



**FLOURISH**

## MESSAGE FROM MR GREEN

It has been a very busy and exciting week at St Regis, with a big focus on enrichment, careers and personal development. Over 100 of our Year 7 and 8 pupils attended a Careers in Space event at Cosford on Wednesday, where they represented the school superbly and had so much to inspire them about future pathways. We have also completed our Year 9 KS4 taster week, ensuring all pupils had the opportunity to experience subjects they may not have studied before. We hope this will help them make informed and confident choices as part of the options process. Thank you as well to all parents and carers who attended our Year 9 parents' evening last night – it was a pleasure to speak with so many of you about our curriculum offer and to support families through these important conversations around option choices.

Tuesday's Personal Development day is a key part of our curriculum and an important opportunity for pupils to develop the knowledge, skills and character that sit alongside academic learning. Year 7 took part in the Air Products Enterprise Challenge, delivered by The Inspirational Learning Group and supported by employers. Year 8 focused on careers and essential employability skills – teamwork, communication, creativity and problem-solving – supported by the British Army. Year 9 engaged in sessions led by school nurses on sexual health, teamwork workshops delivered by The King's Trust, alongside learning for Holocaust Memorial Day and financial literacy. Year 10 explored British values through a talk from Magistrates, marked Holocaust Memorial Day, developed financial literacy, and took part in their Eucharist. Year 11 followed a similar programme to Year 10, focusing on British values, Holocaust Memorial Day and financial literacy. Our external facilitators were highly complimentary about how positively our pupils engaged throughout the day – a real credit to them and to the school!

I have also been really pleased with the genuine effort pupils have made this week to improve their punctuality – it makes a real difference to learning and to the calm, focused start we expect at the start of the day and the start of each lesson and tutor time. From next week, Mr Burns will be sending letters home every Monday, sharing the total minutes late for each pupil from the previous week. This is about working in partnership with families and helping pupils understand the impact of punctuality over time. As we move through the year, we look forward to recognising and rewarding those pupils with the best punctuality, as well as those who show the most improvement.



**Mr Green**  
Head of School



**ST REGIS STARS OF  
LAST WEEK!**

**YEAR 7** – Naomi B.  
**YEAR 8** – Logan B.  
**YEAR 9** – Kimberley M.  
**YEAR 10** – Afham S.  
**YEAR 11** – Noku O.



**CHESTER** – Logan B.  
**LICHFIELD** – Kimberley M.  
**WORCESTER** – Afham S.  
**HOUSE OF THE WEEK IS  
CHESTER!**

A Prayer for Learning and Growth.  
*by Ivy C 9w2*

Generous God, Thank You for bringing us together today as a school community.

We are grateful for every student, teacher and staff member; each created by You with purpose.

Lord, bless our classrooms with Your presence.

Give us minds ready to learn, hearts full of kindness and respect for one another.

Help every student feel welcomed, safe, and encouraged.

Guide our teachers with wisdom,

Provide courage to those who feel unsure and joy to those who are eager to learn.

We place this day in Your hands, In Jesus' name. Amen.





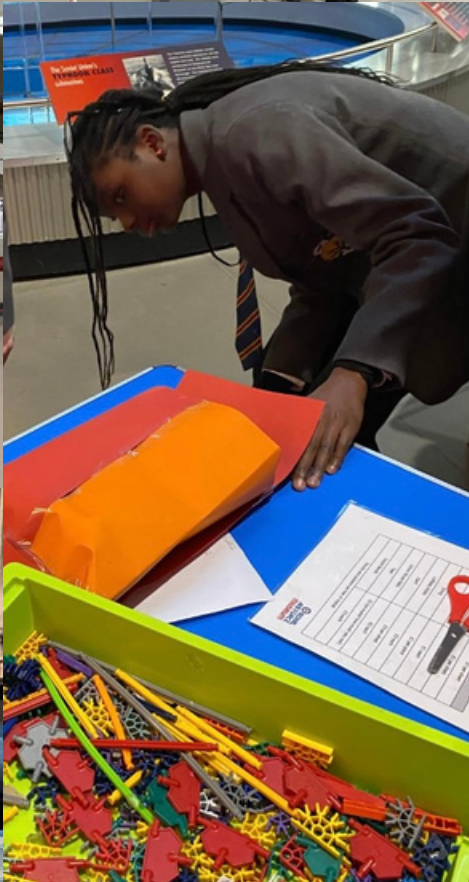
# GCSE Photography



Pupils in year 9 experienced a GCSE Photography taster session this week. They used the backdrop, studio lights, coloured light wand and the DSLR cameras and managed to capture some striking shots.



