

ST REGIS ACADEMY

NEWSLETTER

17th April 2026



FLOURISH

MESSAGE FROM MR GREEN

It has been a very positive start back, and I would like to thank our pupils for returning to school looking so smart in their uniform and ready to learn. Their attitude has been excellent. These next few weeks are especially important for our examination year groups, and we send our very best wishes to Year 11 and Year 13 as they continue their final preparations. We also wish Year 10 every success as they begin their mock examinations next week - their first formal opportunity to demonstrate their progress and receive important feedback.

This week has also been Progress Week, and today you will receive your child's progress report. Across the week, pupils have spent time reflecting on their previous targets and engaging in self-assessment within their subjects. This is an important part of helping them take ownership of their learning and recognise the next steps they need to take. Should you have any questions about your child's report, please contact their Head of Year.

Thank you as well to all parents and carers who have been rewarding reading and revision at home through merit points. Your support makes a real difference and helps to strengthen the habits that lead to success. This links closely to our continued focus on reading, with our Book Fair beginning next week and further excitement around our new library provision.

Being equipped for learning is essential, and to support pupils and families we are pleased to be launching a new school shop from next Wednesday. This will form part of our canteen provision, allowing pupils to buy basic stationery items at a very low cost alongside their food. Please note that Free School Meal allocations cannot be used to purchase equipment, so parents will need to ensure their child has sufficient funds on their Arbor Pay account. For just £1, pupils will be able to buy a pen, pencil, ruler and rubber, with individual items available from as little as 20p. The full price list will be shared with all parents by email next week.

Finally, this afternoon I will be travelling on the 763 bus into the city centre with pupils at the end of the school day, and will then be present there with Mr Barradas-Lingard, Senior Vice Principal, working alongside our community partners. Our pupils represent St Regis on their journey home, and our expectations for conduct beyond the school gates remain just as high as they are in school.



Mr Green
Head of School



**ST REGIS STARS OF
SPRING TWO!**

- YEAR 7** – Aoife B.
- YEAR 8** – Janelle O. and Erin J.
- YEAR 9** – Kimberley M.
- YEAR 10** – Akaljapsimar S.
- YEAR 11** – Daniella O.

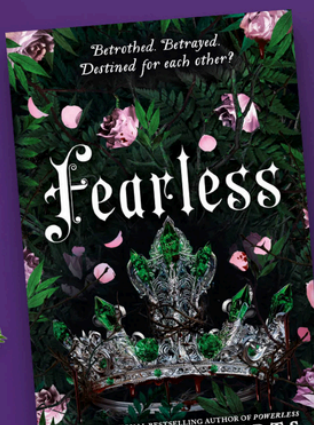


- CHESTER** – Eduwa O.
- LICHFIELD** – Kimberley M.
- WORCESTER** – Akaljapsimar S.
- HOUSE OF SPRING TWO
CHESTER!**

 **SCHOLASTIC**  **TRAVELLING BOOKS**

Find your **NEXT**
FAVOURITE READ
at the **BOOK FAIR**

**AND EARN
FREE
BOOKS
FOR OUR
SCHOOL***



**Our school book fair will run from
Monday 20th to Friday 24th April in the
library each lunchtime**



YOUR SCHOOL FOOD UPDATE



We are excited to introduce an updated secondary school menu designed to better reflect how students enjoy eating today, while also supporting healthier choices and reducing food waste across our kitchens.

FRESH FLAVOURS, NEW TWISTS

Students may notice some familiar dishes are getting a fresh update. For example, we're saying "No More Kung Poa – Hello Bang Bang!", bringing bold new flavours inspired by street food trends while still delivering balanced meals.

Banging in the beans

One of the key themes of the new menu is **"Banging in the Beans"**, supported by the **Boosting Beans** initiative from Veg Power. As a country, we need to increase bean consumption by seven times to meet healthy and sustainable eating goals aligned with the EAT-Lancet recommendations. Beans are nutritious and better for the planet, so you will see more delicious bean-based dishes appearing across our menu.



