



**FLOURISH**

## MESSAGE FROM MR GREEN

Welcome back to the new half term. This is a slightly shorter half term, but it is full of events and key activities for our pupils. I will be taking the opportunity to speak to all pupils next week in assemblies and form rooms to thank them for responding so well to the big push on punctuality. In the last week of half term, we further reduced whole school lateness by another 3,600 minutes – every minute counts! We are launching our "20 Egg-cellent" days prize draw from next Monday, where we will be recognising and celebrating pupils who have 100% attendance, 100% behaviour and zero lates.

Today we have held a Personal Development Day and have welcomed many external facilitators and visitors. This included an RE conference for Year 12, financial literacy for Year 7, and a careers focus day for Year 9 to support with KS4 option choices and future aspirations. Our Year 11 pupils, who have been working very hard and are now in the final months before their final exams, have had a wellbeing day which has included badminton, chess, cookery, inflatables and art. We truly value enrichment at St Regis!

Our Technology department have this week installed a state of the art Bambu Labs 3D printer. I was particularly impressed with a music speaker that a pupil had designed and printed. We are very proud of our Technology curriculum and facilities. Please follow 'stregisdts' on Instagram to have a look at the range of skills pupils are developing, from woodwork using our own timber from our woodlands to using the brazing hearth.

Please have a read of the personal SMART targets your child has set for themselves during progress week this week. These will be in their planner. The pupils have been reflecting on their reports and progress during the week – these reports have been sent to you this morning in the usual format. At St Regis we place academic success at the heart of all we do, holding the highest expectations for every pupil and ensuring each child is supported to achieve their very best and truly flourish.

We look forward to greeting Year 8 parents on Tuesday evening for our subject information evening.



**Mr Green**  
Head of School



**ST REGIS STARS OF  
SPRING ONE!**

**YEAR 7** – Aoife B.  
**YEAR 8** – Logan B.  
**YEAR 9** – Ivy C.  
**YEAR 10** – Akaljapsimar S.  
**YEAR 11** – Sophie T.  
**YEAR 12** – India A.  
**YEAR 13** – Ahmad M.



**CHESTER** – Logan B.  
**LICHFIELD** – Kimberley M.  
**WORCESTER** – Ivy C.  
**HOUSE OF SPRING ONE IS  
CHESTER!**



Launching on **Monday 2<sup>nd</sup> March**

For the remaining 20 days of term we will be giving away three Easter Eggs each day at  
breaktime in the foyer for our  
**'20 Egg-Cellent Days Prize Raffle'**.

To be in with a chance you will need to fit into one of the three categories from the  
previous day. Each day this will reset to ensure maximum opportunity to win.

**100% Attendance | 100% Behaviour Ratio | Zero Lesson Lates**





# Ramadan Mubarak

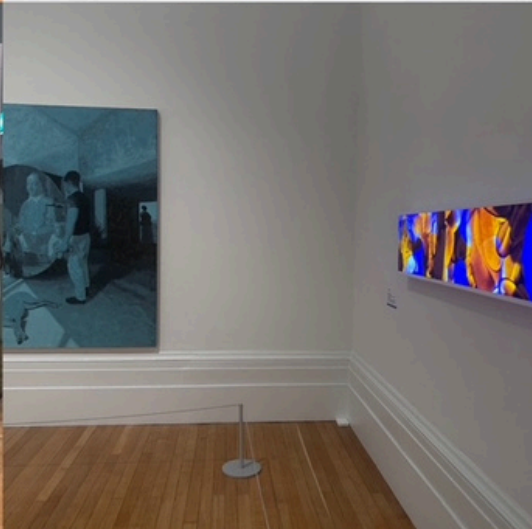
*The St Regis school community, extends our warm wishes to all observing this sacred month. May this season of reflection, self-discipline, and generosity bring peace, spiritual growth, and renewed hope to all.*



As a Christian school grounded in love, compassion, and service, we extend our heartfelt wishes to all pupils and staff observing Ramadan. We wish you strength and peace during this month of fasting and reflection.

