

# ST REGIS ACADEMY

## NEWSLETTER

5th December 2025



**FLOURISH**

### MESSAGE FROM MR PARRY

As we enter December and begin the season of Advent, our school is buzzing with festive activities. Our Christmas tree is now beautifully decorated, and we are excited to have launched the "12 Days of Christmas" rewards scheme for all our students.

We enjoyed a wonderful evening at LifeSpring Church on Wednesday, where we hosted our annual Christmas Concert. Students from St Regis performed alongside pupils from St Michael's, St Paul's and Christ Church schools, creating a magical celebration of music through song, dance and instrumental performances. A special thank you to our Year 11 students, who sold refreshments to raise funds for their Prom, and to our PTA for completing the raffle draw and distributing a fantastic selection of prizes. We appreciate everyone who supported the PTA by purchasing raffle tickets.

Yesterday, it was a pleasure to accompany our Year 7 students to Christ Church in the village for our annual Christingle service. We were delighted to be joined once again by Christ Church Year 5 pupils. It was a beautiful occasion, giving students the chance to create their own Christingles and share light with one another.

The following events will make for an enjoyable run-up to Christmas at St Regis:

- Tuesday 9th December: Year 7 Winter Sports Day
- Wednesday 10th December: School Christmas Dinner & Christmas Jumper Day
- Thursday 11th December: Christmas Community Lunch
- Tuesday 16th December: Christmas Church Services
- Wednesday 17th December: Christmas Reward Event

A reminder that:

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



**Mr Parry**  
Principal





**ST REGIS STARS OF  
LAST WEEK!**


**YEAR 7** – Amara N.  
**YEAR 8** – Janelle O.  
**YEAR 9** – Akshdeep S.  
**YEAR 10** – Katherine E.  
**YEAR 11** – Oyindamola S.



**CHESTER** – Katherine E.  
**LICHFIELD** – Kimberley 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 17<sup>TH</sup> 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



# The St Regis Christmas Concert

What a fantastic evening we had at LifeSpring Church! We were treated to some super performances and left feeling very festive. Well done to all who took part and helped out, we are super proud of you all.





# 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.

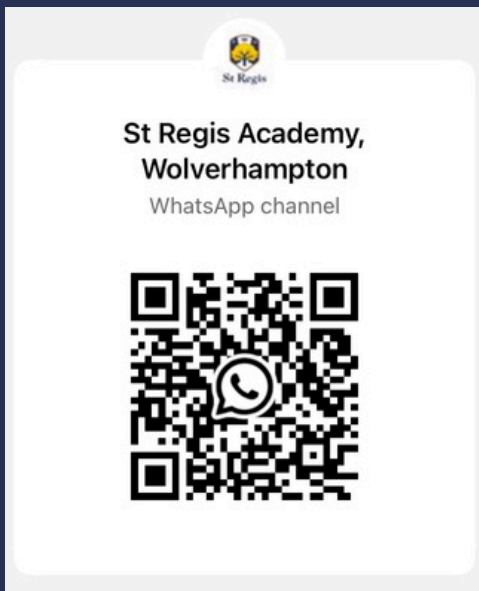


<b>Word Class</b>	<b>adjective</b>
<b>Meaning</b>	Showing great attention to detail; very careful and precise.
<b>Examples of use</b>	She was meticulous in her research to make sure every fact was accurate.
	A meticulous approach to planning helped the team succeed.
<b>Cross-curricular opportunities</b>	<b>English:</b> The writer was meticulous in choosing language techniques to create atmosphere and tension.
	<b>Computing:</b> Coders must be meticulous when writing their programs to avoid syntax errors
	<b>Science:</b> A meticulous recording of the results ensured that the experiment was accurate and reliable.
	<b>Art:</b> A meticulous attention to detail can make a drawing look realistic and precis
	<b>Geography:</b> Being meticulous with map reading helps us accurately identify physical features and locations
	<b>Maths:</b> You need to be meticulous when solving equations to avoid small calculation errors.
	<b>Business:</b> Meticulous planning helped the company manage its budget and maximise profits
	<b>PE/Sport:</b> A meticulous warm-up routine helps athletes avoid injury and prepare for peak performance.

## CALLING ALL PARENTS!



Join the St Regis WhatsApp Channel  
Scan the code or use the link below



<https://whatsapp.com/channel/0029VafLsyxBfxo8mn3Ok419>





# Year 12 Campus Experience Day – University of Wolverhampton

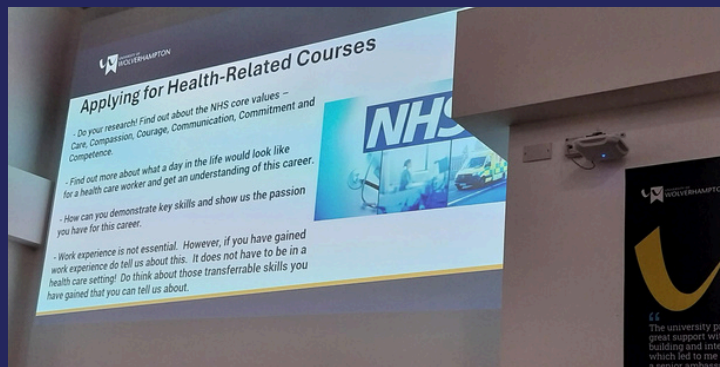
Last Friday, our Year 12 students had the fantastic opportunity to visit the University of Wolverhampton for a Campus Experience Day. The visit gave students a real taste of university life, from exploring modern facilities to engaging in interactive sessions designed to inspire future aspirations.

