> <p>Geography: Maintaining the integrity of a rainforest means preventing illegal logging and pollution.</p> <p>Maths: Maintaining integrity in maths means showing your full working and not copying answers</p>

catch22 are holding 2 free online parent and carers webinars around County Lines and Child Criminal Exploitation (CCE).

This session is aimed at parent/carers(including foster carers/grandparents) to gain a understanding on the important issues surrounding county lines, as well as the impact that it can have on young people and their families, and the support that is available to young people who are impacted/suffering from County Lines and Criminal Exploitation.

- Topics will include:
- County Lines, child criminal exploitation (CCE) and financial exploitation, Stages of recruitment , Push and pull factors,
- The National Referral mechanism,
- The psychological impacts,
- Social media, and
- Debt bondage.



Dates are

Wednesday 10th December 10am-1130am – link to book a space is here -

<https://www.eventbrite.co.uk/e/county-lines-webinar-session-parentscarers-only-tickets-1974964772800?aff=oddtcreator>

Thursday 11th December 530pm-7pm - link to book a space is here - <https://www.eventbrite.co.uk/e/copy-of-county-lines-webinar-session-parentscarers-only-tickets-1974965111814?aff=erelpanelorg>

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

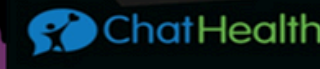
HIV testing

Safe sex

Counselling

Smear tests

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:

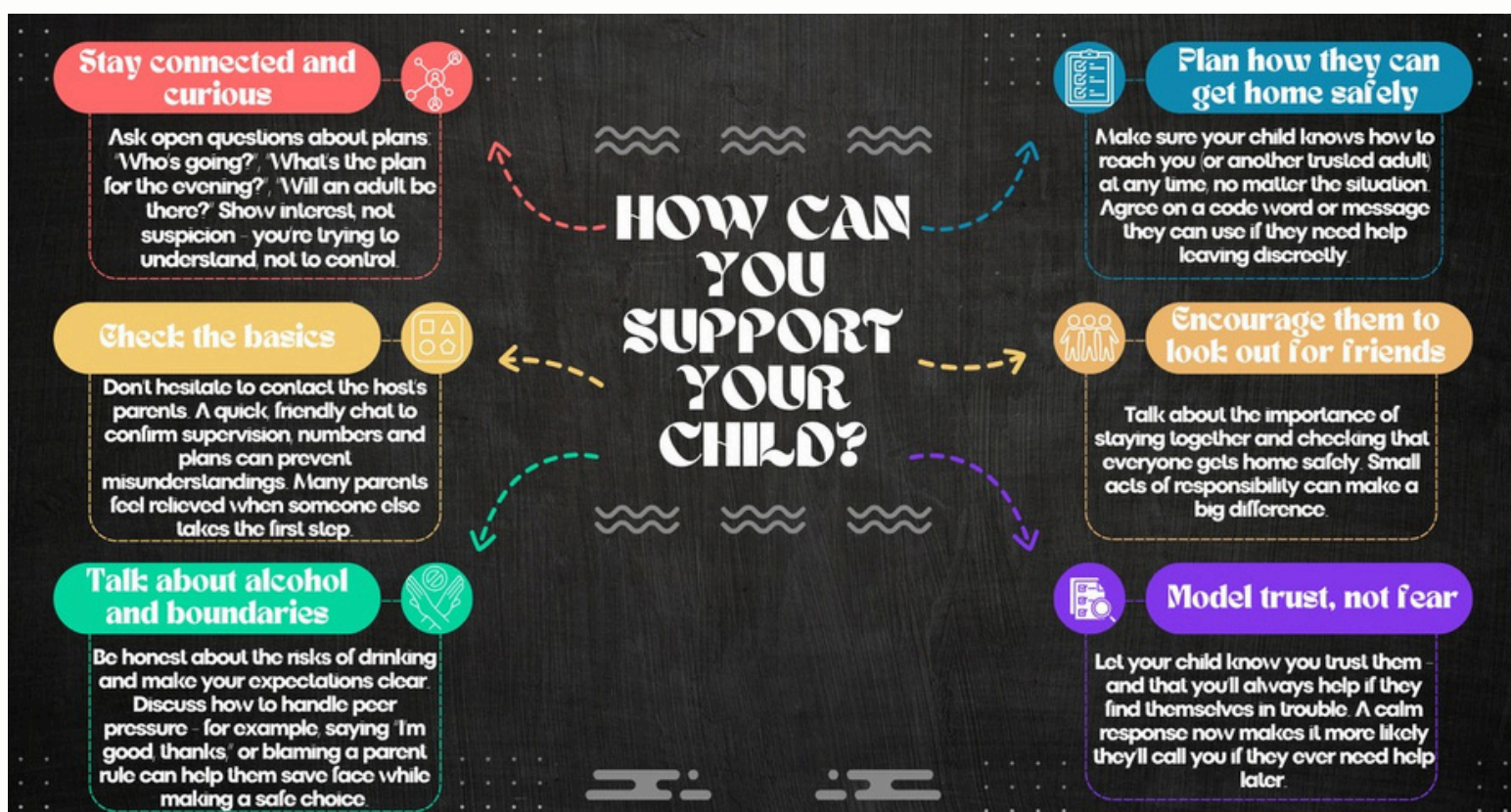
- alcohol or vaping is introduced
- word spreads on social media and far more people turn up than expected
- guests don't all know each other
- there's no adult to manage boundaries or call for help if needed
- peer pressure makes it hard for young people to say no.

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...

I wonder what the words 'Be prepared' might mean for you? Perhaps for some of us they will bring back memories of being a scout or a brownie guide and ensuring that our pockets contained a coin for a payphone, a clean hankie and a piece of string. Talking to students this week about how we would prepare for an important exam, a sports match or a prom we agreed that it is useful to know the date in advance and that it would be hard to stay ready indefinitely. And yet in our Bible reading this week, when Jesus talks to his disciples about the 'end times', the day when God will come to judge and to put all things right, he says quite clearly that we must be ready because 'the Son of Man will come at an hour when you do not expect him'.

So how do we get ready and stay ready for meeting with God? Students suggested we might spend time in prayer and reflection, mentally and spiritually preparing ourselves to hearing and noticing God at work in our lives. They suggested we might focus on others rather than ourselves, in acts of kindness and compassion. One student talked about the need to wash in preparation for meeting God in prayer which led to an interesting discussion about whether it is also important to be clean on the inside; to have a clean heart. 'How might we do that?' I asked, and the answer came, 'By asking for forgiveness.'

As we travel through advent we will hear again the story of John the Baptist calling people to turn from ways which separate them from God and symbolically washing them clean in the River Jordan as a sign that they are forgiven. Of course baptism might be a one-off recognition that we belong to God, but the offer of forgiveness and a clean slate is one that is offered to us on a daily basis as we renew our desire to live in relationship with God and accept anew God's life in us.

Author of life divine,
whose song unleashes beauty,
creating wonder and inspiring awe.
You call our voices out,
join them in a renewing melody which is older than time.
You lead us, then move us,
in a dance lost in wonder, love, and praise.
In such moments, our humanity reverberates with grace
and we know ourselves beloved. Amen.

Prayer by Kerry Tankard, Yorkshire West Methodist District