Dedicated spaces are available within school for prayer and quiet reflection. May this season be one of spiritual growth and blessing for all.

Food will be available in the canteen at the end of the school day if pupils wish to take it home with them.



Our Sixth Form art students enjoyed a trip to Liverpool on Wednesday. They enjoyed visiting the Walker Art Gallery, looking at a variety of art including L.S Lowry, Lucian Freud, Vivienne Westwood and Rosetti. They also visited the World Museum to look at the Aquarium, Planetarium and Ancient Egypt.

# What Parents & Carers Need to Know about CROSS-PLATFORM SHARING OF INAPPROPRIATE CONTENT

Creepy characters like Slender Man or Huggy Wuggy. Dangerous online challenges. Songs or videos that aren't suitable for youngsters. When things like these begin trending online, it can be difficult to prevent children accidentally stumbling across them – especially if they use a range of platforms, like online games, social media, streaming sites or messaging apps. A trend can originate in one online space and rapidly spread to other platforms or via chat apps. The frightening Huggy Wuggy character, for instance, first emerged as part of a game on Steam; now there are parody songs on TikTok, videos on YouTube and more than 45,000 results for #huggywuggy on Instagram.

## WHAT ARE THE RISKS?

### UNSUITABLE VIDEOS AND IMAGES

Anyone can upload footage to a video-sharing platform, which has resulted in clips that appear age-appropriate but actually aren't so innocent. The audience for Peppa Pig, for instance, is very young – but there have been reports of Peppa cartoons with extreme violence spliced into them. Likewise, footage of the razor-toothed game character Huggy Wuggy has been inserted into numerous child-friendly videos (even on YouTube kids), scaring many young viewers.

### INAPPROPRIATE LANGUAGE

On a similar theme, there is always the possibility that user-uploaded video content could include language which really isn't suitable for children. The on-screen imagery may look child friendly, but if your child is wearing headphones, then you'll remain unaware of what is being said: some videos have featured songs containing explicit language or characters graphically describing violence.

### COPIES OF LIVE STREAMS

Social media and messaging apps can inadvertently spread extremely harmful content very quickly. Footage of violent attacks (such as the recent Buffalo supermarket shootings) can often be viewed on multiple platforms as people start to share the video. Moderators try to react swiftly to remove upsetting content, but the rate at which it goes viral makes it difficult to prevent the spread completely.

### ACCIDENTAL EXPOSURE

Even if your child doesn't have access to social media platforms or video-streaming platforms (where the majority of issues arise), they might still use messaging apps to communicate with family and friends. There is always going to be a risk, therefore, of them seeing something which isn't child friendly: either shared by one of their peers or sent accidentally by a relative.

## Advice for Parents & Carers

### USE SAFETY FEATURES

Enable safety settings like Google SafeSearch and the optional restrictions on video-sharing platforms like YouTube. Whenever possible, stick to YouTube Kids for young children, as the software will help to filter out unsuitable content. Remember that filters aren't always enough to block all inappropriate material – especially when child-friendly videos have been edited maliciously.

### LESS IS BEST

Manage the number of online platforms your child has access to, based on their age and maturity. Just because their friends use a certain game or app, it doesn't mean your child must have it too. Follow the age guidelines for games and apps, and check regularly that privacy settings are in place.

### KEEP IT COMMUNAL

Encourage your child to stay in a communal family space when they're watching videos or playing online games on their devices – without headphones, if possible. This will make it far easier for you to keep one eye (and ear) on what they are seeing and hearing while they're online.

### AVOID FAN-MADE CONTENT

If your child watches cartoons and shows on YouTube, spend time with them making a playlist of videos that you're comfortable with them watching. Always source videos from official channels, as opposed to fan-made content: you can never be completely confident about material that another user has created or uploaded.

### REACT CALMLY

If you hear or see anything unsuitable on your child's device, calmly ask them to turn off the game or video in question. Explain that they haven't done anything wrong, but that you didn't like what you saw or heard and you would much rather they watched or played something else instead.

