

# ST REGIS ACADEMY

## NEWSLETTER

18th December 2025



**SOW**



**NURTURE**



**GROW**



**FLOURISH**

### MESSAGE FROM MR PARRY

As we come to the final day of term, we reflect on what has been a wonderful Autumn term here at St Regis Academy.

This moment is especially poignant for me, as from January Mr Green will be writing the weekly updates in his new role as Head of School. I will remain in post but move into a new role as Executive Principal, overseeing both St Regis and St Peter's Academies. We already have much to share with St Peter's, particularly through our collaborative Sixth Form, and I look forward to working tirelessly to support both Academies, which are equally close to my heart.

I have loved every minute of the past three years as Principal of St Regis Academy. There has been so much to celebrate along the way, and I am incredibly proud of the achievements we have made together. The school continues on its journey to becoming a city-leading educational establishment in Wolverhampton, while remaining true to the values that underpin all we do: Sow, Nurture, Grow and Flourish.

We are a very happy and harmonious school community, serving young people from every postcode in the City of Wolverhampton. At every opportunity, and in all that we do, we celebrate the multicultural, diverse and multi-faith school family that is St Regis Academy.

I look forward to working closely with Mr Green and all of our amazing staff to continue developing happy, successful young adults. I would like to thank parents and families for the incredible support you have given me over the past three years. The warmth with which I have been welcomed into this magnificent school has been genuinely appreciated.

Serving the young people and staff of St Regis Academy day in, day out is both a pleasure and a privilege, and I look forward to our continued success in the new year.

I wish all of our students, staff and families a very Merry Christmas. I hope you enjoy time with loved ones and stay safe over the festive period. We look forward to welcoming everyone back to St Regis Academy for the Spring term on 5 January 2026.

God Bless.



**Mr Parry**  
Principal





# Our Rugby Academy in action last week.



# Prom night 2026



We are delighted to announce a brand new event for Y11 and Y13 pupils. In the Spring term, we will be hosting a preloved event, offering a range of prom dresses, suits and accessories for our pupils to choose from. We are aware that Prom wear can be incredibly expensive and so we are excited to be able to launch this new initiative. We already have had a number of beautiful dresses donated and we will be collecting more in the coming weeks. Y11 and 13 look out for further details in the new year!



If any of our school community have a dress, suit, or accessories they would be willing to donate please send into school, for the attention of Mrs Rowley.





**Congratulations to the 12 students awarded for their continued hard work and dedication.**

**These students were amongst the top performers in the school for reward points over the last 12 days of term leading up to Christmas. Each student was awarded a certificate, Amazon gift voucher and personalised Christmas bauble.**

**Congratulations Babban, Danya, Miriam, Raihanallah, Malaika, Daniel, Bethan, Harris, Susan, Fatima, Gift and Xienna!**





# 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!



# 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...

What can I possibly say about the Christmas story that has not already been said, hundreds and thousands of times in fact? As we read the Christmas story again this year we have asked ourselves at school what Joseph's experience might have been and what his expectations were. Did he realise the importance of his actions in providing protection and some security for God's child and his young mother? Joseph seems, from the little we know, to have coped as well as anyone could with the unexpected news of Mary's pregnancy and then with the unexpected order to take her on a long and arduous journey without any pre-booked accommodation right at the moment she was to give birth. He certainly wouldn't have planned to start fatherhood in the conditions he did. I wonder what he made of the farm animals and shepherds who would surround his new family at Jesus' birth?

We probably expect to meet God, if anywhere, in a clean and tidy church, with the candlesticks polished and the cobwebs swept away. We might expect to meet God in the beauty of unspoilt nature on a clear day with a beautiful sunset and birds singing. We probably don't expect to meet God in the messiness and brokenness and pain and confusion of human suffering... and yet, this is where God chooses to show up, again and again.

Despite its many joys, Christmas can be a difficult time for many. For some, this is because they are missing loved ones who are no longer there. For others it is because gathering with their extended family, the heightened excitement of children and the need to aim for perfection and to meet the expectations of long-treasured traditions on this one day of the year is actually very stressful. What if we could recognise that it is not the perfectly cooked turkey, the expensive gifts and the need to keep all the family smiling all the time that is actually important? What if we could see that God pours his love and joy into our lives every day and in the most unexpected places and people? What if we could allow ourselves to stop and notice and accept that love? What then?

I would like to share with you a link to a video I was sent this morning – enjoy! <https://youtu.be/g4fvMgNfN0I>

Wishing you all a blessed Christmas, full of moments of real joy and love, but not necessarily in the places you were expecting!





 Merry Christmas from Orla!

