

ST REGIS ACADEMY

NEWSLETTER

22nd May 2026



FLOURISH

MESSAGE FROM MR GREEN

I have just returned from Wolverhampton RUFC at Castlecroft, where I watched our Year 7 girls take part in a rugby tournament. They played with great enthusiasm, determination and teamwork, and some of the tries were superb. We were also delighted to recognise Elifio in Year 12 this week, who has signed for Coventry Seniors following a successful season in our Rugby Academy. We are incredibly proud of all our pupils who represent the school so positively in a variety of academic and sporting events.

Another reminder to please access the Arbor app as Class Charts will be switched off on the first day back.

Today our Year 13 pupils had their final timetabled day! We wish them well in their remaining exams and hope they have a wonderful summer before embarking on their next journey into the world of work and higher education.

As we reach the end of this half-term, I would like to thank our students, staff and families for all they have contributed to our St Regis community. It has been a busy and positive half-term, with so much to celebrate, and I hope everyone is able to enjoy a restful and well-deserved break. We look forward to welcoming students back on Monday 1st June, refreshed and ready for the next part of the school year, as we continue to grow and flourish together.

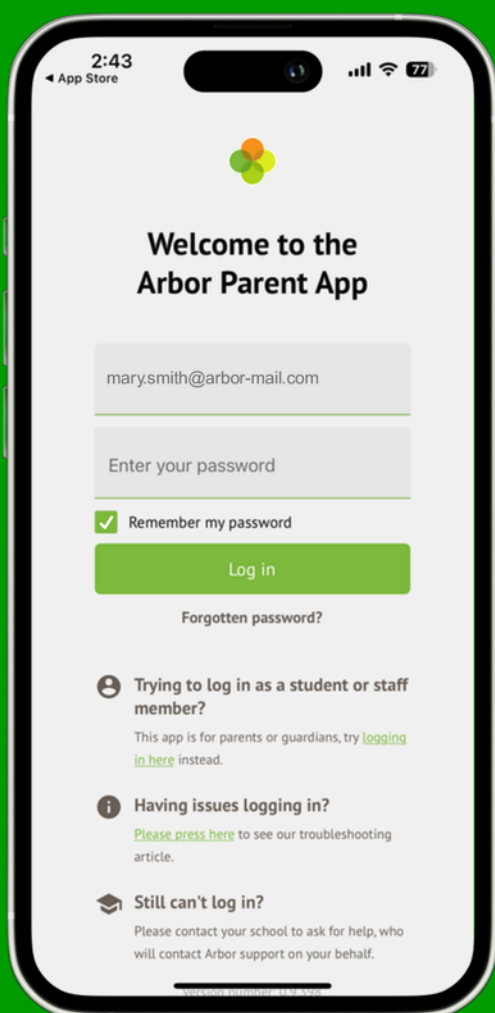


Mr Green
Head of School



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** – Aoife B.
- YEAR 8** – Maisie-Lou M.
- YEAR 9** – Vedant S.
- YEAR 10** – Ava H.
- YEAR 11** – Hesham A.



- CHESTER** – Phiko M.
- LICHFIELD** – Aoife B.
- WORCESTER** – Vedant S.
- HOUSE OF THE WEEK**
CHESTER!



**Youth Council and Youth
MP Elections 2026**

**Congratulations to our
newly elected Youth
Councillors India and
Tirza!**

**They are excited to
represent their peers
and work to make
positive changes across
Wolverhampton on the
issues that matter most
to them.**



**We are incredibly proud
of both students and
look forward to seeing
the difference they
make.**



**Some amazing work
happening in
Mrs Kudlacik's
Gardening Club.**



**And well done to -
Ibrahim, Yusuf and
Sufiyan in Y7 for the
excellent fire building.**



Congratulations Elefio!

We are incredibly proud to celebrate Elefio, who has become the first player from our rugby academy to sign a professional contract with Coventry Rugby.

This achievement is a testament to Elefio's talent, resilience and hard work, as well as the ambition and environment we are building in the Three Spires Sixth Form

Congratulations, Elefio – we cannot wait to follow your journey and see what comes next!



Year 7 Rugby

Some of our Y7 girls have taken part in a fantastic rugby tournament today. Well done, Aofie, Millie, Katharine, Harmony, Annayah, Aseda and Saya!

Orla was there to cheer them on too!





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

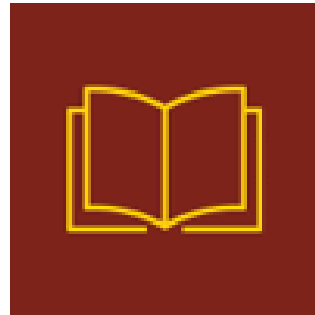


RICHARDSON

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...

This Sunday Christians across the world will celebrate the feast of Pentecost. Originally a Jewish festival remembering God's law given to Moses, for Christians this is a celebration of God's Spirit, God's presence with his people now and always.

Before his arrest and again at the time of his resurrection appearances Jesus promises his friends that they will not be left alone, but that he will send his Spirit to be with them and to live in them. The book of Acts tells how God's Spirit arrives with power during the Pentecost celebrations, transforming Jesus' fearful disciples into courageous and eloquent proclaimers of God's greatness and his love for all people. Paul's letter to the Galatians goes on to name the transformational action of God's Spirit in our own lives, growing in us the characteristics of love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.

We might be forgiven for thinking that God's Spirit is a (relatively) new phenomenon, limited to the New Testament, but God's Holy Spirit was active from the very beginning, hovering over the waters at the time of creation itself. Again and again throughout scripture God's Spirit brings life, peace, unity and transformation into creation and into the lives of individuals and communities.

God's Spirit is still at work among us today. Wherever barriers are broken down and understanding and solidarity are grown between people in the place of indifference, wherever hope sprouts from places of despair and destruction, wherever hearts are warmed and joy, confidence and life burst out in acts of abundant generosity and compassion; there God's Spirit is at work.

I leave you with the words of a Year 9 student, shared across the Three Spires Trust in a collaborative act of worship this week and wish you a restful half term.

On a quiet day, the disciples gathered,
Together in one place, they prayed.
Then suddenly, a rushing sound
Like wind that swirled the room around.

A spark appeared, a glowing flame,
On every head, yet not the same.
They spoke in tongues from lands afar,
Each voice a shining, guiding star.

No fear remained, no doubt or night,
Their hearts were filled with courage bright.
The Spirit came, alive so near
A gift of hope for all to hear.

So now we share that fire today,
In kindness, love and what we say.
For Pentecost reminds us true:
God's Spirit lives in me and you.

Words by Ivy