### SUPPORT AND REASSURE

Remind your child regularly that *anyone* can post *anything* online – and that not everything online is real. If your child is sent something that scares or worries them, ask them to show you. Watch it alone (to avoid unnerving them further), then praise them for coming to you and talk about what upset them. Recommend a break from their device to do something which helps them feel calm and happy.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware, who has developed anti-bullying and cyber-safety workshops and policies for schools in Australia and the UK. She has written various academic papers and carried out research for the Australian government, comparing the internet use and sexting behaviours of young people in the UK, USA and Australia.



# 10 Top Tips for Parents and Educators USING AND REVIEWING PARENTAL CONTROLS

Phones and computers are essential parts of children's lives, but with unfettered internet access comes a multitude of risks. While not foolproof, parental controls can help with this; filtering out inappropriate content, limiting the ability to spend real money, capping screen time and generally making devices safer for young people.

## 1 KNOW THE TYPES

While parental control software can apply to an entire device, it also pays to know about options on individual apps and websites. TikTok, for example, has Restricted Mode for limiting unsuitable videos, while Snapchat lets you keep an eye on who a child has been talking to. Check the settings of any new app young users want and review your options.

## 2 COVER ALL DEVICES

Knowing what parental controls cover is crucial, as remaining unaware can run the risk of 'blind spots' in the device's safety measures. Controls on a phone will apply whenever a child's on that device, for instance – but you'll want to ensure that parental controls are set up across any laptops, tablets and potentially other phones, too. Remember, buying a new device may require you to set everything up again.

## 3 DON'T NEGLECT SHARED TECH

While children often have their own devices, if you have a shared family computer or tablet, for example, you'll need to make sure that's not a weak point in your safety measures. Parental controls for your router, that cover everything connected to your Wi-Fi, are one option – or you can just be thorough with each device and online account. Just ensure that unprotected laptops, phones and tablets are password locked.

## 4 CONSIDER TIME CONTROLS

Even safe internet content can be harmful if it's viewed in excess. Not only are certain apps addictive enough to distract from other duties, but late-night usage can badly disrupt sleep, which is vital for adolescent brain development. Most parental controls offer some kind of time limit – either blocking access at certain hours or capping the number of minutes it can be used per day – so be sure to consider these.

## 5 BLOCK APP SPENDING

Seemingly free apps can sometimes include microtransactions: purchases that can be made using real money. While plenty of developers implement these fairly, some companies attempt to manipulate children into paying for additional features or content, which can soon add up to hundreds of pounds if a child gets carried away. Thankfully, iOS and Android's settings allow you to block in-app purchases, preventing any huge bills.

## 6 NO CONTROLS ARE PERFECT

Parental controls can be very useful, but they're far from infallible. Some unpleasant content can and unfortunately *will* slip through the net, so remember that setting up these measures isn't a substitute for taking an active interest in young people's digital lives. Talk to them, and make sure they're aware of the risks of the internet as well as its benefits.

## 7 MIND THE GAPS

There'll undoubtedly be some gaps in parental controls, no matter how thorough you intend to be. For example, if you use router-level parental controls, bear in mind that these won't cover WiFi outside the home. For that reason, it's important to keep an open dialogue with children about the many unpalatable aspects of social media and the web.

## 8 KEEP THINGS SECURE

Some children can react poorly to parental controls and feel tempted to circumvent them. It's important to ensure that the passwords to these settings remain unknown to children, otherwise they can easily modify the restrictions without you knowing. Similarly, make sure your phone isn't left unlocked and unattended.

## 9 REVIEW CONTROLS REGULARLY

Parental controls shouldn't be a 'set and forget' deal. Not only can parental summaries provide you with a frequent overview of a child's digital life – to let you spot any warning signs – but companies often add new features, and some of these may be useful to enable (or disable). Regularly checking in ensures that if a child has found a way to wiggle out of the controls, you'll be the first to know.

## 10 KNOW WHEN TO LET UP

The parental controls you install on a computer for a seven-year-old probably wouldn't be appropriate for a child of 16 – and as young people approach adulthood, bubble wrapping the internet can do more harm than good. Consider relaxing parental controls as children get older, so they can learn to manage the risks of the internet themselves, without so many training wheels.

