



FLOURISH

MESSAGE FROM MR PARRY

Our festive Advent calendar is in full swing, and there is a wonderful atmosphere around the Academy as we move through December. The “12 Days of Christmas” rewards scheme for our students is now into its second week, and it has been fantastic to see students receiving their winning baubles.

This week, our Year 7 students braved the winter weather for a brilliant Winter Sports Day on Tuesday. It was a pleasure to join them in the Lecture Theatre for their presentation assembly at the end of the day—there were plenty of smiles on some very muddy faces!

On Wednesday, we enjoyed our Christmas lunch and Christmas jumper day. The school looked colourful and festive as students shared a traditional Christmas dinner in the canteen, complete with crackers and paper hats. On Thursday, we hosted our Community Christmas Lunch, where we welcomed local residents into school for a delicious meal served by our students, along with musical performances from our Gospel Choir and the Christ Church Junior Choir. This annual event is always a highlight, and our students were wonderful ambassadors throughout.

I have also written to all parents today with an end-of-term letter, outlining plans for our final week of the Autumn Term and important information for the start of the Spring Term in January.

We have a number of events coming up that will make for a very enjoyable run-up to Christmas at St Regis:

- Tuesday 16th December: Christmas Church Services
- Wednesday 17th December: Christmas Reward Event

A reminder that:

- Thursday 18th December will be a 12:30pm finish for all students.
- Friday 19th December is a Staff Inset Day, and school will be closed.



Mr Parry
Principal





**ST REGIS STARS OF
LAST WEEK!**

YEAR 7 – Jack H.
YEAR 8 – Erin J.
YEAR 9 – Akshdeep S.
YEAR 10 – Mohammed M.
YEAR 11 – Shirya P.



CHESTER – Wilson O.
LICHFIELD – Hadar O.
WORCESTER – Akshdeep S.
**HOUSE OF THE WEEK IS
Worcester!**



**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



Winter Sports Day 2025!





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!





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 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



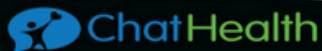
rwh-tr.0-19service@nhs.net



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

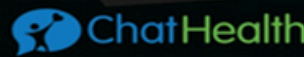
Smear tests

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
- Body image and identity
- relationships
- Bullying
- Smoking, alcohol and drugs

#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 | 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. If it is urgent, please call the school and ask for a DSL.

From the Chaplain...

'My soul glorifies the Lord and my spirit rejoices in God my Saviour' sings Mary (Luke 1:46-47) shortly after hearing that she is expecting a child who will be a blessing to all people. And yet, how is it that this young girl whose life was thrown into turmoil, whose plans were disrupted and whose character and integrity would be called into question in an unpleasant and even dangerous manner by members of her own family and community; how is it that she was able to sing such words of hope and joy?

'We make plans and God laughs,' says a Yiddish proverb. We can identify with that, I am sure. At this time of year we make more plans than normal, with our diaries and social calendars filling up, work deadlines to meet and Christmas preparations to fit into our spare minutes... it doesn't take much to disrupt our plans and to cause us frustration and anxiety. A storm, a flu virus, a train cancellation or a miscommunication can all send us into confusion and panic when our lives are so full and we are dependent on things running smoothly. Of course these are all fairly minor examples but they have a real, if temporary effect on our well-being.

However much we might convince ourselves that if we work hard enough we can do it all, or that we are ultimately in control of our lives, there comes a time when the illusion dissipates and we have to come to terms with a reality which doesn't entirely match up with the future we had dreamed of. For some this moment comes following an accident or a decline in health, for others it might be the breakdown of a relationship or a financial crisis. All these circumstances cause a response which is something like a bereavement and all take time for us to get our heads and hearts around, before we learn to hope and look forward again.

The source of Mary's joy and hope was in something greater than her own life and personal experience. Somehow she was able to look past her own inconvenience and discomfort, past her own story, to the role that she was invited to play in God's story, and in the story of humankind. Mary was able to trust in a God who uses every experience, no matter how hopeless it might seem, and who wastes nothing.

In the lead up to the end of term and the Christmas holidays, may God grant you peace of heart and an ability to focus on what is truly important. May you be blessed with hope in God's greater story and his faithfulness, for his plan to bless us all is greater than anything we can anticipate. Amen

