

# ST REGIS ACADEMY

## NEWSLETTER

13th February 2026



FLOURISH

### MESSAGE FROM MR GREEN

As we come to the end of a very busy half term, I just want to say thank you for your continued support. It has been a full and purposeful few weeks, and the partnership between home and school genuinely makes a difference each day. We are proud of how our pupils have applied themselves to their learning and represented the school at numerous events, and we are grateful for the encouragement and guidance you provide at home.

This week we also marked Children's Mental Health Week. A special thank you to our Year 13 Wellbeing Leaders, Katie and Yetty, who helped prepare the resources for form time and supported some really thoughtful discussions. This year's theme, "This Is My Place" focused on belonging and how we can help others feel that they belong both in and beyond school. Pupils reflected on recognising and appreciating what makes each of us unique, our cultures, backgrounds and experiences and on the importance of being respectful in our language and actions so that everyone feels included. It was encouraging to see the maturity with which pupils engaged in these conversations throughout the week.

Next week also marks the beginning of the holy month of Ramadan, an important and special time for our Muslim families. Ramadan is a month of reflection, prayer, charity and fasting, and we wish all those observing it a peaceful and blessed time. We will be providing a daily prayer space for our pupils and one of our Year 11 pupils has prepared some information to share with our school community.

We return to school on Tuesday 24th February and begin straight away with Progress Week. During this week, pupils will reflect on their Approach to Learning (ATL) across all subjects and set academic targets for the half term ahead. These opportunities to reflect are important; they help pupils take ownership of their progress and think carefully about how they can improve.

Although the next half term is shorter, it is another important one. Year 8 Parents' Evening takes place on Tuesday 3rd March, we will be celebrating World Book Day on 5th March, and Year 9 exams begin from 9th March.

Thank you again for your continued support this half term. I hope you are able to enjoy a restful break, and we look forward to welcoming pupils back on Tuesday 24th February, ready for another positive and productive half term.



**Mr Green**  
Head of School



# ST REGIS STARS OF LAST WEEK!

**YEAR 7** – Jack H.  
**YEAR 8** – Sandra B.  
**YEAR 9** – Ivy C.  
**YEAR 10** – Akaljapsimar S.  
**YEAR 11** – Danielle O.



**CHESTER** – Sandra B.  
**LICHFIELD** – Hadar O.  
**WORCESTER** – Akaljapsimar S.  
**HOUSE OF THE WEEK IS  
CHESTER!**



On Monday, a group of keen Year 7 readers were lucky enough to attend an author event at Wolverhampton Grammar School, with Miss Milton and Miss Jones. Holly Webb spoke about her new novel "*A Girl's Guide to Spying*" and what inspires her as a writer. She answered a range of questions from the audience and signed books for each of our attendees. Year 7s were exemplary in their behaviour and engagement throughout the event; thank you and well done!

In this National Year of Reading, we hope that events such as this will continue to promote and foster a love of reading for pleasure in all of our students.



## Year 7 Bushcraft Lesson

Queenette, Treasure and Hannah have been working incredibly hard putting their new bow saw skills into action!



The girls gathered branches and carefully cut them down to size, creating pegs and kindling for our fires and outdoor cooking. It's fantastic to see their confidence, teamwork and practical skills growing with every session. We're so proud of their effort and determination!





# Year 7 Visit to The Halls

Year 7 pupils had an amazing opportunity to experience live music at The Halls in Wolverhampton. The performance featured the talented Wolverhampton Symphony Orchestra and Wolverhampton Youth Orchestra, who delivered a fantastic and varied programme.

Students enjoyed music spanning many different time periods, from Symphony No. 5 (1808) by Ludwig van Beethoven to the much-loved Defying Gravity from the musical Wicked, performed with vocals from the fabulous Jessica Lim.

The feedback from students was overwhelmingly positive, they had lots of fun and are already excited about the opportunity to experience more live music in the future.



