

ST REGIS ACADEMY

NEWSLETTER

6th February 2026



FLOURISH

MESSAGE FROM MR GREEN

Looking ahead to next week, we will have a strong focus on Oracy alongside our SALAD Day (Speaking and Listening Across the Day) on Friday. This is all about talking, listening and sharing ideas, with no written work. Pupils build confidence through discussion and debate, developing skills that help them in every lesson – something all Year 7 pupils are currently building through their English lessons. We also have a weekly Debating Club where pupils across Year 7–13 engage in structured debate – an important skill to develop. Linked closely to this, our Year 10 pupils will be taking part in 'mock interviews' on Monday as part of our careers focus. Although we expect they might be quite nervous this activity helps pupils develop important life skills and the confidence to talk positively about themselves.

It was also a pleasure to meet with our PTA on Wednesday and hear about the exciting plans ahead, including our Summer Fair. If you would like to get involved in this parent committee, please contact reception.

Our new library space is taking shape and we have recently stocked with new books selected by our pupils. We have been working with a group of Year 10 pupil 'Librarians' and will be launching a new weekly schedule for the lunch provision after half term. This will include a 'Friday Book Club' and the first book has now been selected and purchased ready – A Monster Calls by Patrick Ness. Taking time to read for pleasure can make a real difference for children. Even a few quiet minutes each day helps them relax, build confidence and discover stories they genuinely enjoy. In Year 7 and 8 pupils have one reading lesson a week and have this in the library.

Next week, the final week of half term, all Year 7 pupils will be experiencing a live full orchestra, alongside performances from Gazebo Theatre for pupils in Years 8 and 10. We also look forward to welcoming our Year 12 parents to their first Parents' Evening next Thursday.



Mr Green
Head of School



**ST REGIS STARS OF
LAST WEEK!**

- YEAR 7** – Arham K.
- YEAR 8** – David O.
- YEAR 9** – Ivy C.
- YEAR 10** – Christianah O.
- YEAR 11** – Danielle O.



- CHESTER** – David O.
 - LICHFIELD** – Shawn O.
 - WORCESTER** – Hussain R.
- HOUSE OF THE WEEK IS
CHESTER!**



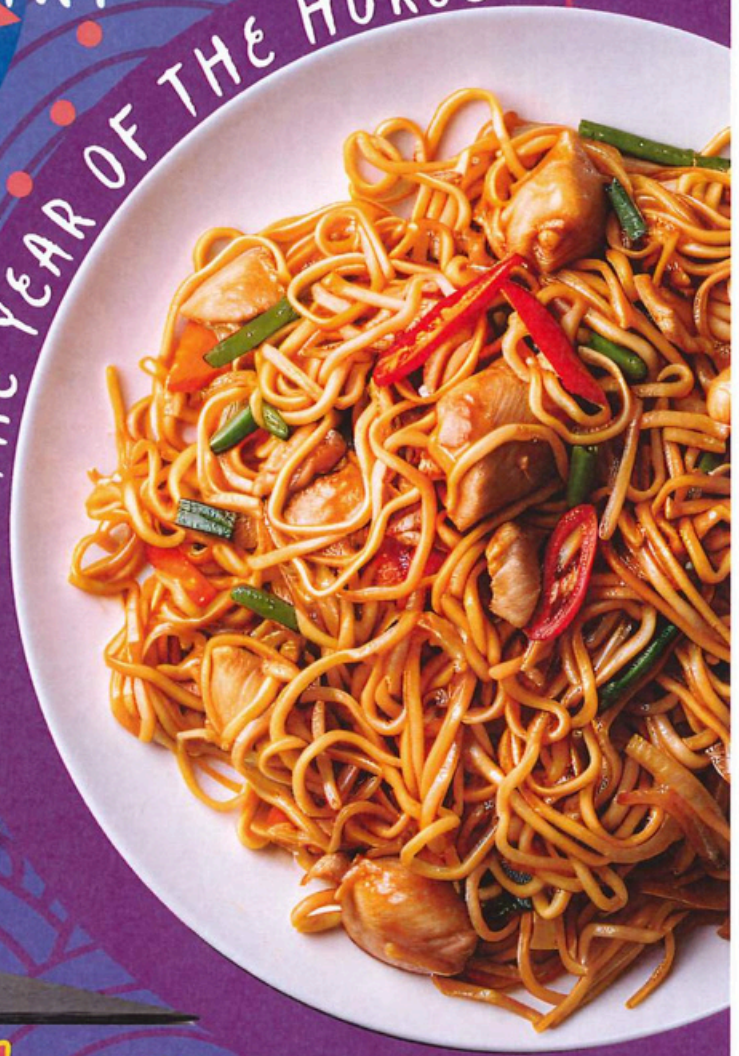
**The WoW for week beginning
9th February is:**

IMPETUOUS

Word Class	Adjective
Meaning	acting quickly and without thinking things through , often driven by strong emotion.
Examples of use	She made an impetuous choice to quit the team without talking to anyone first. His impetuous reaction turned a small argument into a big problem.
Cross-curricular opportunities	History: This is a clear example of a monarch acting impetuously —rushing a major religious and social reform with huge consequences. English: Macbeth acts impetuously , driven by ambition and Lady Macbeth's persuasion, without fully thinking through the consequences: Science: Before germ theory, some doctors impetuously recommended harmful treatments (like bloodletting) without evidence. Geography: Some governments or companies impetuously clear large areas of forest for farming or logging without considering soil loss, flooding, or biodiversity.