The day included:

- **Campus Tour** – Students explored lecture theatres, libraries, and social spaces, gaining insight into the learning environment.
- **Subject Taster Sessions** – Hands-on activities and talks from academic staff helped students understand different degree options and career pathways.
- **Personal Statement Workshop** – Practical advice on budgeting, accommodation, and the realities of independent living.
- **Q&A with Student Ambassadors** – Honest and helpful answers about university life, applications, and what to expect.

Feedback from students was overwhelmingly positive, with many saying the experience boosted their confidence about higher education and clarified their next steps.

A huge thank you to the University of Wolverhampton for hosting such an informative and welcoming event – and to our students for representing the school so brilliantly!



## Parents and Carers

We value your feedback. Please take a few minutes to complete our Careers Programme Evaluation for St Regis. Your input helps us improve and provide the best support for our students.

Please scan the QR code or use the link below.

<https://forms.office.com/e/rTBsm7hN7G>



# 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](http://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!





Join us for...

# GAME CHILL



Black Country Healthcare  
NHS Foundation Trust

Join the Reflexions team for a fun day where children, young people and families can enjoy their favourite board games together - a chance to make friends, connect and share laughs in a relaxed, supportive space.  
Parents to accompany children under 13 years old



**10:30 - 16:00**



**Wolverhampton Art Gallery  
Lichfield St,  
Wolverhampton WV1 1DU**



## DATES:

**Wednesday 18th February  
Wednesday 1st April  
Wednesday 8th April  
Wednesday 27th May**

**Wednesday 29th July  
Wednesday 5th August  
Wednesday 12th August  
Wednesday 19th August**

**Wednesday 26th August**

**For additional information or brief sign up form to register your attendance, please email [bchft.reflexions@nhs.net](mailto:bchft.reflexions@nhs.net) or feel free to pop in!**

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



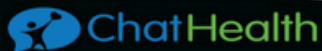
[rwh-tr.0-19service@nhs.net](mailto:rwh-tr.0-19service@nhs.net)



The Royal Wolverhampton NHS Trust



# Let's chat sexual health



#ChatSexualHealth

More information, including T&Cs and privacy, at: [www.embracewolverhampton.nhs.uk/chatsexualhealth](http://www.embracewolverhampton.nhs.uk/chatsexualhealth)

Text a school nurse on  
**07480 635 548**  
for confidential support and advice.

STI testing

Pregnancy advice

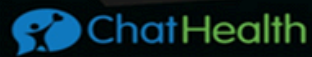
Smear tests

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](http://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 | December 2025



In this issue:

- New devices, new apps
- Personal safety



Reddit

## What it is?

A massive forum-style site where users discuss almost any topic imaginable in themed communities called Subreddits.

## What are the risks?

Many Subreddits include adult or explicit content. Some discussions can normalise harmful behaviour and anonymity may encourage bullying or misinformation.



OmeGLE/  
OmeTV

## What it is?

Apps that connect users with strangers around the world via random video or text chats. Omegle itself has been shut down, but many copycat apps exist.

## What are the risks?

High risk of exposure to nudity, sexual behaviour and predatory adults. Conversations are often unmoderated and users can record or screenshot without consent.



Telegram

## What it is?

A messaging app with encrypted chats, large group channels and file-sharing.

## What are the risks?

Encrypted chats make it difficult for authorities to track harmful or illegal content. Young people may encounter extremist groups, scams or explicit material.



Hoop

## What it is?

An app that connects Snapchat users, allowing them to add new friends based on profiles and photos.

## What are the risks?

It functions much like a teen dating or 'friendship' app, with swiping and photo-based profiles. Fake accounts, catfishing and inappropriate contact are common.



Grok

## What it is?

An AI chatbot available on the social platform X (formerly Twitter), designed to provide conversational answers and interact in a humorous, opinionated tone.

## What are the risks?

Can produce misleading or inappropriate responses. X itself also exposes users to hate speech, adult content and unverified information.

Parents and carers can stay involved in their child's online life by keeping communication open and showing genuine interest in what they enjoy online. Setting shared expectations around screen time and privacy builds cooperation rather than conflict, while modelling healthy tech habits shows balance in action. Focusing on values like respect and responsibility helps young people think beyond safety to how they treat others and protect themselves. By staying informed about new apps and trends, parents and carers can guide their child through the digital world with understanding and trust instead of control.

