

# ST REGIS ACADEMY

## NEWSLETTER

8th May 2026



### MESSAGE FROM MR GREEN

Mental Health Awareness Week begins next week, and this year's theme is "Take Action." As part of this, Miss Appleyard has organised a range of positive break time and lunchtime activities that students can take part in to support their own mental health and wellbeing. The aim is to give students practical and enjoyable opportunities to pause, connect, be active, be creative or spend time outdoors. Activities include the garden being open for a wellbeing trail, a wand wood carving session under the Tipi, Miss Pugh running a boxing session, mindful colouring and yoga.

I am also delighted to share that St Regis has achieved the ATTUNE Bronze Award, recognising our commitment to supporting students' mental health and wellbeing. This is important because it reflects the work we are doing to help young people feel known, supported and able to flourish, while continuing to build a culture where talking about mental health and taking positive action is encouraged.

I would also like to ask all parents and carers to ensure they have access to the Arbor App, as we are moving away from ClassCharts on June 1st. We are pleased that around 80% of parents are already using Arbor, but it is important that every family is connected. Arbor will become our one central platform for school life, including communications, payments, extended learning, rewards and behaviour updates. Having access to the app will help parents stay fully informed and support strong communication between home and school.

Finally, next week the first full Year 11 year group examination takes place, with Year 13 examinations also beginning. We are thinking especially of our students as they enter this important period, and I ask that parents and carers continue to support strong routines around attendance, punctuality, revision, rest and preparation. Please do check your emails carefully for the information that has been shared by Mr Rogers and the Heads of Year regarding examination arrangements, expectations and key reminders.

We have a busy two weeks before half-term with a STEM workshop for Y9, a Y8 visit to Cosford, SALAD day, another cricket tournament, Year 7 parents' evening (13th May) and Eucharist.



**Mr Green**  
Head of School

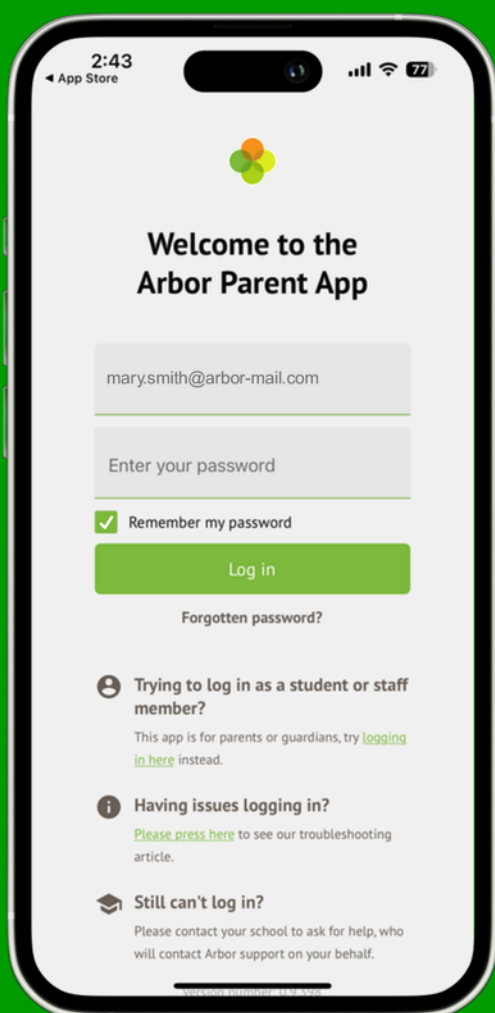


**FLOURISH**



# We're using the Arbor Parent App!

See and manage your child's day-to-day school information. Understand their progress, make payments and bookings, and receive in-app messages - all from one app



Log in in seconds with Face ID

Receive in-app messages and reminders on your phone

Make payments, sign up for clubs, and book parents evenings

See your child's progress, attendance, behaviour points, report cards and more

Check your child's calendar, it's always up-to-date

Scan the QR code to download the Arbor Parent App, and use your email address to log in



## ST REGIS STARS OF LAST WEEK!

**YEAR 7** – Nailay A.  
**YEAR 8** – Logan B.  
**YEAR 9** – Vendant S.  
**YEAR 10** – Akaljapsimar S.  
**YEAR 11** – Render O.