THURSDAY
12th
FEBRUARY

THE YEAR OF THE HORSE



CHINESE
New Year 2026

JOIN THE FEAST!
TRADITIONAL FOOD AND
FORTUNE COOKIE CUPCAKES!

YOUNG CARER POETRY COMPETITION

We are welcoming young carers ages 6-18 to
entre a poetry competition.

YOUNG CARERS POETRY COMPETITION 2026

Theme: What It Means to Be a Young Carer

✨ Share your story. Show your strength.
Speak your truth.

Are you a young carer with something to
say?

Turn your experiences—big or small—into a
powerful poem.

Your voice matters, and we want to hear it.

 Open to all young carers

 Prizes for winning entries

☀️ Poems showcased and celebrated

No right or wrong way to write—just be you.

Let your words shine. Enter now!

**Send your completed poems to
wolverhamptonyoungcarers@wolverhampton.gov.uk
the deadline for entries is
12pm on Monday 4th May 2026.**



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!





LOVE YOURSELF AND BE KIND TO YOUR MIND

Learn ways to be kind to yourself, practice gratitude and create positive affirmations.



Crafts

Activities

11am - 3pm

Haden Hill House

Halesowen Road, Cradley Heath, B64 7JU



**Make and
take home**

**Thursday 19th
February 2026**



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



Wellbeing in Nature

Spend time in nature and join us for nature-themed wellbeing and craft activities!

11am - 3pm

Oak House Museum

Oak Road, West Bromwich, B70 8HJ



**Tuesday 17th
February 2026**

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



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



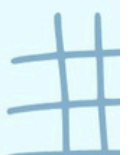
10am - 3pm



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

Embrace
Wolverhampton Sexual Health Service

NHS
The Royal Wolverhampton
NHS Trust



Let's chat sexual health

ChatHealth

#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



ChatHealth

0-19
building a healthy future

NHS
The Royal Wolverhampton
NHS Trust



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
ChatHealth

NHS
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 | February 2026

Children's Mental Health Week: This Is My Place

This year's **Children's Mental Health Week** is 9th-15th February and the theme is *'This Is My Place'*, highlighting the importance of belonging for children and young people's mental health and wellbeing.

As young people grow, they begin to explore their identity, values, friendships and independence. Feeling accepted and understood by peers, within school, at home and in wider communities, plays a vital role in protecting their mental health. When teenagers feel they belong, they are more likely to develop confidence, resilience and a positive sense of self. Young people who feel disconnected, isolated or misunderstood may be more vulnerable to emotional distress or risky situations. Feeling listened to and supported by trusted adults helps teenagers feel safe enough to speak up when something isn't right.

This year, **Children's Mental Health Week** encourages families, schools and communities to think about how we can create inclusive, supportive environments where young people feel valued and respected - both offline and online.