STREETVIBES REFRESH

We are also delighted to launch two new concepts within our popular StreetVibes range: **Peri Good and Ramen Club**. These concepts reflect how students like to eat today – with customisation at the centre.



Each concept offers two base options, three proteins and a wide selection of toppings, allowing students to build meals that suit their tastes. These vibrant, street-food inspired options are already proving that having it your way is key to getting students excited by the food offer in our restaurants. These concepts may not be in your restaurant just yet, but if they sound like a great fit for your school, let your chef know and they could be brought in at the next menu change.



New dishes to look out for

- Crunchy French onion and leek mac and cheese
- Cajun chicken, tomato and sweetcorn pasta bake with house salad
- Nut-less Bakewell sponge

Reducing food waste

Reducing waste is another important focus. **"Crust to Crumb Apple"** is a dish that transforms surplus bread from baguettes and bagels, combined with fresh apples, into something delicious while helping to minimise waste.

We are also introducing house gravy made from kitchen trimmings, ensuring that ingredients are used fully and flavour is never lost to the bin.

Our refreshed menu is all about serving great tasting food that students are excited to eat, while supporting health, sustainability and reduced waste. We hope you enjoy it!

Alex Hall
Food Director at Impact Food Group



At a glance

- More choice
- More bean-based dishes
- Less food waste
- New street vibes options

WEEK 1

Week Commencing:
13/04/26 04/05/26 25/05/26 15/06/26 06/07/26 27/07/26

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

VEGETARIAN MAIN MEALS

MONDAY

Beef & Lentil Bolognese with Pasta & House Salad

TUESDAY

Bang Bang Chicken with Soy & Mixed Rice

WEDNESDAY

Salt & Pepper Roast Chicken, Crisp Roasties, Seasonal Vegetables & Roast House Gravy

THURSDAY

Chicken Tikka & Chickpea Masala, Braised Rice & Kachumber Salad

FRIDAY

Chip Shop "Fryday" Fish, Salmon Fishcake or Pizza with Chips, Peas & Tartare Sauce

MONDAY

Plant Based Bolognese with Pasta & House Salad (V)

TUESDAY

Bang Bang Eat Curious with Soy & Mixed Rice (V)

WEDNESDAY

Vegetable 'Squashage' Roll with Crispy Roasties, Seasonal Vegetables & Roast House Gravy (V)

THURSDAY

Cauliflower, Courgette & Chickpea Rosti with Braised Rice, Kachumber Salad & Minted Yoghurt Dressing (V)

FRIDAY

Vegan Chickpea & Coriander Burger with Fries (VE)

DESSERTS

MONDAY

Spiced Pineapple Cake

TUESDAY

Chocolate & Banana Brownie

WEDNESDAY

Sticky Ginger Cake

THURSDAY

Oaty Apple Crumble

FRIDAY

Hot Chocolate Rocky Road & Custard

Fruit and Jelly Pots Available Daily

JACKET POTATOES

Topped with a Choice of: Cheese, Tuna or Beans Available Daily



MADE YOUR WAY!

CHOOSE IT! ADD IT! TOP IT!

Switch up your flavours with our street food-inspired range, available **Tuesday to Thursday**. With weekly rotating choices, there's always something tasty.

Choose a base, add protein, and top it your way!

Visit the restaurant to check out what's on offer each week

NATURally

MONDAY

Vegan Singapore Noodles (VE)

TUESDAY

The Big Plant Burger (VE)

WEDNESDAY

Roasted Butternut, Sweetcorn & Chipotle Pasta (VE)

THURSDAY

Maple & Chilli Cauliflower Wings with Cajun Wedges (VE)

FRIDAY

Garlic & Chilli Noodles (VE)