## Boys Basketball

What a fantastic first match of the season!

St Regis v St Edmunds was an exciting game from the very start. Finishing the first quarter 14–2 up, the determination to break the 30–point mark was already clear. The boys worked brilliantly as a team, streaming ahead and scoring basket after basket with confidence and skill.

By the start of the final quarter, St Regis were leading 30–10, but they didn't ease off. Their energy and teamwork continued right to the final whistle, pushing to add the last few baskets and securing an outstanding 42–12 victory for St Regis!

An incredible team performance and a superb way to start the season — well done, boys!







# Girls Volleyball



Fantastic effort from our Year 7/8 girls in the Volleyball competition held at St Regis Academy!

With 12 teams entering the competition, the girls went from strength to strength, winning the majority of their games.

They worked brilliantly as a team and showed real resilience when it was most needed.

A huge well done to everyone involved – you should be very proud of your performance and teamwork!

## Year 10 Mock Interviews

Our Year 10 students took part in mock interviews this week, and we are incredibly proud of the maturity, confidence, and professionalism they demonstrated.

Throughout the morning, students met with a range of external employers and volunteers, each offering valuable feedback on interview technique, communication skills, and first impressions.

The experience gave students a real taste of the recruitment process and encouraged them to reflect on their strengths, areas for development, and future career aspirations. Our visitors were full of praise for the respectful and thoughtful way our students approached each interview.

A huge thank you to all staff and external facilitators who supported the event – your time and expertise made the day both meaningful and memorable for our students.

And the winners were.....

***Finley H, Favour A, Sean O, Calin G, Ahmad A, Shahad A, Serena S, Ava H, Mohammed M and Joshua M.***

Well done to all our winners, you got the job!







# St Regis C of E Academy

## Can you support our school community?

We would be grateful for any donations of prom dresses, suits and accessories for our Y11 and Y13 pupils, for our 'Pre-loved' event in March

Donations can be made to the school, Regis Road, Tettenhall or please contact [lrowley@stregisacademy.org](mailto:lrowley@stregisacademy.org).



Further information about the event will be shared after half-term



Black Country Healthcare  
NHS Foundation Trust

**DO YOU WANT TO HELP MAKE A DIFFERENCE?**

MENTAL HEALTH  
**YOUTH**  
**AMBASSADORS**



◆ Activities

◆ Crafts

◆ Snacks

**HELP US SHAPE OUR SERVICE AND SHARE YOUR IDEAS!**  
**AGE 11 (YEAR 7) TO 18!**

**MEETING ON**

Tuesday 17<sup>th</sup> February

1:00pm - 3:00pm

Wolverhampton Art Gallery

**This will include a tour of the Art Gallery!**

For more information or to register your interest  
please contact:

01922 607 400 or email

[bchft.blackcountrycypf.coproduction@nhs.net](mailto:bchft.blackcountrycypf.coproduction@nhs.net)





**The Guardians**  
Parent Carer Focus Group

# Are you a parent or children's carer living in Wolverhampton?

Then join The Guardians, our new focus group and actively contribute to designing the services that will ultimately affect your family.

## Our aims

- To encourage parents and carers to actively contribute to the design of children's services across the city.
- To influence the development of emotional health and mental wellbeing support services for children and young people.
- To offer a choice of positive opportunities to all families within Wolverhampton.

## How you can benefit

- Meet others across the city.
- Work with a range of professionals who work within Children's services.
- Participate and influence service design and delivery.
- Find out more about what's on offer within Children's Services.
- Personal development - Confidence building.
- Positive emotional mental health and wellbeing.
- Enjoy making a difference in society.



If you know somebody that could benefit being a part of this group, please contact: [#yes@wolverhampton.gov.uk](mailto:yes@wolverhampton.gov.uk)

Complete a membership form on Microsoft forms (use the link below or scan the QR code).