**CHESTER** – Logan B.  
**LICHFIELD** – Pipeloluwa O.  
**WORCESTER** – Vendant S.  
**HOUSE OF THE WEEK**  
**CHESTER!**



## KS3 RUGBY PATHWAY

IN PARTNERSHIP WITH COVENTRY RUGBY



A fantastic opportunity for **Year 6 students** who already play club rugby and want to develop their skills in a supportive, high-performance environment at St Regis Academy, Wolverhampton.



### TRAINING

Strength, conditioning and nutrition support from Coventry Rugby staff.



### WEEKLY COACHING

Protected curriculum time with specialist rugby coaching.



### 1:1 MENTORING

Guidance and support from Three Spires Sixth Form Rugby Academy players.



### COMPETITIVE FIXTURES

A number of fixtures throughout the academic year.



Already have a Year 7 place for September 2026? Let us know that you'd like to be considered for the Rugby Pathway. If you've not yet secured a place at St Regis, contact us to find out more about the Rugby Pathway at **01902 558333**.

Building on the success of our Sixth Form Rugby Academy in association with Coventry Rugby Club, we are excited to launch our KS3 Rugby Pathway.

This exciting new opportunity is open to current Year 6 students who will be starting Year 7 in September 2026.

If you have already secured a place at St Regis for your child and would like them to be considered for the Rugby Pathway, please get in touch.

If you have not yet secured a place, contact us to find out more about this fantastic new offer.

Please share this exciting opportunity.



# Some excellent work from students this week. Well done Mosawer, Hanna and Logan.

Thursday 24th April 2026

**WOLST** - understand the of the trinity  
 - Explore the oneness of God  
 - Explore divergent Christian understandings of the trinity  
 - Analyse how the trinity is shown in belief and worship.

All Christians:  
 - Believe there is one God.  
 - Accept bible as their holy book.  
 - Follow the teachings of Jesus.

But different denominations interpret the bible differently, teaching different conclusions and putting it into practice in different ways.

1) Creed is a statement of beliefs.  
 2) because it answered the questions about what to believe about Jesus.  
 3) The Nicene teaches us that God is in three persons: God the Father, God the Son and the Holy Spirit.

**The Nicene Creed**

We believe in one God, the Father, the Almighty, Maker of Heaven and Earth, Of all that is, seen and unseen.

**We believe in one Lord, Jesus Christ**  
 The only Son of God, Eternally begotten of the Father, God from God, Light from Light, True God from True God, Begotten, not made, Of one being with the Father. Through Him all things were made: For us and for our salvation. He came down from Heaven. By the power of the Holy Spirit, He became incarnate from the Virgin Mary, and was made man. For our sake He was crucified under Pontius Pilate; He suffered death and was buried. On the third day He rose again in accordance with the Scriptures. He ascended into Heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. And His kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, Who proceeds from the Father and the Son. With the Father and the Son, He is worshipped and glorified. He has spoken through the Prophets.

We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, And the life of the world to come. AMEN.

**Legend:**  
 □ = beliefs about God and the father  
 ■ = beliefs about Jesus  
 ■ = beliefs about the Holy Spirit

**Mosawer Y9**

**Drawing Linear Graphs**  
 Video link on [www.youtube.com/watch?v=...](https://www.youtube.com/watch?v=...)

Question 3: For each equation, complete the table of values and draw its graph for values of x from -2 to 2.

