

ST REGIS ACADEMY

NEWSLETTER

23rd January 2026



FLOURISH

MESSAGE FROM MR GREEN

We are so proud of our Gospel Choir after their brilliant and moving performance at the FlourishEd Conference on Thursday, hosted by the National Society of Education, held at Saints Church in Hackney, London – an absolutely stunning venue and a really special place to sing. The choir performed Imela, a Nigerian gospel song that means “Thank you”, and it was joyful, uplifting and full of heart. Before they began, Kenya in Year 11 introduced the choir to the audience, saying: “We are the Melodies of Regis Ensemble Choir from St Regis CE Academy in Wolverhampton – part of Three Spires Trust, and it is our pleasure to perform for you today. We will be singing Imela, a gospel song from Nigeria that means ‘Thank you’. This song reminds us to notice the good things God gives us. By singing it together, we show Thankfulness, Wisdom and Community – celebrating God’s love and learning to live joyfully with one another. We hope you enjoy it – thank you.” This choice really reflects who we are as a school – thankful for our opportunities, respectful of different cultures, and proud of our diverse community. Our students represented St Regis brilliantly, and we could not be prouder of them.

Next week, we will be focussing on punctuality across the school—this matters because it protects learning time, supports positive routines, and helps every pupil begin lessons calmly and ready to learn. This is our St Regis Way. It is so important we have high expectations on this, so teachers and tutors will be adding ‘the number minutes late’ to lesson to our tracking systems and we will be informing parents of this time. One fact I will be sharing with pupils is that being 5 minutes late to every lesson during the school year would equate to missing 79 hours and 10 mins of learning time – which is 13.2 days! I am sure you agree with me that good punctuality is a habit to get right.

Next week, we look forward to our Year 9 pupils focussing on their future pathways and the options process and we look forward to welcoming parents and carers to the Year 9 Parent and Option Information Evening on Thursday 29th January 4:30–6:30pm.



Mr Green
Head of School



**ST REGIS STARS OF
LAST WEEK!**

YEAR 7 – Mikayla S.
YEAR 8 – Longan B.
YEAR 9 – Husnain K.
YEAR 10 – Oraynna A.
YEAR 11 – Daniella O.



CHESTER – Halimat A.
LICHFIELD – Gurleen K.
WORCESTER – Vedant S.
**HOUSE OF THE WEEK IS
CHESTER!**



St Regis M.O.R.E. Choir



Yesterday, our incredible choir took to the stage at the FlourishED National Conference in London, and what a performance it was! Every single member shone, and we couldn't be prouder of their talent, dedication, and passion.



Athletics – Wolverhampton City Meet



It was a fantastic evening at the Wolverhampton City Athletics event, where pupils competed in a wide range of track and field events. All pupils gave maximum effort and achieved some excellent results. When challenged to push themselves further, they rose to the occasion, showing great motivation, resilience, and a strong attitude towards success. A brilliant performance from everyone involved.

Volleyball

With 14 teams entered into the volleyball competition hosted at St Regis, it was an exciting night for our Year 9 and 10 boys to showcase their skills. Progressing through the pool stages, St Regis scored consistently and dominated their matches, earning a place in the semi-finals. Facing a strong Highfields side, the boys went point for point, producing fantastic blocks to prevent the ball from coming onto our side of the net. As the game intensified, some powerful and well-placed hits sealed our place in the final.

In the final against a tough St Peter's team, which included national-level players, the boys showed incredible determination, matching their opponents point for point during the opening stages. In the final 30 seconds, St Peter's managed to edge ahead by a couple of points, resulting in St Regis finishing in an excellent second place. A superb achievement—well done to all involved!

**WELL
DONE**





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!





Black Country Healthcare
NHS Foundation Trust

Join us for...

GAME & CHILL

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 29th July**
Wednesday 1st April **Wednesday 5th August**
Wednesday 8th April **Wednesday 12th August**
Wednesday 27th May **Wednesday 19th August**
Wednesday 26th August

What People Loved!

