

# ST REGIS ACADEMY

## NEWSLETTER

5<sup>th</sup> June 2026



### MESSAGE FROM MR GREEN

I recently had the pleasure of showing Revd Canon Jeremy Dussek, Rector of Wolverhampton (for the Collegiate Church of St Peter and St John in the Square), around our Academy. It was lovely to hear that three things really stood out from his visit: the Christian faith being alive, visible and at the heart of academy life; the way this supports our work in bringing hope to the city through education; and the strength of the relationships between our staff, pupils and wider community. These are things we care deeply about at St Regis, and it is encouraging to know that they were so clearly seen.

There has been plenty happening across school this week. Today our Year 11 pupils began their period of study leave. Their examinations are not yet complete, with the final core exam taking place on 15th June, and we continue to wish them every success in the exams still to come. Our pupils represented St Regis brilliantly at the city athletics event, with some excellent performances and real determination on show. Our Year 12 geographers have also been away on their residential visit to Cornwall, making the most of the opportunity to develop their fieldwork skills and learn beyond the classroom. We are now looking forward to our upcoming Berlin residential for history students, which promises to be another memorable experience.

Our Year 7 pupils were also pleased to welcome the Olympic baton relay this week. To celebrate the Paris 2024 Olympics, Wolverhampton schools have been passing a replica torch from school to school. The journey began on 20th May and will end on 21st June, with 92 schools taking part and the torch being passed around five schools each day. It was lovely for St Regis to be part of this city-wide celebration.

As we move through the final weeks of term, I would also like to remind parents and carers about the importance of uniform and equipment. Pupils should arrive each day in the correct uniform and with the basic equipment they need for learning. Our school shop remains available for pupils who need to purchase items such as pens, pencils and rulers, and we appreciate your support with this at home.

Finally, thank you to all families who have now accessed the Arbor app. Arbor is now our main platform for school communication, payments, extended learning, rewards and behaviour information. We are no longer using Class Charts, and we are no longer sending SMS text messages, so it is important that all parents and carers are set up on Arbor and check it regularly for school updates. As a parent, it also enables you to see what food and drink your child is purchasing daily.



**Mr Green**  
Head of School




**FLOURISH**





**ST REGIS STARS OF  
LAST WEEK!**

**YEAR 7** – Zainish N.  
**YEAR 8** – Erin J.  
**YEAR 9** – Trevor C.  
**YEAR 10** – Eduwa O.



**CHESTER** – Eduwa O.  
**LICHFIELD** – Aoife B.  
**WORCESTER** – Erin J.  
**HOUSE OF THE WEEK**  
**CHESTER!**

**THANK YOU TO OUR RUGBY TEAM!**

*THANK  
YOU!*

**We've received some lovely feedback from Claregate Primary School, following some of our Rugby Team leading activities there on Tuesday.**

***'The pupils really enjoyed collaborating, and having so much fun with the players throughout the afternoon. The engagement, enthusiasm, and positive energy on display made the event truly special'.***

**We are delighted to hear such positive feedback from both pupils and staff, and are incredibly proud of everyone who helped make the day such a success. A huge thank you to all those involved for creating such a memorable experience and strengthening the connections between our school communities.**

**Well done Joe J, Joe B, Toby, George, Sam, Theo, Henry C and Ricky!**





# Join us at a St Regis Open Event!



**Book Now!**

**Tuesday 9<sup>th</sup> June 9:30am - 11am**

**Thursday 18<sup>th</sup> June 9:30am - 11am**

**Wednesday 24<sup>th</sup> June 9:30am - 11am**





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:

Adult Ticket £10.00

Under 18's £5.00



**RICHARDSON**

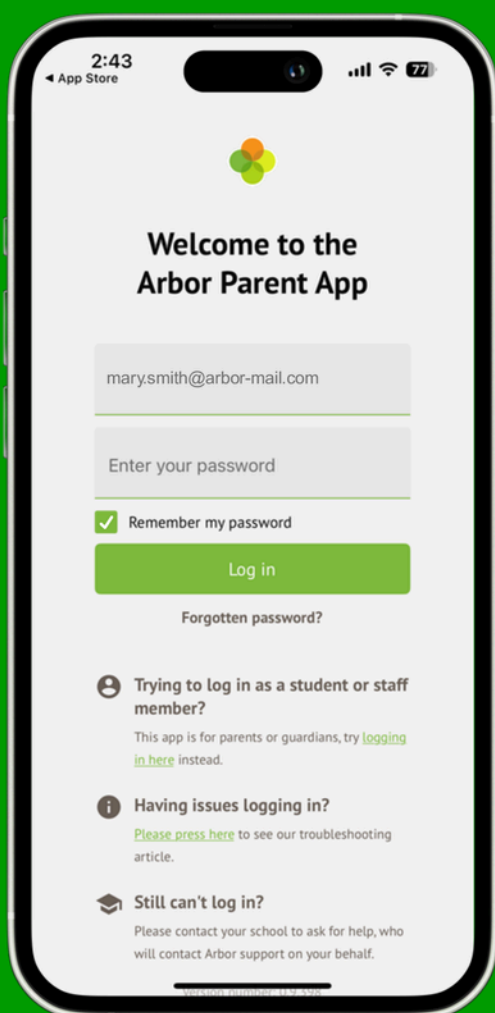
BROTHERS FOUNDATION

PROUD SPONSORS OF THE EVENT



# 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





I HEAR YOU  
CIC



WE SEE YOU.  
WE HEAR YOU.

YOU'RE NOT ALONE.  
WE'VE GOT YOU.

A SAFE SPACE TO BE REAL.  
NO JUDGEMENT. JUST REAL SUPPORT.

### YOUNG PEOPLE

WE UNDERSTAND WHAT YOU'RE GOING THROUGH:

- ✓ Feeling stressed or overwhelmed
- ✓ Pressure from social media
- ✓ Caught up in drama / conflict
- ✓ Struggling in school or at home
- ✓ Feeling misunderstood
- ✓ Loneliness or isolation
- ✓ Trying to fit in or prove yourself
- ✓ Mental health struggles (anxiety, anger, low mood)

WE GET IT. WE'VE GOT YOU.

### FAMILIES

WE'RE HERE TO HELP YOU WITH:

- ✓ Managing behaviour at home
- ✓ Communication breakdown with your child
- ✓ Concerns around safety (streets, online, peers)
- ✓ School issues / exclusions
- ✓ Emotional wellbeing of your child
- ✓ Parenting support & guidance
- ✓ Accessing the right services
- ✓ Building stronger relationships

YOU DON'T HAVE TO DO THIS ALONE.



### GROUPS & SAFE SPACES

**BOYS GROUP**

Talk, build confidence & support each other.

**GIRLS GROUP**

Safe space to grow, express & be heard.

**MIXED GROUPS**

Activities, discussions & positive friendships.

**FAMILY SESSIONS**

Working together for stronger families.

### WHAT WE OFFER

- TALK & SUPPORT**  
Someone to listen. No judgement.
- MUSIC & CREATIVE SESSIONS**  
Express yourself & build confidence.
- SPORTS & ACTIVITIES**  
Stay active, build skills & teamwork.
- HELP WITH REAL-LIFE SITUATIONS**  
We'll support you through the ups and downs.
- SAFE SPACE TO CHILL**  
Relax, connect & be yourself.

COME THROUGH.  
TAP IN  
WITH US.

### WE SUPPORT YOUNG PEOPLE FACING:

- ⚠ EXPLOITATION (CCE & CSE)
- 👊 YOUTH VIOLENCE
- 🧠 STRESS & PRESSURE
- 👤 BEING MISUNDERSTOOD
- 📖 SCHOOL STRUGGLES

BASED IN WOLVERHAMPTON  
WORKING IN YOUR COMMUNITY

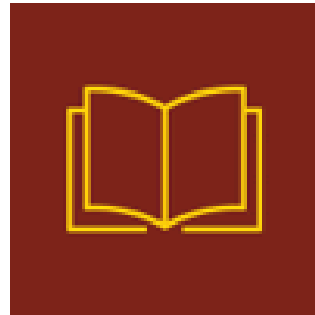
07721 182790  
ihearyouconsortium@gmail.com  
Wolverhampton

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YOU MATTER. YOUR VOICE MATTERS. YOUR STORY MATTERS.