(a)  $y = 3x + 3$

x	-2	-1	0	1	2
y	-3	0	3	6	9

(b)  $y = x + 2$

x	-2	-1	0	1	2
y	0	1	2	3	4

(c)  $y = -2x - 1$

x	-2	-1	0	1	2
y	3	1	-1	-3	-5

(d)  $y = -x + 1$

x	-2	-1	0	1	2
y	3	2	1	0	-1

Question 4: For each equation, complete the table of values and draw its graph for values of x from -2 to 4.

(a)  $y = \frac{1}{2}x + 1$

x	-2	-1	0	1	2	3	4
y	0	0.5	1	1.5	2	2.5	3

(b)  $y = -x + 1$

x	-2	-1	0	1	2	3	4
y	3	2	1	0	-1	-2	-3

(c)  $y = -\frac{1}{2}x + 1$

x	-2	-1	0	1	2	3	4
y	2	1.5	1	0.5	0	-0.5	-1

**Hanna N Y7**



## The Products

**Our Products**

- Adjustable desk phone holders
- Car dashboard mounts
- Bike phone holders
- Foldable travel stands
- Gaming phone stands
- Customisable designs and colours

**Logan G Y9**



Some fabulous displays produced by students during last week's culture day.



## ***St Regis C of E Academy***

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has achieved the Gold School Games Mark  
award for their commitment, engagement  
in the School Games for 2025/26.





## ST REGIS SUMMER FAYRE

COME & JOIN US FOR OUR

# SUMMER FAYRE

THURSDAY,  
18TH JUNE

ST REGIS ACADEMY,  
REGIS ROAD,  
TETTENHALL  
WV6 8XG

4:00PM - 6:00PM

*Prospective students and their families are invited to  
come and see what makes St Regis so special!*



For more information:

[admin@stregisacademy.org](mailto:admin@stregisacademy.org)

**BOOK NOW!**





# Equilibrium

Redressing sexualised attitudes and behaviour

## Raising kids in a digital world Parent workshop

Live Online Webinar

Open to parents of children aged 5-15

### DATE & TIME

- Date: Tuesday 19th May
- Time: 13:00 – 13:45



### EVENT OVERVIEW

"We'll look at the risks children face online and explain how apps and websites really work in simple terms so you can help your child engage with the digital world in a healthy way."

## KEY FEATURES & TOPICS

### 1. How Apps Work

Ever wonder why apps are so engaging? We explain the simple tech and psychology behind the screen.

### 2. Spotting Risks

No jargon. Just clear advice on the real risks children face today and how to spot them early.

### 3. Healthy Habits

Practical tools to help your child enjoy the digital world safely while building their self-worth.

## CONTACT & REGISTRATION

Web: [www.engagedu.co.uk/equilibrium](http://www.engagedu.co.uk/equilibrium)

Email: [equilibrium@onlinebehaviours.co.uk](mailto:equilibrium@onlinebehaviours.co.uk)





ST REGIS ACADEMY IS PROUD TO HOST



# THE WORLD FAMOUS FODEN'S BAND

SATURDAY 20<sup>TH</sup> JUNE - ST REGIS ACADEMY

7:00PM START (DOORS OPEN AT 6:30PM)

JOIN US FOR AN UNFORGETTABLE EVENING OF LIVE  
MUSIC



HOSTED BY FRIENDS OF ST REGIS PTA

SCAN QR  
CODE TO  
PURCHASE  
TICKETS

## TICKETS:

Early Bird Adult Ticket £10.00 (Tickets Purchased by May 31st)

Standard Adult Ticket £15.00

Under 18's £5.00

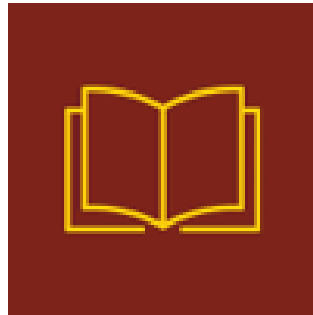


**RICHARDSON**

BROTHERS FOUNDATION

PROUD SPONSORS OF THE EVENT





# School Stationery Shop

*Open before school and break time*

Item	Price
Black ballpoint pen	20p
Pencil	20p
Ruler	40p
Eraser	20p
Highlighter	30p
Pen, pencil, ruler, eraser	£1