TRATTORIA

MONDAY

Pasta in Cheese Sauce

TUESDAY

Tomato & Basil Pasta

WEDNESDAY

Margherita or Pepperoni Pizza

THURSDAY

Creamy Pesto Pasta

FRIDAY

Margherita Pizza



WEEK 2

Week Commencing:
20/4/26 11/05/26 01/06/26 22/06/26 13/07/26

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

VEGETARIAN MAIN MEALS

MONDAY

Halal Chicken Sausage (Beef Casing) & Mashed Potatoes with Onion Gravy

TUESDAY

Cajun Chicken, Tomato & Sweetcorn Wholewheat Pasta Bake with House Salad

WEDNESDAY

Roast Breast of Turkey, Crisp Roasties, Seasonal Vegetables & Roast House Gravy

THURSDAY

Sweet & Sour Chicken with Carrot Rice

FRIDAY

Chip Shop "Fryday" Fish, Salmon Fishcake or Pizza with Chips, Peas & Tartare Sauce

MONDAY

Vegan BBQ Boston Bean Sausage Casserole & Mash (VE)

TUESDAY

Lentil & Chickpea Dahl with Roasted Tikka Cauliflower & Steamed Rice (V)

WEDNESDAY

Cheese & Potato Pie with Roast Potatoes, Seasonal Vegetables & Roast House Gravy (V)

THURSDAY

Crunchy French Onion & Leek Macaroni Cheese with House Salad (V)

FRIDAY

Vegan Moroccan Spiced Butternut Squash Pasty with Chips & Peas (VE)

DESSERTS

MONDAY

Chocolate Sponge with Chocolate Sauce

TUESDAY

Pear & Apple Orchard Crumble

WEDNESDAY

Cocoa Bread & Butter Pudding

THURSDAY

Jam & Coconut Sponge

FRIDAY

Apple Traybake

Fruit and Jelly Pots Available Daily

JACKET POTATOES

Topped with a Choice of: Cheese, Tuna or Beans Available Daily



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NATURally

MONDAY

Garlic and Chilli Noodles (VE)

TUESDAY

Singapore Fried Rice (VE)

WEDNESDAY

Lentil & Chickpea Dahl with Crispy Bombay Potatoes (VE)

THURSDAY

The Big Plant Burger (VE)

FRIDAY

Vegan Singapore Noodles (VE)

TRATTORIA

MONDAY

Pasta in Cheese Sauce

TUESDAY

Tomato & Basil Pasta

WEDNESDAY

Margherita or Pepperoni Pizza

THURSDAY

Creamy Pesto Pasta

FRIDAY

Margherita Pizza

WEEK 3

Week Commencing:
27/04/26 18/05/26 08/06/26 29/06/26 20/07/26

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

VEGETARIAN MAIN MEALS

MONDAY

Mexican Beef Nacho Pasta Bake

TUESDAY

BBQ Chicken with Salt 'n' Pepper Wedges, Asian Slaw & Garden Peas

WEDNESDAY

Lemon & Thyme Roast Chicken, Crisp Roasties, Seasonal Vegetables & Roast House Gravy

THURSDAY

Fragrant Lemon & Herb Chicken with Spicy Rice

FRIDAY

Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas and Tartare Sauce

MONDAY

No Waste Cauliflower Cheese Pasta Bake (V)

TUESDAY

Chipotle Quorn Dippers with Salt 'n' Pepper Wedges, Asian Slaw & Garden Peas (V)

WEDNESDAY

Roasted Vegetable & Chickpea Pastry Roll with Crisp Roasties, Seasonal Vegetables & Roast House Gravy (V)

THURSDAY

Hot Maple & Cajun Quorn Fillet with Spicy Rice (V)

FRIDAY

Crispy Chickpea & Vegetable Pakora Burger with Mango Slaw, Chips & Peas (V)

DESSERTS

MONDAY

Sticky Lemon Sponge

TUESDAY

Mixed Berry & Apple Crumble

WEDNESDAY

Chocolate & Whole Banana Puff Pastry Pinwheel

THURSDAY

Nut Free Bakewell Sponge

FRIDAY

Hot Chocolate Rocky Road & Custard

Fruit and Jelly Pots Available Daily

JACKET POTATOES

Topped with a Choice of: Cheese, Tuna or Beans Available Daily



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NATURally

MONDAY

Vegan Singapore Noodles (VE)

