

ST REGIS ACADEMY

NEWSLETTER

15th May 2026



MESSAGE FROM MR GREEN

Just a reminder that next week we break up for half-term at 3.20pm on Friday 22nd May, and students return to school on Monday 1st June. After half-term, our Year 7 and Year 8 summer exams will begin and will run over a two-week period. Some of these exams will take place in the sports hall so that pupils can experience a more formal exam setting and continue to build the confidence and routines they will need as they move through school. I would really encourage Year 7 and Year 8 pupils to spend some time over the half-term break revising and preparing carefully so that they can show what they know and approach their exams positively.

On Monday, our Year 9 pupils will be taking part in a STEM workshop. STEM — Science, Technology, Engineering and Mathematics — is so important because it helps young people develop the skills they will need for the future: problem-solving, creativity, teamwork, resilience and logical thinking. These are skills that reach far beyond the classroom and are increasingly important in many future careers.

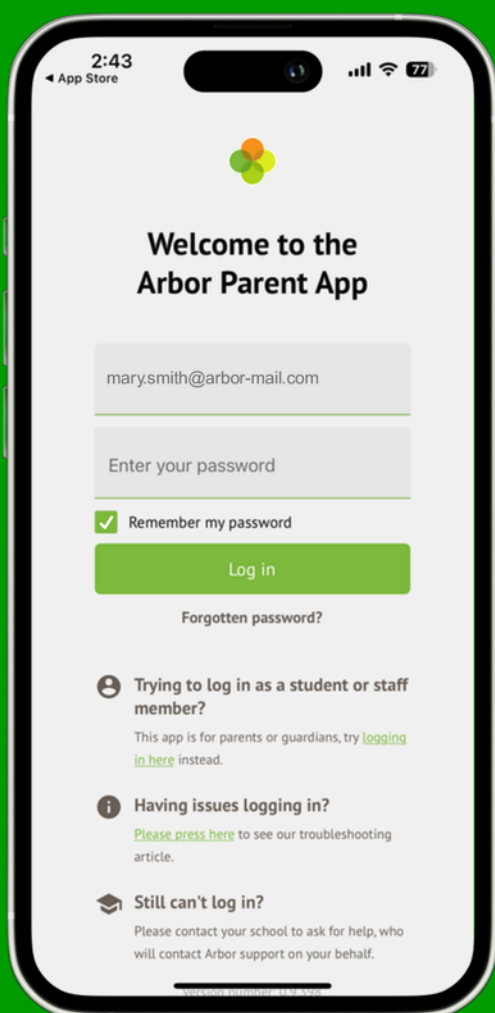
Next week is also our final week using Class Charts. We will now be moving fully across to the Arbor App for school communication, so please do make sure you have downloaded it and can access your account. Arbor will become the one place for communication, payments, extended learning, rewards and behaviour updates. Thank you to everyone who has already made the switch.

Mr Green
Head of School



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 – Zainish N.
YEAR 8 – Nathan N.
YEAR 9 – Susan A.
YEAR 10 – Aariz B.
YEAR 11 – Sophie T.



CHESTER – Zainish N.
LICHFIELD – Kimberley M.
WORCESTER – Victory Y.
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.

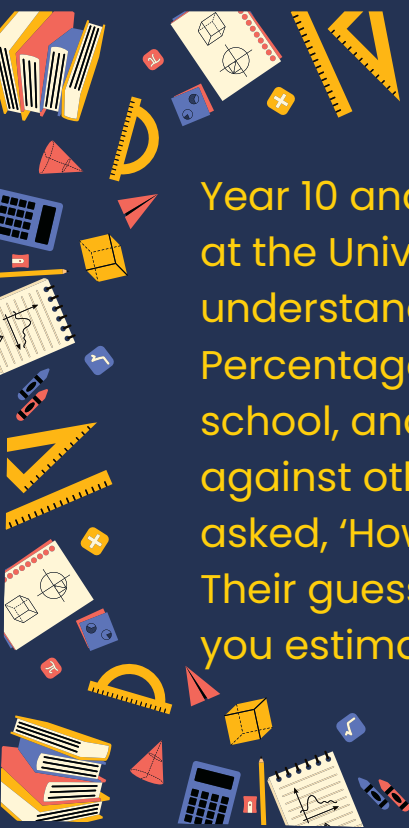
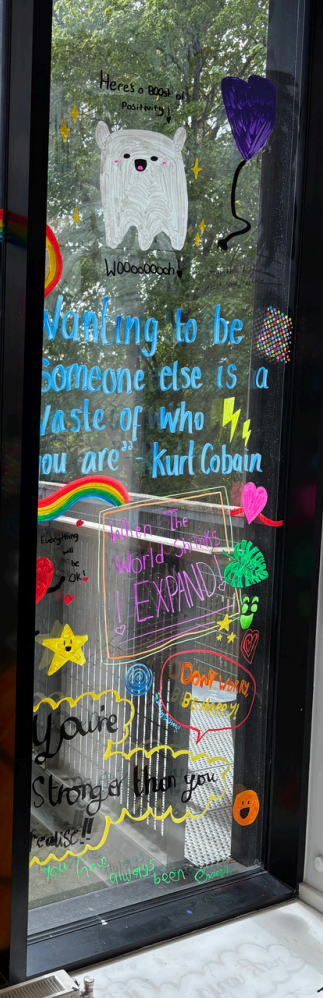
Please share this exciting opportunity.