- **Please pay at the till using your school pin code**
- **Please add money to Arbor Pay**
- **Free School meal money can't be used for stationery**



# SPOTLIGHT ON SAFEGUARDING

WORKING TOGETHER TO KEEP OUR YOUNG PEOPLE SAFE

Secondary | May 2026 | In this issue: Beauty and fitness influencers | Stress and resilience

## Understanding the influence of beauty and fitness content on young people

Social media is a central part of many young people's lives and while it can be a space for creativity and connection, it also exposes children to powerful messages about appearance, body image and self-worth. One growing concern is the rise of beauty and fitness influencers - content creators who focus on appearance, dieting, exercise routines and 'ideal' lifestyles. While some content can be positive or motivating, much of it promotes unrealistic standards that can negatively affect how young people see themselves.

## What is this content, why are children seeing it and how can it be harmful?

Platforms like **TikTok**, **Instagram** and **YouTube** use algorithms to show users more of what they engage with, so even brief interactions can quickly shape what a child sees. This often leads to repeated exposure to beauty content (more commonly targeted at girls) and fitness content (more commonly targeted at boys), which can appear within minutes of using an app.

While some of this content can be positive, frequent exposure can lead young people to compare themselves to unrealistic or edited images, feel pressure to look a certain way and develop low self-esteem. It can also promote unhealthy habits and narrow ideas about appearance, making it difficult for young people to recognise its impact.



CONVERSATION starters FOR PARENTS

TALKING OPENLY ABOUT THIS TOPIC CAN MAKE A BIG DIFFERENCE. YOU DON'T NEED TO HAVE ALL THE ANSWERS, STARTING THE CONVERSATION IS WHAT MATTERS.

1 "WHAT KIND OF VIDEOS DO YOU SEE MOST ON YOUR FEED AT THE MOMENT?"

2 "DO YOU THINK THE PEOPLE IN THOSE VIDEOS LOOK LIKE PEOPLE IN REAL LIFE?"

3 "HOW DO THOSE POSTS MAKE YOU FEEL ABOUT YOURSELF?"

4 "DO YOU THINK ANY OF THAT CONTENT IS EDITED OR FILTERED?"

5 "WHAT DO YOU THINK A HEALTHY LIFESTYLE ACTUALLY LOOKS LIKE?"

## How to reduce this content in your child's feed

While you can't control everything your child sees, there are practical steps that can help reshape what the algorithm shows them:

**Encourage mindful scrolling:** remind your child they don't have to engage with every video. Even pausing on content can signal interest to the algorithm.

**Use 'not interested' features:** most platforms allow users to hide or reduce similar content.

**Diversify their feed:** encourage following accounts based on hobbies, interests or positive role models outside of appearance-focused content.

**Review screen time and usage together:** regular check-ins can help you understand what they're seeing.



## MYTH VS REALITY



It can be helpful to challenge some of the common messages young people may absorb from social media by looking more closely at the reality behind them.

### MYTH

### REALITY

"Everyone online looks like this."

Much of what young people see is filtered, edited, posed or carefully selected. It is not an accurate reflection of everyday life.

"If I don't look like that, something is wrong with me."

Bodies develop at different rates, especially during adolescence. There is no single 'ideal' body type.

"Fitness content is always healthy."

Some content promotes unrealistic routines, overtraining or unhealthy attitudes towards food and exercise.

# SPOTLIGHT ON SAFEGUARDING

## Helping your child navigate stress and build resilience

As parents, it's natural to think of stress as something that mainly appears around exams. But for many secondary school students, stress can show up in everyday life, often in ways that are easy to miss.

Understanding what stress looks like, how it affects young people, and how to build resilience can make a lasting difference to your child's wellbeing.

