

ST REGIS ACADEMY

NEWSLETTER

19th June 2026



MESSAGE FROM MR GREEN

Warm weather is forecast for next week, so we will be relaxing our uniform policy. Blazers will not be required all week. Pupils should still wear their ties to school each morning, but form tutors will let pupils know when ties can be removed. Given this adjustment, we expect all pupils to follow our coat and hoody policy carefully, with hoodies not being worn in school at any time (inside or outside).



We are also looking forward to our Pride of St Regis awards event next Thursday. It has been lovely to hear from so many pupils who are excited to have been nominated, and we look forward to celebrating their achievements with families.



Our St Regis Day was a great success. This is an important day in our school calendar, giving us time to reflect on our foundation and distinctiveness as a Church of England Academy, and to recognise that every pupil is unique and precious. Pupils took part in a range of enrichment activities, both in school and off site, and explored Big Questions linked to our school vision. It was a really positive day and a strong reminder of the gifts and talents within our St Regis community.



FLOURISH

Our final year group of the academic year to have their mock exams is Year 12 and these start next year. We wish them all the best!

Over the next few weeks I will be sharing information on the new academic year – to include curriculum, uniform and expectations, and mobile phones.



Mr Green
Head of School

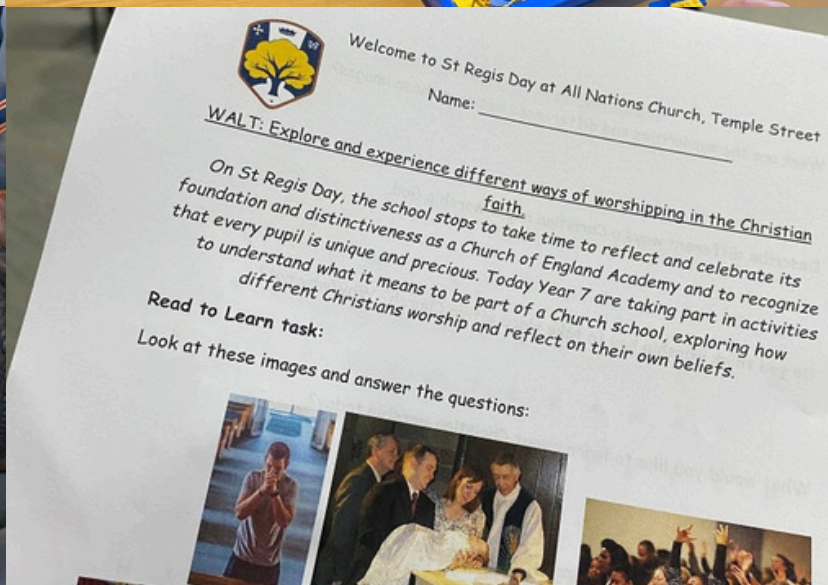


ST REGIS STARS OF LAST WEEK!

YEAR 7 – Jake N.
YEAR 8 – Maisie-Lou M.
YEAR 9 – Kimberley M.
YEAR 10 – Eduwa O.
YEAR 12 – India A.



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



Year 7 enjoying their visit to All Nations Church as part of our St Regis Day activities.



Equilibrium

Redressing sexualised attitudes and behaviour

Building Digital Resilience Parent Workshop

Live Online Webinar
Open to parents of children aged 5-15

DATE & TIME

- Date: Tuesday 7th July
- Time: 13:00 – 13:45

EVENT OVERVIEW

"Join us to explore how to start healthy conversations with your children about the impact of harmful online content and behaviour, moving away from conflict and toward digital resilience."



KEY FEATURES & TOPICS

1. Healthy Conversations

Learn practical ways to open up honest, judgment-free conversations so children feel safe sharing their online experiences.

2. Creating a Positive Culture

Move away from the cycle of restriction and resentment by building a supportive home environment that recognises online pressures.

3. Building Resilience

Equip children with the confidence and tools to make safe, responsible choices online, even when you're not there.