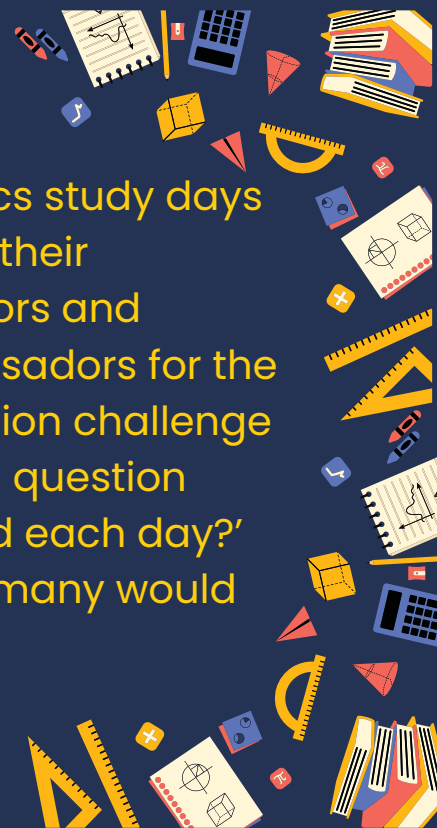


Students have enjoyed a wide range of activities this week as part of Mental Health Awareness Week. We think Orla may have enjoyed them the most!

MENTAL
Health
MATTERS



Maths



Year 10 and Year 11 recently enjoyed Mathematics study days at the University of Wolverhampton, deepening their understanding of key GCSE topics such as Vectors and Percentages. All students were fantastic ambassadors for the school, and Year 10 even took part in an estimation challenge against other local schools. One particularly fun question asked, 'How many Greggs sausage rolls are sold each day?' Their guesses were impressively close but how many would you estimate?



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

BOOK NOW!





ST REGIS ACADEMY IS PROUD TO HOST



THE WORLD FAMOUS FODEN'S BAND

SATURDAY 20TH 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

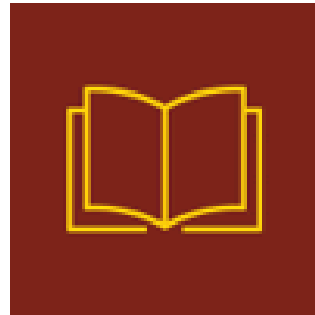


RICHARDSON

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

"Everyone online looks like this."

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

"Fitness content is always healthy."

REALITY

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

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

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. If it is urgent, please call the school and ask for a DSL.

From the Chaplain...

The idea of God as 'rescuer' is certainly not a new one. There are numerous psalms in which the psalmist calls out to God for help and protection, turning to God and saying, for example, 'Truly he is my rock and my salvation; he is my fortress, I will never be shaken.' In our Bible passage this week we hear how having led Moses and his people out of slavery in Egypt, God then rescues them from a seemingly impossible situation, trapped between the Red Sea and Pharaoh's army.

In the New Testament this rescuing action of God is focussed through Jesus, the Christ or 'Saviour'. His work is practical and immediate, in providing food and healing to those who turn to him for help, but also eternal in his reconciling all of time and space and all who inhabit creation to God, to be restored and made whole through his death and resurrection.

This healing and restoring Christ lived on earth in human form as Jesus for just a short time-span, so how is he at work in the world now? Our faith teaches us that our God is not a remote divine being who directs our actions and fates from afar; but a living community who calls each one of us into partnership with him and longs to work out his purpose in and through us. Christians believe that Jesus sent his Holy Spirit (more about this next week!) that we might be his hands and feet in the world today and that God's action of saving, healing and making whole might continue through us.

Think back to the last time that you were in need, feeling desperate and unable to see a way forward. Think back to the way you may have called on God, from your place of trouble, and asked for his help. Remember how God has brought you through that time and to a new and more hopeful place. Perhaps, like me, you are able to recognise the role that other people played in God's saving action. Let us too be open to noticing the needs around us (including our own) and recognising how God might want to use us, guide us, inspire us and work through us to spread his love and hope to those we meet.

