

# ST REGIS ACADEMY

## NEWSLETTER

12th June 2026



### MESSAGE FROM MR GREEN

This morning we were delighted to welcome Warinder Juss, MP for Wolverhampton West to St Regis. He was given a tour of the school and was extremely complimentary about our pupils, staff and learning environment. We are very proud of our school and always welcome opportunities to show visitors the work taking place across our academy.

It has been a busy and exciting week!

Last night, we celebrated pupil achievement at our inaugural St Regis Sports Awards Evening. It was a fantastic event, which opened with an inspirational speech from Manny Singh. Thank you to everyone who attended and helped make the evening such a success. A further celebration was for our Year 8 Blue Skies' cohort who successfully graduated through their year-long programme at an event at RAF Cosford — Congratulations!

Our Young Carers also helped to raise awareness for Carers Week by encouraging pupils to complete a lunchtime activity about the chores and responsibilities they take on at home. It was a thoughtful way to help pupils reflect on the important role young carers play. Earlier in the week, some pupils accompanied Mrs Thompson and had afternoon tea with the Mayor. This is worthy recognition.

Our staff have also provided pupils with exciting opportunities beyond the classroom this week with a Year 7 visit to Warwick Castle and a Year 8 visit to the Big Bang Science Fair. Both visits were highly engaging and gave pupils memorable experiences to support their learning. Our pupils also represented the school superbly well.

You may have seen myself and Orla, one of our school dog mentors, featured in a Facebook post by Wolverhampton Police this week. Over the past three months, Mr Barradas-Lingard, Senior Vice Principal, has helped to strengthen our partnership work with the City Centre Neighbourhood Team as we continue to consider the safety and vulnerability of young people on their journeys to and from school. We are not there to act as additional PCSOs. Our presence is to provide a familiar face for pupils beyond the school gates and support safer journeys home. We are proud to be the lead school in this initiative. Mr Barradas-Lingard, Orla and I will continue to be in the city centre every Friday. I always take one of the 763 public buses with our pupils and have been very pleased to see our pupils good conduct first hand and their good manners to the driver.

Today we have personally invited 30 pupils and a parent to the Foden's Brass Band event on Saturday 20th June — this is recognition by the Head of Year for following the St Regis Way. This is a very special event with a world-leading band and will be raising funds for our PTA, who will then support pupil-facing projects in school. We are looking forward to seeing you there!



**Mr Green**  
Head of School



**FLOURISH**



**ST REGIS STARS OF  
LAST WEEK!**

- YEAR 7** – Roaa A.
- YEAR 8** – Janelle O.
- YEAR 9** – Kimberley M.
- YEAR 10** – Mohammed M.
- YEAR 11** – Raghav S.
- YEAR 12** – Jessica A.



- CHESTER** – Eduwa O.
  - LICHFIELD** – Kimberley M.
  - WORCESTER** – Mohammed M.
- HOUSE OF THE WEEK**  
**Worcester!**



**Miss Pearson and Mr Holmes were delighted to receive an award from The Haven in recognition of the wonderful Christmas gift donations collected in December. A special thank you to Miss Pearson for all of her hard work and dedication in helping to make Christmas so special for many children. 🎄🌟**

# Are you looking after someone?

**Are you an unpaid carer?  
Or do you know someone who is?**

To find information and support  
visit [carersweek.org](https://carersweek.org)



**Together we're building carer friendly communities**

Carers UK is a charity registered in England and Wales (246329) and in Scotland (SC039307) and a company limited by guarantee 864097.  
Registered office 20 Great Dover Street, London SE1 4LX

# Carers Week

This week, we were proud to support and take part in Carers Week by engaging in a range of activities that recognised and celebrated the incredible contribution of young carers.

Throughout the week, we promoted awareness through a webinar with the Carers Trust (with over 100 attendees) including a short presentation from Mrs Thompson and three St Regis young carers, showcasing the support we have developed at school. Young carers were invited to tea with the Mayor on Tuesday and were excellent ambassadors for the school, engaging positively and interacting with other attendees with confidence. By taking part in these events and raising awareness in school, we aimed to foster a more inclusive and understanding environment, ensuring carers feel seen, valued and supported within our St Regis community.



## Year 7 Warwick Castle Visit



Year 7 pupils enjoyed a great day out at Warwick Castle. They watched an amazing reenactment show of the Viking raids that took place in the 890's, explored a medieval castle, saw a Birds of Prey show and explored the Horrible Histories Maze. They even had the opportunity to climb to the top of the Warwick Castle tower! This trip has tied into several topics year 7 have studied in History this year, and has been a great way to bring classroom learning to life.

# Year 8 and the Big Bang!



On Wednesday, the science department took 32 year 8 pupils to the Big Bang Fair in Birmingham. It was a large STEM event with loads of hands-on activities. Pupils took part in debating activities, flew drones, operated staging spotlights as well as being inspired by hundreds of people working in the STEM industry. Pupils learnt about a range of fascinating careers and were able to try a few of them out themselves.

A big theme of the event this year was on how we can protect our environment. Pupils were able to take part in ecology investigations, wildlife activities, plant science, and games about conservation and renewable energy. There was even a climate-crisis escape room to try and work out!!