## Meet Our Expert

Alan Martin is an experienced technology journalist and the former deputy editor of technology and internet culture website Alphr. Now freelance, he has contributed articles to publications including the New Statesman, CNET, the Evening Standard, Wired, Rock Paper Shotgun, Gizmodo, Pocket Gamer, Stuff, T3, PC Pro, Macworld, TechRadar and Trusted Reviews.



#WakeUpWednesday

The National College



# BUILDING SAFETY

## PARENT & CARER WEBINAR

Join us and other parents and carers as we explore some of the key risks and issues facing children and young people today.

### Topics include

- Peer pressure
- Influence
- Online safety
- Exploitation
- Mental health
- How to open up communication with young people and more.



## CONTACT US

 <https://westmidlands-vrp.org/>  [vrp@westmidlands.police.uk](mailto:vrp@westmidlands.police.uk)



# HANDS OF THE CITY

**28 FEB  
- 1 MAR**

*YOUR ARTWORK WILL  
BECOME PART OF  
THE CITY'S VISUAL  
ARTS TRAIL!*

**DISCOVER  
CREATE  
& CELEBRATE**

**FREE!**

**11 - 16  
YRS**

**WOLVERHAMPTON'S  
CULTURAL HERITAGE**



SAT 28TH FEB SESSION 1: 10:30-12:30  
SAT 28TH FEB SESSION 2: 1:30-3:30  
SUN 1ST MARCH SESSION 3: 10:30 -12:30  
SUN 1ST MARCH 2026 SESSION 4: 1:30-3:30

***HANDS ON CREATIVE WORKSHOP WITH INDIA BIRTWISTLE  
WHERE YOU WILL DECORATING 2D & 3D HANDS***

THE ART ROOM - WOLVERHAMPTON ARTS CENTRE

BOOK VIA EMAIL

***RACHEL@WOLVERHAMPTONARTS.CO.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!





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!



# 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.

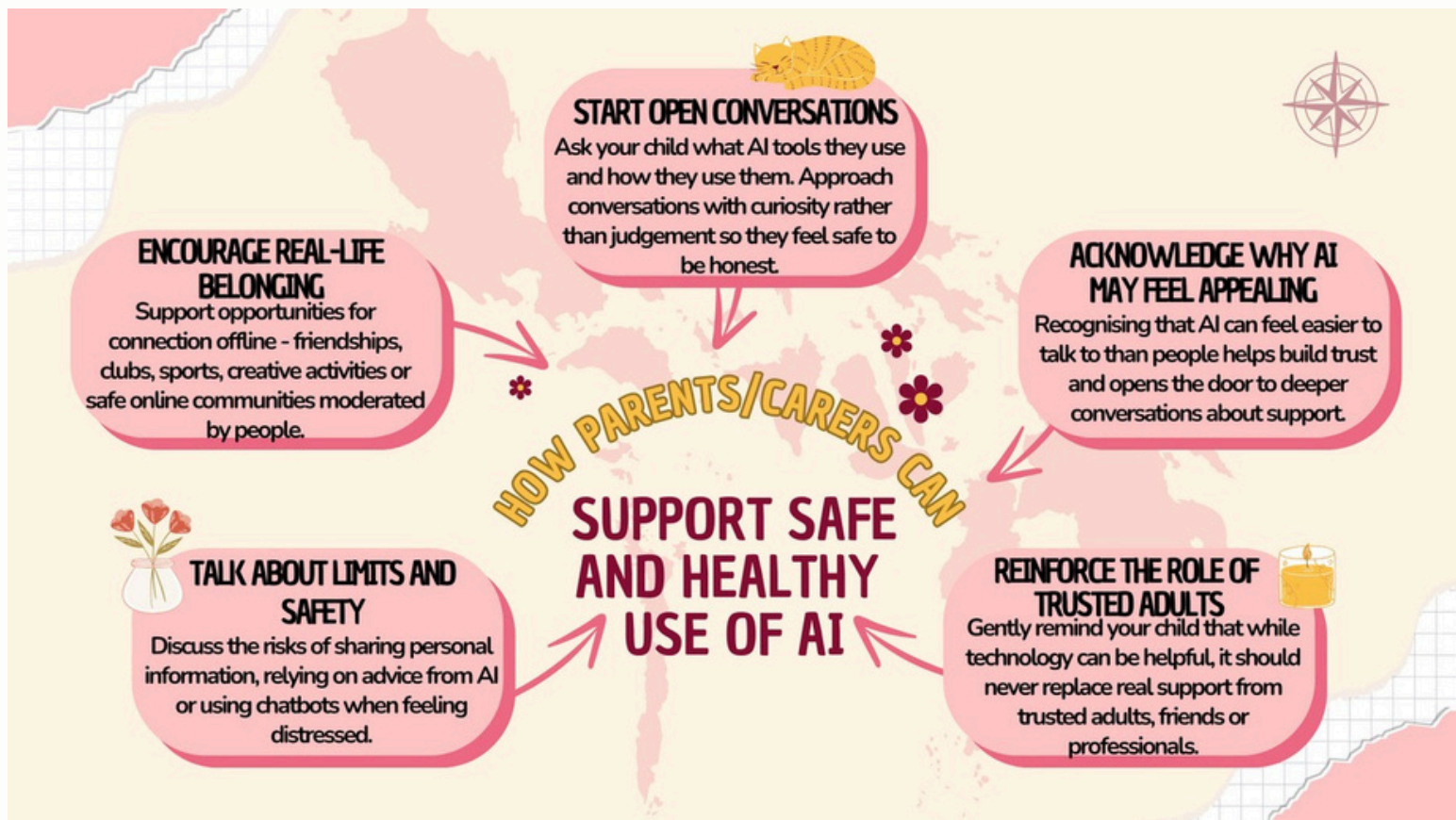
For some young people, AI chatbots and digital assistants are becoming spaces where they feel listened to, understood or supported, particularly when they are struggling with their mental health or finding it difficult to talk to people around them. Adolescence is a time when young people are exploring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