<https://forms.microsoft.com/e/vRth1c3Jhy>



Wolverhampton  
Young Opportunities

CITY OF  
WOLVERHAMPTON  
COUNCIL



# FAMILY ON BOARD

A **Yo!** Forum



**THURSDAYS**

**5.30PM – 7.30PM**

once a  
fortnight

**START  
HERE**

Meet other  
young people  
around  
the city

Looks fab  
on your CV  
and personal  
development

Connect with  
professionals to  
influence and  
make change to  
Childrens  
Services

Get involved in the  
recruitment of  
staff that work for  
Wolverhampton  
Childrens Services

Find out more  
about how  
Family Hubs  
are supporting  
families

**INTERESTED?**

Complete a membership form  
<https://forms.office.com/r/MvU1pPTN4C>

Or scan  
the QR  
code



For more information email:  
[#yes@wolverhampton.gov.uk](mailto:yes@wolverhampton.gov.uk)

CITY OF  
**WOLVERHAMPTON**  
COUNCIL





# CENTRAL COMMUNITY SHOP

Central Community Shop is open for all residents of Wolverhampton to provide an opportunity to register and buy food at affordable prices. We offer a dignified shopping experience for people who are experiencing financial challenges.

## Opening Times

- Tuesday 10am - 2pm
- Wednesday 10am - 2pm
- Thursday 10am - 2pm



Queen's Building, Victoria Square,  
Wolverhampton, WV1 1LD



[centralshop.org.uk](http://centralshop.org.uk)





## **WHAT IS A COMMUNITY SHOP?**

Communityshops offer a selectionof food and household items at affordable prices for local people. Enabling residents to make a range of meals plus a healthy saving! Our staff and volunteers also have a great local knowledge and can help you find other local services if you need them.

## **WHO CAN VISIT?**

AllresidentsofWolverhampton can use the Central Community Shop.

## **HOW CAN I JOIN?**

Pop in Tuesday, Wednesday or Thursday from 10am - 2pm and one of our team can help! It's free to register.

## **WHAT CAN I BUY?**

The product options in Central Community Shop include fresh, frozen and long life foods as well as toiletries and cleaning products. We also have a re-fill station for things like grains and pulses.

## **WHERE DO YOUR PRODUCTS COME FROM?**

We sourceourqualityproducefromavarietyofplaces including: wholesalers and local suppliers.

All donations of food and toiletries continue to be utilised at Good Shepherd's free to access food services on Waterloo Road, we never sell donations.



Central Community Shop  
Queen's Building  
Victoria Square,  
Wolverhampton, WV1 1LD

[centralshop.org.uk](http://centralshop.org.uk)



# 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](mailto:wolverhamptonyoungcarers@wolverhampton.gov.uk)  
the deadline for entries is  
12pm on Monday 4<sup>th</sup> 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](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!

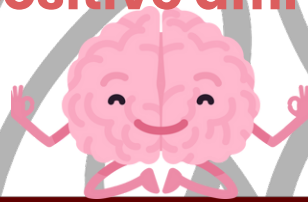




# LOVE YOURSELF **AND** **BE KIND TO YOUR MIND**

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](mailto:bchft.reflexions@nhs.net) or feel free to pop in on the day!



**NHS**

Black Country Healthcare  
NHS Foundation Trust

# 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](mailto: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:

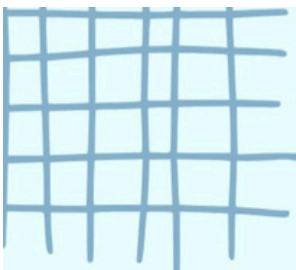
|                                           |                                         |
|-------------------------------------------|-----------------------------------------|
| <b>Wednesday 18<sup>th</sup> February</b> | <b>Wednesday 29<sup>th</sup> July</b>   |
| <b>Wednesday 1<sup>st</sup> April</b>     | <b>Wednesday 5<sup>th</sup> August</b>  |
| <b>Wednesday 8<sup>th</sup> April</b>     | <b>Wednesday 12<sup>th</sup> August</b> |
| <b>Wednesday 27<sup>th</sup> May</b>      | <b>Wednesday 19<sup>th</sup> August</b> |
| <b>Wednesday 26<sup>th</sup> August</b>   |                                         |

## 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)

**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](http://www.embracewolverhampton.nhs.uk/chatsexualhealth)

Text a school nurse on  
**07480 635 548**  
for confidential support and advice.