# SPOTLIGHT ON SAFEGUARDING

## Personal safety for young people

As the dark nights have drawn in, young people learning how to stay safe in public becomes essential. Independence is an exciting part of growing up, but it also comes with responsibility. Knowing how to plan ahead, stay alert and act confidently can make a big difference in keeping themselves and their friends safe.

### How parents and carers can support their child's independence

As teenagers begin to explore the world on their own, it's natural for parents and carers to feel both proud and worried. The goal isn't to remove all risk, but to help young people develop the judgement and confidence to handle challenges when they arise.

**Start with trust:** Let your child know you believe in their ability to make good decisions - that trust helps them take safety seriously.

**Talk, don't lecture:** Regular, calm conversations about plans, transport and what to do if something changes are more effective than strict rules.

**Agree on check-ins:** A quick text when they arrive somewhere or when plans change can give peace of mind without feeling like surveillance.

**Teach problem-solving:** Discuss realistic 'what if' scenarios - like a phone running out of battery or being separated from friends - and how to handle them safely.

**Celebrate responsible choices:** Acknowledge when your child shows good judgement or communicates well; it reinforces independence and responsibility.

Growing independence is one of the most rewarding parts of the teenage years - for both young people and their parents and carers. Learning to move confidently through the world, make good decisions and manage risks is a vital step toward adulthood. When teens understand how to stay aware and look out for one another and when parents and carers provide calm, steady support, everyone feels more secure. Personal safety isn't about fear - it's about empowerment, awareness and building the skills that help young people thrive wherever life takes them.

**SHARE THESE TIPS WITH YOUR CHILD TO SUPPORT THEIR INDEPENDENCE:**

- 01 PLAN AHEAD**  
Let someone know where you're going, who you're with and when you'll be back. Have a backup plan for getting home safely if your original arrangements change.
- 02 STICK TOGETHER**  
There's safety in numbers. Encourage friends to look out for one another and avoid leaving anyone alone, especially at night or in unfamiliar places.
- 03 STAY AWARE OF SURROUNDINGS**  
Keep headphones off or low and phones out of sight. Trust your instincts - if something feels off, go somewhere safe, like a shop or busy street.
- 04 USE TRANSPORT WISELY**  
Wait for buses or trains in well-lit areas, sit near the driver or other passengers and do not accept lifts from people you don't know well or trust completely.
- 05 KEEP PERSONAL ITEMS SECURE**  
Carry only what you need, keep bags zipped and don't flash valuables in public. Be cautious when using ATMs or sharing location information online.
- 06 KNOW HOW TO GET HELP**  
Save emergency numbers in your phone and know where to find help locally - a trusted adult, shop staff or public transport worker. If you ever feel unsafe, seek help immediately.

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](mailto:admin@stregisacademy.org). If it is urgent, please call the school and ask for a DSL.

# From the Chaplain...

'Prepare the way for the Lord! Make straight paths for him!' proclaimed John the Baptist, echoing words that the prophet Isaiah had spoken hundreds of years earlier. This strange character wearing camel hair clothes and eating locusts and wild honey seemed to have appeared from nowhere, and yet drew crowds from the cities eager to hear his message and to be baptised in the River Jordan, a sign that they had turned back to God and been washed clean of their sins. 'The Kingdom of Heaven is near,' John told them, referring to the time when God will send a king who will reign with everlasting justice and peace. So how do we prepare the way for this to happen?

It strikes me that road building has three stages: first the bulldozers are called in to clear the obstacles out of the way, then the road has to be levelled and made flat and finally it needs a durable surface which will drain off the rain and be long-lasting.

So what are the obstacles to us living peacefully, kindly and fairly? Perhaps busyness is the biggest obstacle at the moment, and the pressures we feel we are dealing with, which get in the way of us really hearing and seeing the needs of others. If we are honest, we can also be quick to judge others based on the behaviour we witness rather than seeking to understand the underlying causes. In order to clear the obstacles, we need to cultivate open minds and generous hearts.

The levelling of the paths (or playing fields) is about making things fairer. How can we reach out to people who are finding life difficult or who are not feeling included? This involves putting aside any prejudices we might have (difficult, because we are usually not aware of them) and really listening to other people. Let's consider how we build others up and value the skills and gifts they bring?

Making the roads durable is about changing structures and habits in a way that lasts. This might mean challenging the rules or policies of society. Prophets have always spoken truth to power, pointing out where society has drifted from God's ways and where systems are unjust; this is a difficult and unpopular line to walk. All of us who are voters or consumers can be influential in making our society fairer, kinder and more inclusive.

As we journey through advent, let's pray that God will give us open minds and generous hearts, ears to listen with greater understanding and the courage to speak the truth and act justly, that all might know the peace of God's coming kingdom. Amen