- ★ The environment was inclusive and staff were kind and accommodating, looking forward to more of this'
- ★ 'Big impact on my families mood, we've all been happy to be here'
- ★ I was a bit stressed, and now I feel more relaxed

For additional information or brief sign up form to register your attendance, please email bchft.reflexions@nhs.net or feel free to pop in!



WOLVERHAMPTON PARENTS AND CARERS EVENT

Calling all parents, carers and families!

**Join us for a fun day of activities,
networking and insightful discussions**

There will be a range of activities to take part in, including **rock-climbing, face-painting**, using the **music room** and **dance studio**, and **arts and crafts**. Have a bite at one of the delicious **food stalls** and hear from our **keynote speakers!**

The day will provide an opportunity to **amplify voices of parents and carers** impacted by **serious youth violence**.

You will be able to engage with partners and organisations to explore how **support can be improved**.



Wed 18th Feb 2026



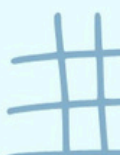
10am - 3pm



The Way Youth Zone

School St, Wolverhampton, WV3 0NR

**For more information, please email:
vrp@westmidlands.police.uk**



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



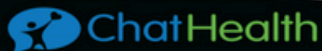
rwh-tr.0-19service@nhs.net



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

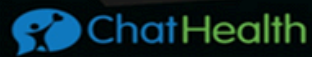
HIV testing

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
- 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 | January 2026

Understanding 'Com Groups' – what parents should know

Recently, alarming reports have emerged about dangerous online networks sometimes called 'com groups' or 'com networks.' These are loosely organised online communities, often on social media, messaging apps or gaming platforms, where cybercriminals and abusers target children and teenagers.

While each group can be different, many share disturbing and coercive behaviour, encouraging or demanding self-harm, blackmail (including via intimate or personal data) and normalising violence, abuse or even suicidal behaviour. Some groups reportedly use intimidation, threats or manipulation to control vulnerable youngsters. These groups are not hidden on the fringes - they can exist on platforms used daily, such as Roblox, Telegram, Discord and others. This means any child could be at risk, which makes awareness and vigilance essential.

Why some children become targets

According to experts on self-harm and online harm:

- young people coping with emotional distress - such as anxiety, low self-esteem, isolation, bullying or mental health struggles may be more vulnerable.
- some may be seeking connection or acceptance; abusers exploit this, offering reassurance or belonging in return for compliance or secrecy.
- perpetrators often use coercion or blackmail, luring children into trust or secrecy, then manipulating them into harmful acts or threatening to expose sensitive information.

Signs that a child might be involved

- **Unexplained mood changes:** sudden depression, irritability, anxiety or withdrawal from family and friends.
- **Physical signs of self-harm:** unexplained cuts, bruises, burns or other marks; covering up arms or legs even when it's warm; reluctance to join in activities like swimming or wearing certain clothes.
- **Behavioural or digital-use changes:** secretive online activity, reluctance to share who they're talking to or spend a lot of time online; avoiding questions about friends or online contacts; seeming nervous or guilty when messaging or on their phone.
- **Signs of distress or shame after online use:** references to 'group challenges' or 'private communities' they feel they can't talk about.

In this issue:

- Com Groups
- Everyday consent

What parents and carers can do

Practical tips for protection and support

01 Talk openly and often

Create a safe space for conversation. Let your child know they can talk to you about anything, including what might be going on in their online world.

02 Check in on online activity

Show interest in your child's apps and platforms. Encourage transparency by asking about their online communication.

03 Educate - but without fear

Help them understand that not all online spaces are safe; that it's okay to say no, to block or report someone or to talk to you if something feels wrong.

04 Be alert to signs and offer support

If you suspect something's wrong offer help, listen without judgement and suggest professional support if needed.

05 Model healthy online habits

Demonstrate balanced screen use, respectful interaction and openness. Show that online safety and personal well-being matter.