# JET Project visit to RAF Cosford





# 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!





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 18<sup>th</sup> February**      **Wednesday 29<sup>th</sup> July**  
**Wednesday 1<sup>st</sup> April**              **Wednesday 5<sup>th</sup> August**  
**Wednesday 8<sup>th</sup> April**            **Wednesday 12<sup>th</sup> August**  
**Wednesday 27<sup>th</sup> May**            **Wednesday 19<sup>th</sup> August**  
**Wednesday 26<sup>th</sup> 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](mailto: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 18<sup>th</sup> Feb 2026



10am - 3pm



The Way Youth Zone

School St, Wolverhampton, WV3 0NR

For more information, please email:  
[vrp@westmidlands.police.uk](mailto: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



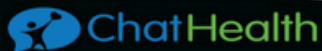
[rwh-tr.0-19service@nhs.net](mailto:rwh-tr.0-19service@nhs.net)



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

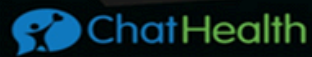
Smear tests

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 | 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](mailto: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...

"Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go." Joshua 1:9

I wonder what is the bravest, most courageous thing you have ever done? It might have been buying a house or going off to travel the world perhaps. It might have been taking part in a high risk sporting activity or opening up and speaking honestly to someone whose opinion matters to you. An old definition of courage is 'To speak one's mind by telling what is in one's heart'. More recently the phrase 'Speaking truth to power' is more frequently heard to describe a non-violent, political tactic, particularly in response to perceived injustice.

In Esther's story this week, we hear how Esther has the courage to risk her own life, appearing unbidden before the King and putting her request to him, in order to attempt to prevent the planned massacre of her people. This would involve her revealing her own identity, which she has so far hidden, and accusing the King's most trusted official of being the author of this evil plot. Esther recognises the truth in her cousin Mordecai's words: 'Who knows, perhaps you have come to your (royal) position for such a time as this.'


Although the name of God is not mentioned in the book of Esther, there is a clear understanding that God is working away behind the scenes making the necessary arrangements for the blessing, protection and well-being of his people. Over the last few years I too have become increasingly aware of God bringing just the right people to the positions and work he has prepared for them in order to be a blessing to others. As we consider the nature of courage and the situations in our communities and wider world where injustice is still felt and seen, let us be aware of the power and responsibility we have been given to point it out and to speak up on behalf of those who are less able to speak up for themselves. Perhaps we have been placed in the roles we are in and given the skills and experiences we have been given for just such a time as this!


Holy and loving God,  
remembering that you created all people different and all in your image  
we thank you for your desire to bless all people and to see us all flourish.  
As we look around our world and our community  
and as we notice the places where your blessings are not being known  
and the people who are not thriving  
we lament with you that we are falling short of your desire for us.  
Give us the courage to notice and to speak up for justice,  
for dignity and for generosity;  
that all people might know they matter to you.  
Amen






 **AMELIA'S 8TH BIRTHDAY**   
**HELP MAKE HER DREAM COME**  
**TRUE**  




 Amelia is turning 8 years old  
3.03.2026

 Her dream is to receive  
8,000 birthday cards

 She wants to break a UK  
record

 **AMELIA'S STORY** 

In 2020, Amelia was diagnosed with stage 4 neuroblastoma. She went through 23 months of intensive treatment, including chemotherapy, immunotherapy, radiotherapy and high-dose chemotherapy. After reaching a stable condition, the cancer returned twice, even after taking part in clinical trials. Amelia is now receiving palliative care. 

**Let's help Amelia become a record breaker!**

**We're inviting our wonderful St Regis community to help Amelia achieve her dream of receiving 8,000 birthday cards!**

**Any cards, big or small, would be gratefully received and can be left at Reception. Every single one will help make Amelia's birthday truly unforgettable.**

**Thank you for helping us spread a little magic and kindness!**