CONTACT & REGISTRATION

Web: www.engagedu.co.uk/equilibrium

Email: equilibrium@onlinebehaviours.co.uk





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:

Adult Ticket £10.00

Under 18's £5.00



Tickets can also be purchased on the door

RICHARDSON

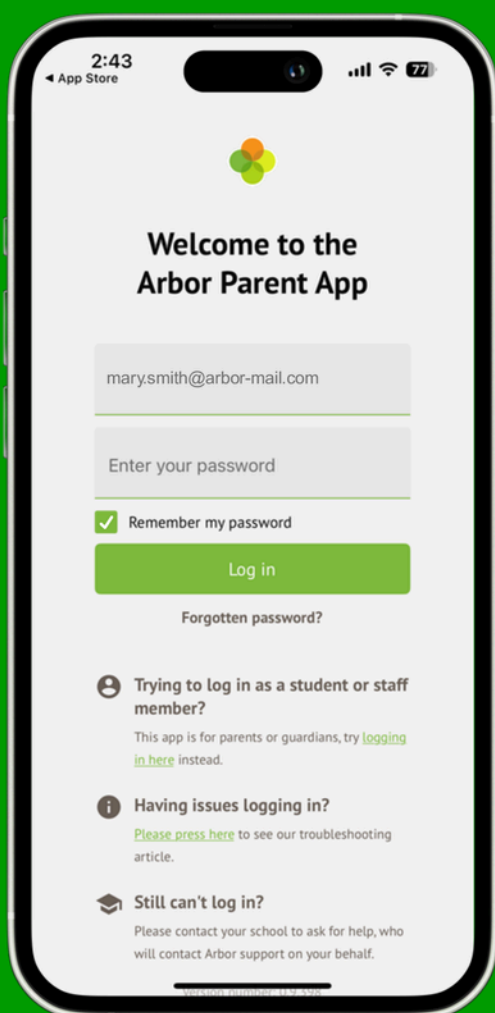
BROTHERS FOUNDATION

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

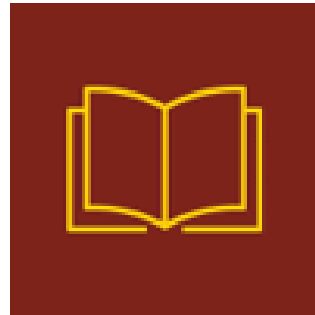
Make payments, sign up for clubs, and book parents evenings

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. 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...

"If God walked into the room now, in human form, would we recognise him?" I asked a group of students yesterday. There were mixed responses. One student thought God would be male and of middle eastern descent, another thought God would be obvious because he would shine brightly. But would God actually appear as a girl? Or as a disruptive toddler? Or in the queue at the foodbank? At a protest rally, in a police cell or in the crowd at a concert? When God did appear among us as Jesus, more often than not people did not recognise him. More often than not, Jesus didn't behave in the way people expected the Messiah to behave. There were rules Jesus thought were not so important (there were traditions he seemed to absolutely disagree with) but there was no lack of compassion.

This week in our worship we have been reminded of God who reveals himself in human form. Firstly in Jesus, the baby born in a stable two thousand years ago who would grow up to challenge people's preconceptions about God, to cause disruption in the temple and to offer nourishment, healing and a living relationship with a God whose love knows no limits. But then in ourselves: for 'You are the body of Christ', says St Paul in his letter to the church at Corinth and 'Christ has no body now but yours', said St Teresa of Avila about 1500 years later.

On Tuesday we were reminded of the story of St Regis, who showed God's love in his compassion for orphans, women and girls at risk and plague victims. Like Jesus he encouraged people not to be afraid but to 'have courage' and 'have faith'. The challenge for us today is two-fold then. How can we too embody God in our care for others? And how can we notice and respond to God as he appears to us in the people around us?

This week is Refugee Week and the theme this year is 'courage'. We are invited to show curiosity, generosity and humility in our conversations with others, particularly those who might have come to seek refuge amongst us; to find out more about one another, to notice what we share in common and what we can learn from one another that is new and to seek in one another the God of many faces who created each and every one of us in his image.

Father and Creator of us all,
give us the humility to seek and recognise you in those we meet this week,
the curiosity to ask questions and find out more
the generosity to welcome one another in our similarities and our differences
and the courage and compassion to always do the right thing. Amen