TUESDAY

The Big Plant Burger (VE)

WEDNESDAY

Pesto Pasta with Roasted Tomatoes (VE)

THURSDAY

Onion Bhaji Skewer with Bombay Potatoes (VE)

FRIDAY

Garlic & Chilli Noodles (VE)

TRATTORIA

MONDAY

Pasta in Cheese Sauce

TUESDAY

Tomato & Basil Pasta

WEDNESDAY

Margherita or Pepperoni Pizza

THURSDAY

Creamy Pesto Pasta

FRIDAY

Margherita Pizza





SEND



Family Help Team

Drop-in Session

Supporting Families, Empowering Lives



What to Expect:

- No referral needed — just drop in!
- A relaxed space to talk through your concerns.
- Whole family support — we consider the needs of parents, carers, and children.
- Practical advice and guidance tailored to your situation.



When:

Every Monday,
9:00am – 12:30pm



Where:

Cherry Street SEND
and Sensory Hub,
Wolverhampton
WV3 0QW



CITY OF
WOLVERHAMPTON
COUNCIL

Volunteer Join X2Y

We work with LGBTQ+ young people and communities to stand in their authentic truth by holding spaces to thrive and grow

Whether you want to work directly with our young people in groups, hold specific events, have excellent admin skills or are a talented content creator across social media – whatever you are good at

Contact

✉ INFO@X2Y.ORG.UK

📷 X2YLGBT



10 KING STREET, WV1 1ST

Community Space & Events

We offer a variety of events varying from craft workshops, book clubs and many more for the community to get involved in.

Our doors are open outside of group hours for any LGBTQ+ people to drop in for anything they need, a talk, a space to be themselves or just a place to hang out. Contact us for more information on opening hours as these may change depending on staff availability.

We are working to assure the building is wheelchair accessible and creating a space for any religious needs.

Counselling Services

Along with our safe spaces we offer counselling services to LGBTQ+ youth between the ages of 11 to 25.

✉ Referrals@x2y.org.uk

☎ 07512719375



Parents & Carers

Parents who want to know a bit more about what we do and who we are or want support as a parent of an LGBTQ+ child will have the opportunity to come to our quarterly coffee mornings.

There will also be quarterly coffee mornings available to LGBTQ+ parents



School Support

Ran by our Outreach Coordinator, we offer in school support sessions for LGBTQ+ young people to talk to a trained, professional counsellor on a one to one or group setting.

We also offer for our Youth Coordinators to drop in and speak to young people about being LGBTQ+ and adversity

Welcome to



Charity Number : 162589

We work with LGBTQ+ (Lesbian, Gay, Bi, Trans or Questioning) young people aged 11 to 25. We run youth groups and support young people in local schools. We also provide training, advice and guidance for teachers and other professionals working with children and young people.



Our Mission

To celebrate and empower LGBTQ+ young people (aged 11–25) through providing a safe, nurturing, intersectional and intergenerational community across Wolverhampton and the Black Country.

Our Values

- * We strive to nurture and maintain a truly reflective, inclusive and safe community within our spaces
- * Youth voice is at the core of who we are; at every opportunity, at every level. Centering the wants and needs of our community ensures our work aligns and is reflective of who we work to support
- * We work with LGBTQ+ young people and communities to stand in their authentic truth by holding spaces to thrive and grow
- * We celebrate and centre queer joy and friendship in all of our spaces for our young, LGBTQ+ community

Training

We offer an array of training and education workshops to anyone wanting to improve their knowledge and advocacy for young, LGBTQ+ people whether this is personally, professionally, at work, at home or out in the community.