06 Make it a family conversation

Include online safety and mental well-being in everyday talks - not just as a one-time 'warning', but as part of normal family life.



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

Teaching young people about consent

Consent is often talked about only in the context of sexual relationships, but for teenagers, the concept is much bigger and far more everyday. At its core, consent is about respect, boundaries, communication and personal autonomy. Helping young people understand consent holistically gives them the tools to build healthy friendships, avoid peer pressure and navigate online and offline relationships with confidence.

What consent really means

Consent is an agreement - freely given, informed and reversible - between people. It applies in many situations young people face daily:

- borrowing someone's belongings
- sharing photos or personal information
- hugging or physical affection
- joining group chats
- making plans that involve others
- even teasing, joking or play-fighting,

When young people understand that consent isn't a one-time conversation but a continual practice, they learn to respect their own boundaries and those of others.

Why young people need this skill

As young people grow more independent, their social world expands - both online and offline. They encounter situations where peer pressure, miscommunication or digital behaviour can challenge boundaries. Teaching consent early helps them to:

- feel confident saying no without guilt
- understand that they can change their mind at any time
- recognise when someone else is uncomfortable
- build friendships based on respect, not pressure
- navigate online sharing safely and thoughtfully.

HOW PARENTS AND CARERS CAN TEACH EVERYDAY CONSENT

Emphasise that consent works both ways

Young people should feel empowered to assert their own limits and responsibility for respecting others'.

Highlight online consent

Encourage them to always ask before:

- adding someone to a group
- sharing screenshots
- forwarding voice notes or messages
- posting or tagging photos.

Model consent at home

- Ask before giving a hug
- Check before sharing their photo with family
- Respect when they say "not right now"

Use real-life scenarios

Bring consent into everyday conversations:

- "If a friend doesn't want to be in a group chat, what should you do?"
- "If someone asks for a picture, what's a respectful way to respond?"

Reinforce that pressure is not consent

Help them understand that:

- silence isn't consent
- "I guess so" isn't consent
- feeling forced, guilty or intimidated means consent is not valid.

From the Chaplain...

As we continue the story of Esther, we are left with a bit of a cliff hanger this week: the evil but powerful Haman, chief official in the royal household, has issued a decree that all Jewish people across the Persian Empire be killed on a certain date within the year. This spells disaster for Esther, Mordecai and all their people and we might well feel their despair and their anger at the injustice of the situation.

Unfortunately, this planned extermination of one race or group of people by another is not an isolated event. On Tuesday we will mark Holocaust Memorial Day, remembering and praying that we learn from the various genocides which have taken place across the world. Our big question this week asks where we see oppression or discrimination today in our world and we also ask one another what truths we hold onto when going through suffering and hardships. Perhaps the truths of our faith, though they don't change the current situation, give us hope for the future. We hold on to the fact that we have a God who loves us and has never abandoned us; a God who desires to bless us and who promises that all shall be well in the end; a God who will come to reign with justice and mercy and whose power is mightier even than death.

I leave you with a prayer by Phillip Hall for Holocaust Memorial Day.

Lord God and Father,

We remember before you all those who bear the inner and outer scars of the Holocaust and of subsequent acts of genocide.

Let them not be overwhelmed by the horrors that engulfed them. Be close to them.

Help them to see that you suffer with those who suffer,
and that no wickedness can ever extinguish your infinite love.

Restrain those who are filled with hatred and use violence to pursue their ends.
Change their hearts.

May remembrance make us alert to the reality of evil and its deceptive allure.

Help us to recognise our own capacity for evil and allow your Spirit to purge it from our beings.

Help us also to stand up against evil and oppression, even if that means we have to suffer ourselves.

Enable us to defend those who are not strong enough to defend themselves, and to be ready to bring the light of your truth into the dark areas of human experience.

Deepen our respect for everything you have made, and help us to share in securing the maximum good of every person who is alive in your world.

We ask this in the Name of your Son Jesus Christ,
who died for our sins, carries our sorrows, heals our wounds,
and is risen for our freedom. Amen