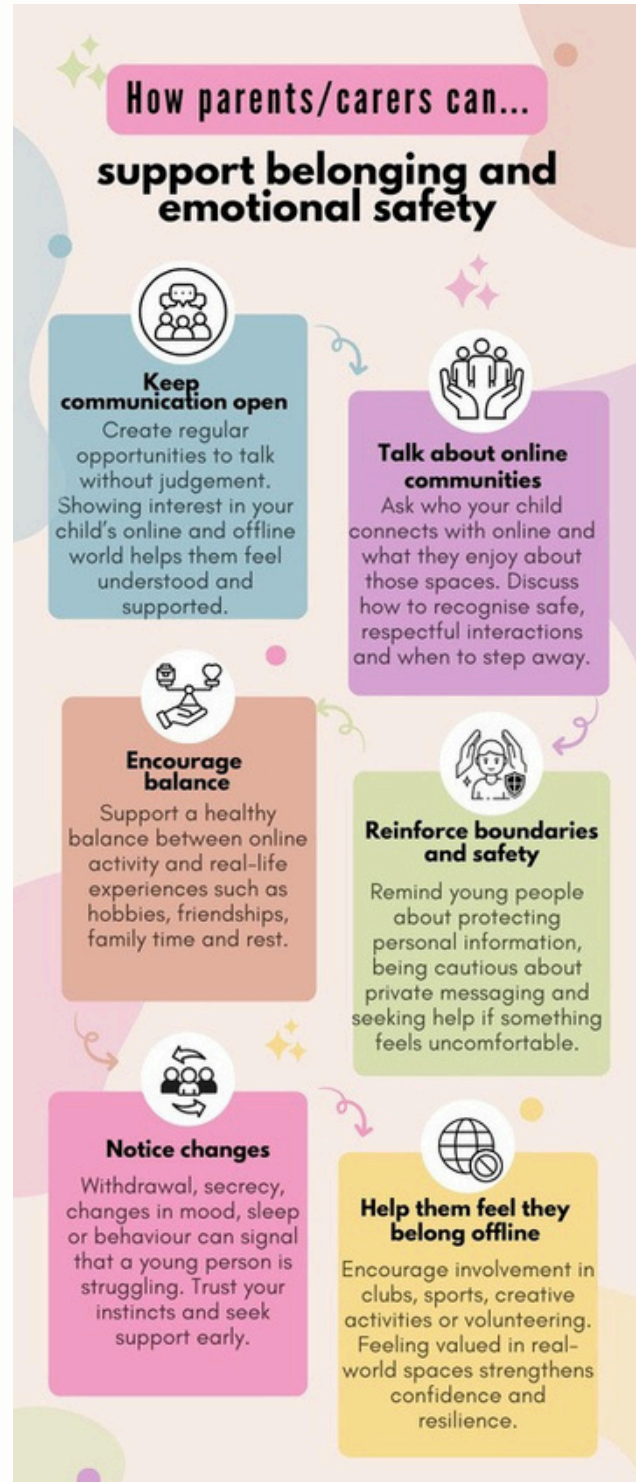
Belonging in online spaces: Opportunities and risks

For many teenagers, the internet plays a significant role in helping them find a sense of belonging. Online communities, social media, gaming platforms and forums can allow young people to connect with others who share similar interests, identities or experiences. For some, especially those who feel different or isolated, these spaces can offer reassurance, understanding and friendship.

However, online spaces also carry risks. Not everyone online is who they claim to be and some communities may encourage harmful behaviours, unrealistic expectations or unhealthy relationships. Young people may be exposed to inappropriate content, pressured to share personal information or influenced by views that negatively affect their wellbeing. When online connections begin to replace real-life relationships or secrecy increases, this can increase vulnerability.

In this issue:

- Children's Mental Health Week
- Safer Internet Day



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

Safer Internet Day

This year's **Safer Internet Day** is 10th February and the theme is 'Smart tech, safe choices - exploring the safe and responsible use of AI.' As technology continues to develop rapidly, many teenagers are now engaging with AI-powered tools in new and complex ways.