## When do children experience stress and how does it affect them?

Stress can arise from everyday experiences such as friendship changes, social pressures, busy schedules, family situations or uncertainty about the future. What may seem minor to adults can feel overwhelming to a young person who is still developing the skills to manage these challenges.

When stress builds up, it can affect both emotional wellbeing and physical health. Young people may struggle to concentrate, feel constantly tired or become more irritable and withdrawn. You might also notice changes in sleep, appetite or motivation, alongside physical symptoms like headaches or stomach aches. Over time, ongoing stress can impact confidence and enjoyment of school and daily life.

## Signs your child might be stressed

Every child is different, but some common signs include:

### Emotional signs

- Increased anxiety or worry
- Becoming withdrawn or unusually quiet
- Low mood or tearfulness

### Behavioural signs

- Avoiding school or activities they used to enjoy
- Changes in friendships
- Procrastination or loss of motivation

### Physical signs

- Trouble sleeping
- Frequent illnesses or complaints of aches
- Changes in eating habits

Often, it's a change from *their usual behaviour* that matters most.

## Why resilience matters

Resilience is the ability to cope with challenges, adapt and recover from setbacks. It doesn't mean avoiding stress altogether, because that's not realistic, but rather helping young people understand that difficult feelings are a normal part of life and will pass. When children develop resilience, they begin to see that they can handle challenges, learn from setbacks and build confidence through experience. These skills not only support them in school but also play a vital role in their long-term wellbeing, relationships and future independence.

## How you can support your child

You don't need to 'fix' everything—small, consistent actions make the biggest difference.

### Keep communication open



Make time for regular, low-pressure conversations. Car journeys or shared activities can be easier than direct questioning.

### Listen more than you solve

Sometimes children need to feel heard rather than given solutions straight away.



### Normalise stress

Let them know it's okay to feel overwhelmed sometimes and that it happens to everyone.



### Help them build routines

Sleep, meals and downtime are powerful protective factors.



### Encourage problem-solving

Support them in thinking through challenges rather than stepping in immediately.



### Model resilience

Children learn a lot from how adults handle stress. Talking openly about your own coping strategies can be powerful.



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.

# From the Chaplain...

I wonder what is the longest you have ever had to wait for a promise to be fulfilled? We are increasingly living in a culture where we don't like waiting for things... most of the foods we might feel like eating are now available all year round; a certain online shopping company promises next day delivery whatever we might choose to order and the hours, days or weeks we used to wait for our messages to be delivered have been reduced to a matter of seconds. So perhaps it is natural that we have begun to lose the ability and patience to wait for a promise to be fulfilled?

When Abraham first heard God's call and promise to provide him with numerous descendants he is reported to have been seventy-five years old and must have been giving up hope of ever having a child of his own. By the time Sarah finally gave birth twenty-five more years had passed. Whether or not we take these numbers at face value, it is clear that Abraham showed great patience and trust in the seemingly impossible promise that God had made him and in God's ability and desire to bring life and hope into his life. Indeed, Abraham's trust and obedience lead to his being known as the 'Father of Faith' for millions of people across the globe today.

As we start our summer worship series on 'Our Impossible God' we consider 'God the source of life and hope' and ask ourselves where in our world we pray for God to intervene and bring life and hope today. When I asked this to a group of students today, their prayers were for places of war and violence and for those people experiencing poverty and homelessness in our own society. We offered these situations to God together remembering that while God loves us and wants the best for us, his ways are not our ways, and his timing is not our timing. It can be difficult to keep trusting and hoping when we can't see the signs of progress.

When Abraham questioned God, God asked him to go outside and look up at the night sky. In our modern lives we have become distant from the natural world around us but noticing the changes in nature through the seasons and recognising the pattern of life, death and rebirth displayed in creation might be helpful as we learn to trust in a God who brings healing and hope into the least promising situations. As we offer him the situations we long for him to bless, we do so remembering and trusting in Jesus' words, 'I have come that they may have life and have it in abundance'.