STRONGER TOGETHER.



# 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

June 2026 | Secondary | What parents need to know about: Looksmaxxing | Attendance

## Understanding 'Looksmaxxing'

Many parents and carers know that young people feel pressure about appearance, especially due to social media. The online trend of 'looksmaxxing' is gaining popularity among teenagers.

## What is looksmaxxing?

'Looksmaxxing' is a term used to describe attempts to improve physical appearance in order to become more attractive, gain social status or increase popularity online. While some content focuses on relatively harmless habits such as skincare, exercise, sleep or fashion, other areas of the trend can become far more extreme and unhealthy.

Young people may encounter advice encouraging:

- obsessive dieting or exercise
- rigid appearance 'ratings'
- dangerous supplements
- dangerous 'do it yourself' tricks to change facial appearance
- cosmetic surgery
- unhealthy comparisons with others
- beliefs that appearance determines personal value or success.

Some online communities linked to looksmaxxing also promote negative attitudes about self-worth, masculinity, relationships and social status.

## Where did it come from?

The term originated in online forums and social media spaces focused on self-improvement and appearance. Over time, it spread widely through platforms such as TikTok, YouTube, Instagram and Discord, where short-form videos and algorithms can quickly expose young people to increasingly extreme content.

Many influencers present looksmaxxing as a route to confidence, popularity or success. However, the advice shared is often unregulated, unrealistic, dangerous and designed to generate engagement rather than support wellbeing. One of the most recent trends encourages boys to use a hammer to break their cheek bones in order to shape their face in a particular way.

**If parents or carers are concerned about a child's wellbeing, changes in eating habits, excessive focus on appearance or anxiety linked to social media, support from school staff, a GP or mental health services may be helpful.**

You may notice new language or phrases such as:

- **Mogging**- looking significantly more attractive, stylish or physically dominant than others in a group, essentially 'outshining' them.
- **Glow-up**- dramatic transformation in a person's physical appearance.
- **Hunter eyes**- a distinctive eye shape characterised by the deep-set position.
- **Measuring facial harmony**- assessing the proportions and space between facial features.
- **Looks rating**- providing feedback on symmetry and style of facial features.

## Talking to your child about looksmaxxing

Open, calm conversations are often more effective than criticism or alarm. Young people are more likely to engage positively when they feel listened to rather than judged.

Some helpful approaches include:

-  **Asking open questions such as:**  
"What kinds of things are people talking about online at the moment?"
-  **Showing curiosity rather than shock**  
Staying calm helps children feel safe enough to talk honestly about what they are seeing online.
-  **Discussing how social media algorithms work**  
They might not realise that apps often show similar content based on their interactions.
-  **Encouraging critical thinking about influencers**  
Remind children that many online content is edited or created for marketing purposes.
-  **Reinforcing that self-worth is not based on appearance**  
Reminders that qualities like kindness, effort, humour and resilience matter far more.
-  **Promoting balanced habits for health and wellbeing**  
Promoting sleep, exercise and hobbies builds confidence more effectively than unrealistic online standards.

# SPOTLIGHT ON SAFEGUARDING

## Why school attendance matters

We understand that getting children into school is not always easy. For some young people, worries about friendships, mental health, anxiety, sleep, learning or confidence can make attending school feel difficult. As a school, we want parents and carers to know that we are here to support you.

## Why attendance is important

Being in school regularly helps children to:

- keep up with learning
- build confidence
- develop friendships
- feel part of the school community
- prepare for exams and future opportunities.

Missing school can quickly make children feel more worried or overwhelmed. Even a day missed here and there can make it harder to catch up with lessons and friendships. Good attendance is not about being 'perfect'. It is about helping young people stay connected to learning and support.