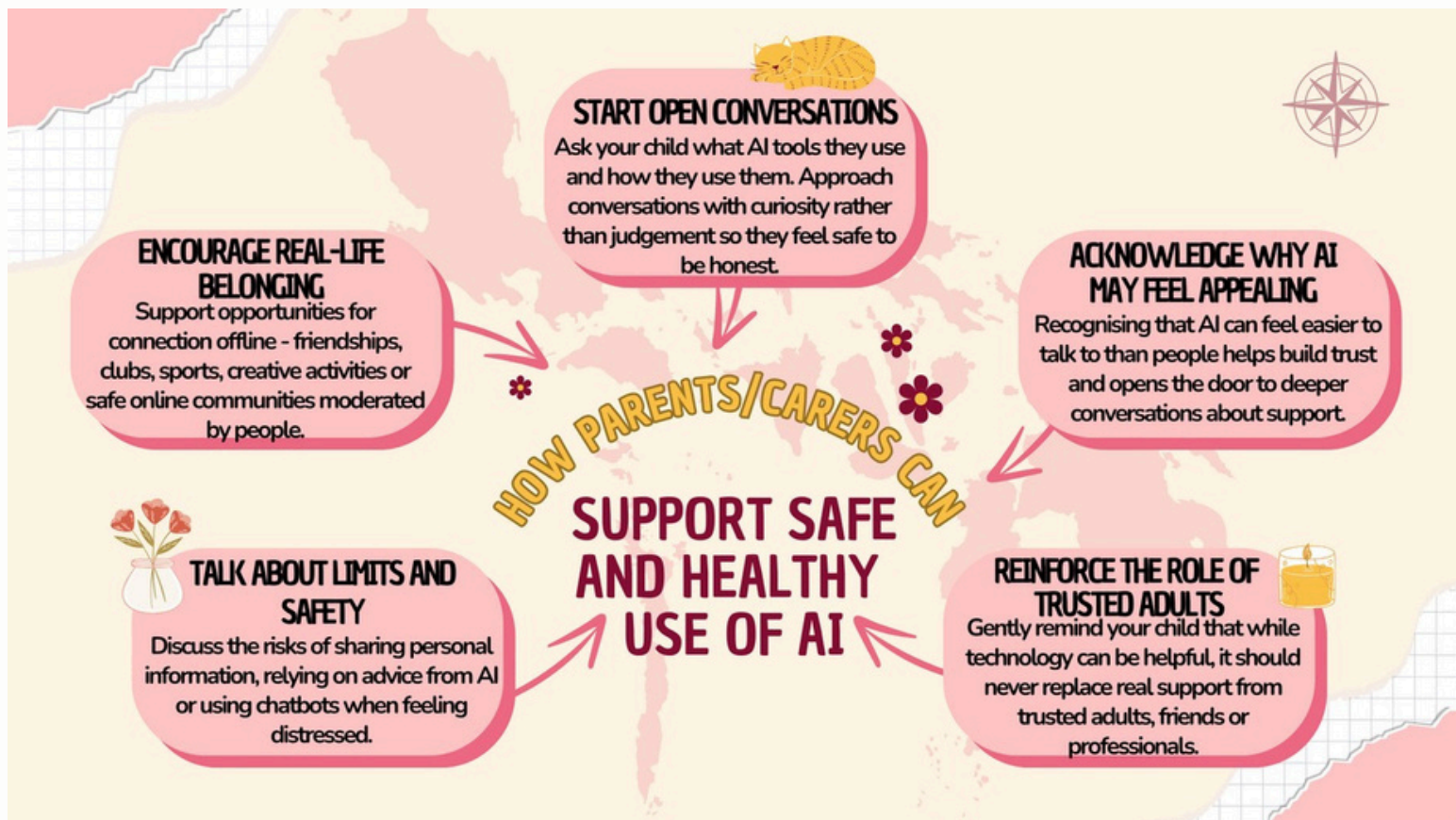
For some young people, AI chatbots and digital assistants are becoming spaces where they feel listened to, understood or supported, particularly when they are struggling with their mental health or finding it difficult to talk to people around them. Adolescence is a time when young people are exploring who they are and where they fit and some may turn to online spaces or AI tools to find a sense of connection.

AI Chatbots, mental health and belonging

AI chatbots can feel safe and appealing to teenagers. They are always available, non-judgemental and easy to talk to. For some young people, especially those experiencing loneliness, anxiety or low mood, these tools may feel like a place where they belong or where they can express difficult feelings.

There can be positives to this. AI tools may help young people put their thoughts into words, feel less alone in the moment or take a first step towards recognising they need support. However, there are also important risks parents should be aware of.

AI chatbots are not people. They cannot fully understand emotions, provide appropriate safeguarding responses or offer real emotional care. Some may give inaccurate, inappropriate or harmful advice, particularly around mental health. There is also a risk that young people begin to rely on AI for emotional support instead of seeking help from trusted adults or peers, which can increase isolation rather than reduce it. In some cases, these tools may collect personal data or encourage continued interaction without recognising when a young person is at risk.



From the Chaplain...

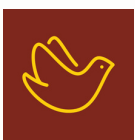
"All shall be well, and all shall be well, and all manner of thing shall be well." *Julian of Norwich, 14th Century mystic and theologian.*

We talked last week of Esther's courage, risking her own life in the hope of saving the lives of the thousands of Jewish people living in the Babylonian Empire at the time when she was queen. In Esther's story, her courage was repaid; good triumphed over evil and justice was done. But is that always the case? What assurance do we have that good will always triumph?

Of course, in the short term good does not always triumph. Even in the scale of a human lifetime, there is persistent injustice for some whilst others seem to get away with whatever they decide is best for themselves and those they represent. So where does our hope come from? Is all our striving and praying in vain?


Christians hold a fundamental belief that love is stronger than death, demonstrated in the death and resurrection of Christ. We believe in God's promise of a new heaven and earth and that in Christ all things hold together and all things are possible. But this is not simply a baseless myth, there is evidence in the world around us when we open our eyes to seeing God's ways in his creation. In nature we see a pattern of death and resurrection on an annual basis; and even ancient people, before Christianity existed, saw the sun wane in autumn and return with renewed strength, bringing life every springtime. The area where I live is known as the cradle of the Industrial Revolution: yet its once smoke filled air and highly polluted river water are now a peaceful respite from city life, with woods full of birdsong, the river home to an otter and its banks full of plant and insect life.


As we look at the world around us, it can be easy to lose sight of hope. But God sees what we are unable to see and God's timescale is greater than ours. Where we see endings, God sees new beginnings. Where we see barriers, he sees possibilities. With the growth and blooming of spring flowers already evident, let us open our eyes and imaginations to the signs of hope and life around us and let us look out for opportunities to be a part of the justice and joy God is still establishing among us.






 **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!