**STI testing**

**Safe sex**

**Pregnancy  
advice**

**Counselling**

**Smear  
tests**

**HIV testing**

**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

Smoking, alcohol  
and drugs

**Bullying**

Family issues and  
friendships

**Social media**

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)

**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.

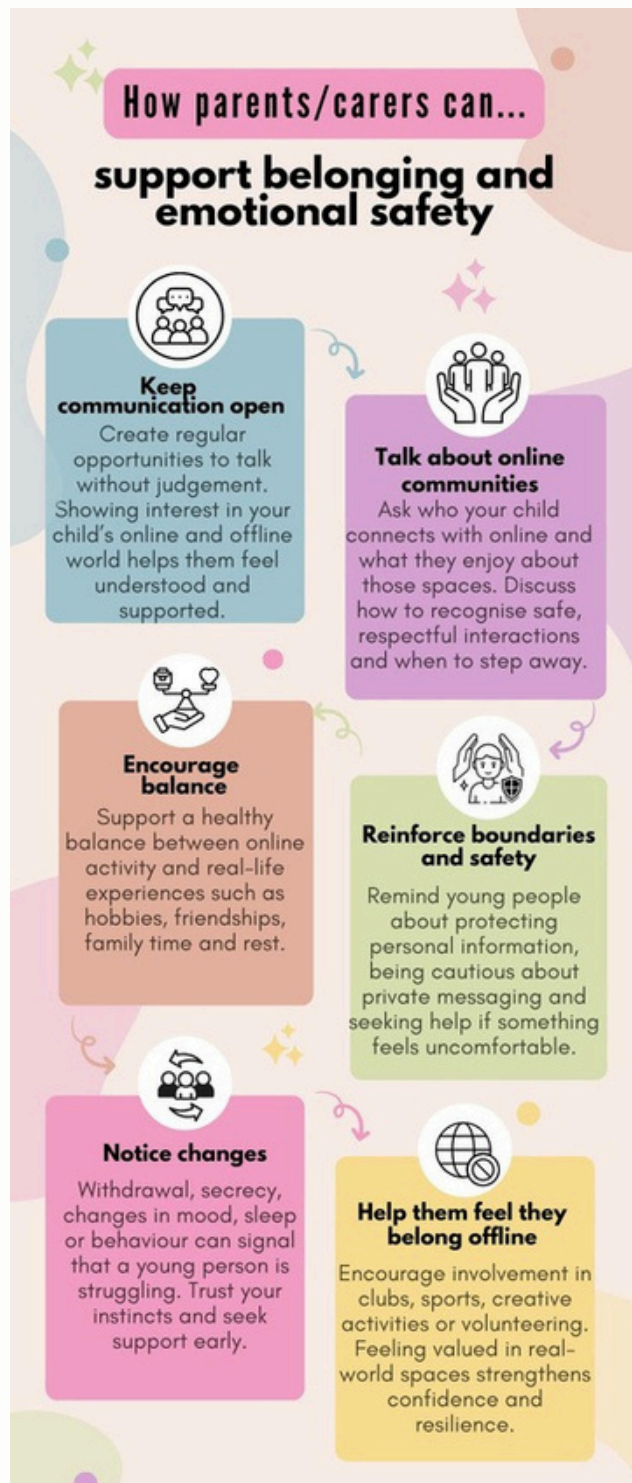
## Belonging in online spaces: Opportunities and risks

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](mailto: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.