# From the Chaplain...

As we enter the season of lent and hear again the story of Jesus in the wilderness, we ask ourselves this week **'What helps you in moments of loneliness and isolation?'**

We have all had moments of loneliness; moments when our thoughts turn inwards and we start to question and doubt. For most of us these are short-lived and often brought on by tiredness and allowing ourselves to dwell on our disappointments or failings. We were not created to exist in isolation, though most of us do appreciate a little time alone to take a breath and to step back from the busyness of life. Too much time alone can lead us down a spiral into a place of dark thoughts. So what is the solution? What helps us in those moments?

We know that the Covid lockdown had a major effect on mental health with people across the world suffering from the effects of isolation. Mental health charities advise spending quality time with others, laughing together and taking part in shared activities and this was particularly missed at the time. It is not by chance that when we are at our lowest, at times of grief and tragedy, we seek out company and share memories together. Another piece of advice is to look for those we could support and reach out to. This both reminds us of our blessings and provides a way to connect with others, both in giving and in receiving.

Lent starts with a reminder of Jesus in the wilderness, figuring out what it meant to be him: How was he called to live out his identity as the Son of God? Note that Jesus wasn't there to find out 'who' he was, he already knew that; he was there to work out how to live with honesty and integrity as the person he was called to be. Before going into the desert, Jesus had heard the voice of God clearly announcing that he was the beloved child of God. And so are we! God tells us repeatedly that we belong to him (e.g. Isaiah 43:1), that we are loved (e.g. Isaiah 43:4 and 1 John 4:19) and that God wants the best for us, to bless us and to see us flourish (e.g. Jeremiah 29:11 and John 10:10). We also know that we are called to live in community (e.g. Galatians 6:2, 1 Thessalonians 5:11 and 1 John 1:7).

So perhaps the question is not: Who am I? We know we are God's beloved children, created in God's image and pleasing to God. The question is: How do I live that out? May this Lent be a time for us to experience God's grace, grow in faith and discover the blessings of being the people we are called to be.