Our training and education looks to empower those who are active in their support for the young, LGBTQ+ community through connection and networks, increased knowledge and resources. We work with our young people and their communities to co-produce this, further ensuring that our training and education will help us in creating an LGBTQ+ inclusive ethos and practice, together.

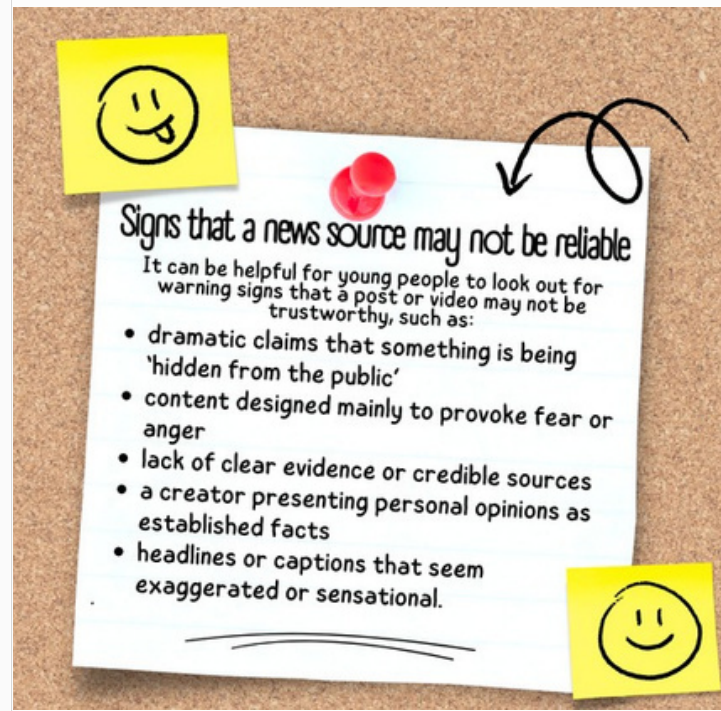




Helping young people navigate news online

Young people today are exposed to more information about the world than any previous generation. News about wars, global conflicts, political events, climate change and social issues appears constantly on social media feeds, video platforms and messaging apps. While staying informed is important, the way many teenagers encounter news can make it difficult to separate reliable information from misinformation, exaggeration or conspiracy theories.

For secondary-aged children, much of what they see may not come from traditional news organisations but from influencers, short video clips or posts shared by friends. This means they may receive information that is incomplete, misleading or designed to provoke strong emotional reactions.



Conversation starters for parents and carers

TALKING ABOUT NEWS AT HOME CAN HELP TEENAGERS DEVELOP CRITICAL THINKING SKILLS. YOU MIGHT TRY ASKING:



"Where do people your age usually get their news from?"



"How do you decide whether a news story online is reliable?"



"Have you seen anything online recently that worried you or confused you?"



"Why do you think some posts about world events get shared so widely?"



"What do you think makes a source trustworthy?"

Supporting your child

Parents and carers can support their children by:

- encouraging them to check information with more than one source
- watching or reading news together occasionally and discussing it
- helping them understand the difference between opinion, commentary and factual reporting
- reminding them that social media posts rarely show the full picture of complex global events.

Where young people may be getting their news

Many young people do not actively search for news. Instead, news often reaches them through:

- short videos on platforms such as TikTok, Instagram or YouTube
- influencers or content creators discussing world events
- posts shared by friends on social media
- online forums, gaming communities or group chats
- memes or edited clips that remove important context.

Why this can be challenging for young people

The fast-paced nature of social media can make it difficult to check whether information is accurate. Some content is deliberately designed to attract attention by creating fear, outrage or shock. This can lead to:

- **scaremongering:** exaggerating events or predicting extreme outcomes
- **misinformation:** sharing incorrect or misleading information without reliable evidence
- **conspiracy theories:** presenting complex global events as secret plots without credible proof.