The pupils were all engaged and represented the academy fantastically. We will definitely be visiting again next year!

## Visit from Warinder Juss MP





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**

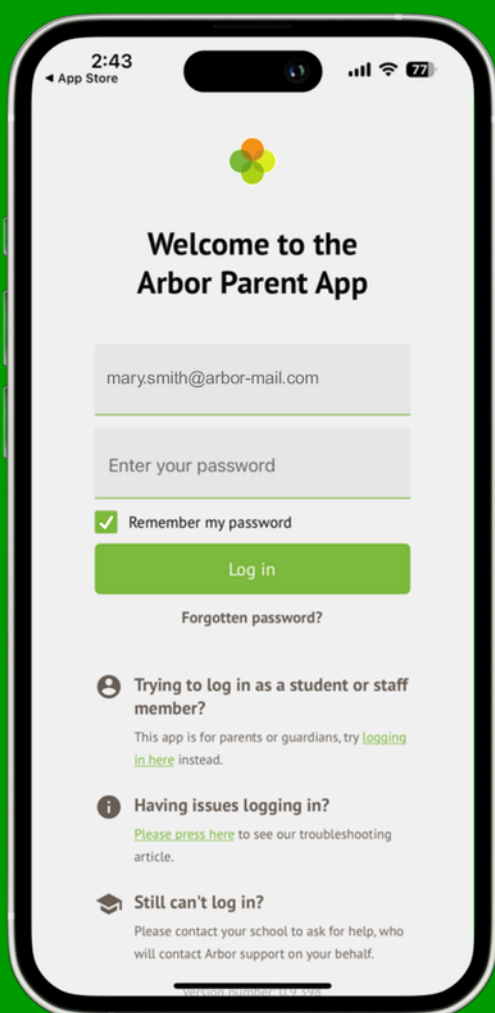
BROTHERS FOUNDATION

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

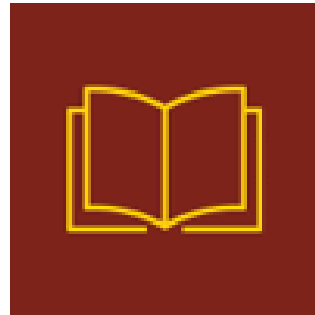
Make payments, sign up for clubs, and book parents evenings

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





# 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**

# YEAR 11

# UNIFORM

# DONATIONS!



St Regis  
CE ACADEMY  
TETTENHALL

As you move on to your next chapter, please consider donating your unwanted uniform.

Your donation helps other students and supports our school community.

YOUR  
UNIFORM  
CAN MAKE A  
**BIG**  
DIFFERENCE

## WHAT WE ACCEPT:

-  Shirts & Blouses
-  Ties
-  Trousers, Skirts & Shorts
-  Blazers & Jackets
-  Jumpers & Cardigans
-  Other Accessories

All items must be clean, in good condition and from our current uniform.



**DONATE TODAY.**  
**MAKE A DIFFERENCE.**



**THANK YOU**  
*for your support!*



PLEASE DROP OFF DONATIONS TO:  
RECEPTION  
BY FRIDAY, 26TH JUNE 2026

*Together, we support each other.*





# 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...

"How does it feel when you are outnumbered by people with different points of view or different beliefs to you?"

This is the question we have been asking one another in school this week, as we remember the lone prophet Elijah speaking up for God against the crowds of priests and prophets of Baal in the place where he lived. His faith in God put him in danger as it angered people in powerful places. In a week in which the news has been full of angry people and those who have taken tragic acts and politicised them and used them as excuses to divide communities, there is a real need for voices which speak calmly of the need to listen, the need for understanding and the need for healing.

But what of those differences which are invisible and often go unseen and yet can lead to feelings of isolation? This week is 'Carers Week' and the theme this year is 'Building Carer Friendly Communities'. We know that Kasia is doing amazing work with our Young Carers at school and we are all becoming gradually more aware of how we can support our students who hold caring roles in their families. But perhaps we are less aware of those colleagues who are carers and the impact it might have on their lives? According to the last census (2021) the number of unpaid carers in the UK is rising and found to be around 5.8 million at the time of the census with over 1.7 million people providing more than 50 hours of care per week.

Research by Carers UK suggests that providing unpaid care has an impact on various aspects of people's lives including finances, physical health (as carers put off their own appointments to be there for their dependents), mental health (over a third of carers reported bad or very bad mental health and three quarters reported feeling stressed or anxious), employment (with 600 people a day giving up their paid work due to their caring responsibilities) that is to say nothing of the impact on social lives, relationships and feelings of isolation.

So what can we do to become a more 'Carer-friendly Community'? Perhaps we start by being curious, by listening well and by being flexible. We might also offer friendship and appreciation as we seek to be a community that value the skills and contributions of all people. Who knows when the responsibility will fall to us?

## ***A prayer for carers.***

Heavenly Father,

We thank you for all those who care. Bless them with patience, energy, and peace as they carry out their responsibilities. Surround them with your comfort, strengthen them and when they're tired and weary, provide them with energy and renewal. Help them to make time for self-care, recognizing that caring for themselves is an essential part of caring for others.

Loving God, give us all opportunities to show our care for those who need our love and support. May we be loyal friends and compassionate colleagues. Amen.