## When attendance becomes difficult

There are many reasons why a child may struggle to attend school, including:

- anxiety or low mood
- friendship issues
- difficulties with learning
- bullying worries
- poor sleep routines
- family pressures or changes
- feeling overwhelmed.

Sometimes children may not clearly explain why they are finding school difficult. You may notice changes such as:

- refusing to get ready
- headaches or stomach aches before school
- changes in mood
- trouble sleeping
- becoming withdrawn or upset.

These behaviours are often signs that a child needs support.

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.

### HOW PARENTS/CARERS CAN HELP

SMALL STEPS CAN MAKE A BIG DIFFERENCE. HELPFUL STRATEGIES MAY INCLUDE:

- KEEPING MORNING AND BEDTIME ROUTINES CONSISTENT**  
Predictable routines can help children feel calmer and more prepared for the school day.
- ENCOURAGING CHILDREN TO ATTEND EVEN IF THEY FEEL WORRIED**  
Missing school can sometimes increase anxiety, while attending can help children rebuild confidence over time.
- FOCUSING ON ONE DAY AT A TIME**  
Breaking things down into smaller steps can make school feel less overwhelming for young people.
- PRAISING EFFORT AND SMALL SUCCESSES**  
Recognising small achievements, such as getting out of bed or attending one lesson, can help build confidence and motivation.
- AVOIDING LONG PERIODS OFF UNLESS YOUR CHILD IS GENUINELY UNWELL**  
Long absences can sometimes make returning to school feel harder and more stressful for children.
- STAYING CALM AND SUPPORTIVE DURING DIFFICULT MORNINGS**  
Children often pick up on adult emotions, so a calm approach can help reduce tension and anxiety.

It can also help to keep communication open by asking:

- *“What feels hardest about school at the moment?”*

This gives children the chance to explain their worries in their own words.

- *“What would help make tomorrow easier?”*

Small changes or support strategies can sometimes make a big difference.

- *“Who in school helps you feel safe and supported?”*

Identifying trusted adults can help children feel more connected and supported in school.

# From the Chaplain...

I wonder if you have ever felt that you just weren't up to the expectations being placed on you?

I was never going to be a public speaker. I was quiet, shy and hated the limelight. I felt humiliated aged ten when forced to read aloud in a primary school assembly and then stopped and made to start again because the Head Teacher couldn't hear me. Much later I was sure that God had made a mistake when he called me into preaching... but was surprised to find myself deeply blessed through the experience.

Perhaps you have experienced demands which seemed unreasonable or for which you simply didn't feel prepared or supported: academically, professionally or personally. Sometimes we feel we need to be superhuman in order to please everyone and to meet their expectations and we might fear being judged, falling short or letting down those we care about. The truth is that we all feel like that sometimes; none of us can please everyone all the time and remain sane and healthy! I was reminded recently that even Jesus didn't manage to respond to crises as quickly as people expected. (Mark 5:22-23, 35 and John 11:21 and 32)

Again and again in Bible stories, God chooses the least likely people to represent him... the couple who are already in their old age are called to be parents, the man who is not a confident speaker is called to lead his people and speak God's word to them, the smallest brother is called to fight the giant and, in this week's story, the weakest man in the weakest family (Gideon) is called to lead a relatively small band of men against the powerful, invading army of Midian. What chance do they have? Well, none, according to human logic. But this is the point... their defeat of their enemies will be God's victory and a sign to all that God is with them.

So what is the message here for us? Firstly, that it is OK to admit that we are human, limited and can't do it all alone. It is OK to ask for help. And secondly that God can do much more in us and through us than we are yet able to imagine; if only we are able to be honest, courageous and trust in him. It is in our frailty and our humility that God's light will shine through. It is in the most despairing situations that God surprises us with hope and possibility.

We thank you Father God, that you always have more faith in us than we have in you. Give us the courage to follow where you lead, trusting in your plans to bless us. Amen