SPOTLIGHT ON SAFEGUARDING

When 'advice' online isn't what it seems -misogynistic influencers and teenagers

Social media is full of creators offering tips on fitness, confidence, dating and 'self-improvement.' Many of these messages appear harmless at first glance. However, some influencers package harmful ideas about gender inside content that looks like health advice or dating guidance. This can make it harder for young people, and adults, to recognise when the message is unhealthy or manipulative.

When misogyny is disguised as 'advice'

Some influencers frame their content around themes teenagers already care about: confidence, relationships, body image or success. The advice might initially sound motivating or empowering but it can include harmful assumptions about girls and women.

Examples include:

1. 'Self-improvement' or fitness advice

- Encouraging boys to get stronger, richer or more confident in order to dominate women or control relationships.
- Suggesting men must be 'alpha' while women should be submissive or 'know their place'.
- Framing emotional expression or kindness as weakness.

2. Dating advice

- Teaching boys that girls are manipulative, shallow or only interested in money or status.
- Encouraging strategies to 'control' or 'test' girls in relationships.
- Promoting the idea that respect and equality are signs of weakness.

3. Lifestyle or success content

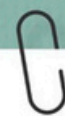
- Presenting rigid ideas about masculinity and femininity.
- Blaming women for men's problems or failures.
- Claiming that gender equality harms boys or men.

Starting conversations at home

Open, non-judgemental conversations are often the most effective way to help young people think critically about online content.

You could try questions such as:

- "What kind of relationship advice do people your age see online?"
- "Do you think social media gives realistic ideas about dating?"
- "Why do you think some influencers talk about 'alpha' people?"
- "What do you think makes a healthy relationship?"
- "Have you ever seen advice online that didn't feel quite right?"
- "How do you think messages like this might affect boys or girls at school?"



How girls may be affected

Girls can also be strongly impacted by this content, even if they are not the intended audience.

Possible impacts include:

- feeling judged or reduced to stereotypes about appearance, behaviour or value
- experiencing lower confidence or pressure to meet unrealistic expectations
- accepting disrespectful behaviour in relationships because it seems 'normal'
- facing increased harassment or sexist attitudes from peers influenced by this content.



How boys may be affected

Boys are often the main target audience for these influencers.

Possible impacts include:

- believing relationships are about power rather than respect
- feeling pressure to act 'tough,' dominant or unemotional
- developing negative attitudes toward girls and women
- struggling with friendships or healthy romantic relationships.



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.

From the Chaplain...

If any of us have ever found life to be a bit of an emotional rollercoaster, we will empathise with the women who went to Jesus' tomb, early in the morning following the Sabbath day, expecting to find his body there. They set off before dawn with spices to treat his body and stumbled through the darkness, numb with grief. Seeing that the huge stone sealing the tomb had been rolled away and that Jesus' body was gone, they were filled with dismay and then anger. Surely this was the work of the authorities, seeking to quench any remaining loyalty in Jesus' followers and ensure there was nowhere for people to congregate in his memory, to cause a fuss and potentially the uprising they feared. The women's anger turned to fear and wonder as they were startled by angelic figures in shining clothes standing among them and announcing that Jesus was risen. 'Why do you look for the living among the dead?' they asked. As the sun rose over the horizon, hope dawned in the hearts of the women giving rise to joy and excitement as they ran home to tell others the good news.

We too have known times of despair. We know the hopelessness of grief and the days when we simply can't see the light. We have suffered and struggled in our personal lives and we have lived through tragedies and disappointments in our lives together as a community. We know the despair of global situations; war, poverty, injustice, natural disasters and the climate crisis. And yet, these are the very conditions into which our steadfast God pours his unsurpassable and boundless love bringing new life, hope and possibility.

At this time of year the signs of new life springing up are all around us. Several of you have spoken to me this week about the gardening you did over the Easter break, the joy of new growth, the planting of seeds and the hope of beautiful flowers and tasty vegetables to come! As God brings colour and life back into our green spaces, may he also open our eyes to signs of hope in our world and open our hearts to trusting him to grow his blessings in and among us, today and in the future. Amen

