

# ST REGIS ACADEMY

## NEWSLETTER

26th June 2026



### MESSAGE FROM MR GREEN

I have been incredibly proud of how our pupils have conducted themselves this week during these adverse weather conditions. They have responded sensibly and respectfully to the temporary adjustments we have made, and this has helped the school to remain calm and purposeful throughout the week.

We are fortunate to have a school building with many air-conditioned areas, covered outdoor spaces and a green site, all of which have supported us in remaining open safely. Attendance matters greatly. St Regis is not only a place of learning; it is also a safe and welcoming environment where pupils can access pastoral care, trusted adults, routines, food, water and support alongside their academic provision. This week has shown that, for many pupils, being in school gave them a better opportunity to remain cool, safe and supported than they may have had elsewhere in the community. I must admit, I would certainly welcome air conditioning in my own living room!

As the weather is forecast to return to more usual seasonal temperatures next week, pupils will be expected to return to full school uniform from Monday. Thank you again for the way pupils have responded so respectfully to the temporary uniform adjustments during the recent hot weather.

Please also see the information shared on our PE kit expectations. The St Regis branded PE top and branded PE bottoms are compulsory items, and it is essential that all pupils have these ready for September. Other items, including tight shorts, long basketball-style shorts or non-school sportswear, are not permitted.

Our PE kit is an important part of our wider uniform expectations. It helps pupils to feel part of the St Regis community, ensures they are dressed appropriately and safely for physical activity, and supports the same high standards we expect across the school day. Many of our pupils also represent the school in sport, so having the correct kit is vital. Pupils who do not follow the PE kit expectations will be supported to correct this. I have spoken to both our uniform suppliers this week and they have ample stock.

Well done to Year 12 pupils, who have completed their mock exams this week. There are a busy few weeks ahead for this year group, with Work Experience and Aspire Week taking place, when applications to university and apprenticeships will begin. This is an important stage in their Sixth Form journey and we are proud of the way they are preparing for their next steps.

Unfortunately, a number of events were cancelled last week due to the weather. However, we look forward to seeing some of you at the rearranged Pride of St Regis Awards event on Tuesday 30th June.

Thank you for your support in ensuring pupils are fully prepared and correctly dressed for school on Monday.



**Mr Green**  
Head of School



**FLOURISH**



## St Regis PE Kit Policy

### Upper Body

- St Regis PE T Shirt including school logo
- St Regis PE ¼ zip including school logo
- Students cannot wear any other tops for PE that are not the school PE kit
- A base layer of plain navy may also be worn under PE kit



### Lower body

- St Regis PE shorts with logo or plain navy shorts
- St Regis track pants with logo or plain navy tracksuit bottoms
- No shorts or tracksuits bottoms are allowed with any stripes down them
- St Regis PE leggings with school logo
- No plain black leggings are allowed
- Navy football socks or black / white ankle socks
- Trainers
- No crocs allowed
- No cycling shorts



**ST REGIS STARS OF  
LAST WEEK!**

- YEAR 7** – Ohemaa K.
- YEAR 8** – Mia H.
- YEAR 9** – Maria S.
- YEAR 10** – Aariz B.
- YEAR 12** – India A.



- CHESTER** – Mia M.
- LICHFIELD** – Kimberley M.
- WORCESTER** – Maria S.
- HOUSE OF THE WEEK**  
Chester!



Wellbeing Log



**Use this wellbeing log to let staff know how you or your child is feeling and if you need any support.**





# 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

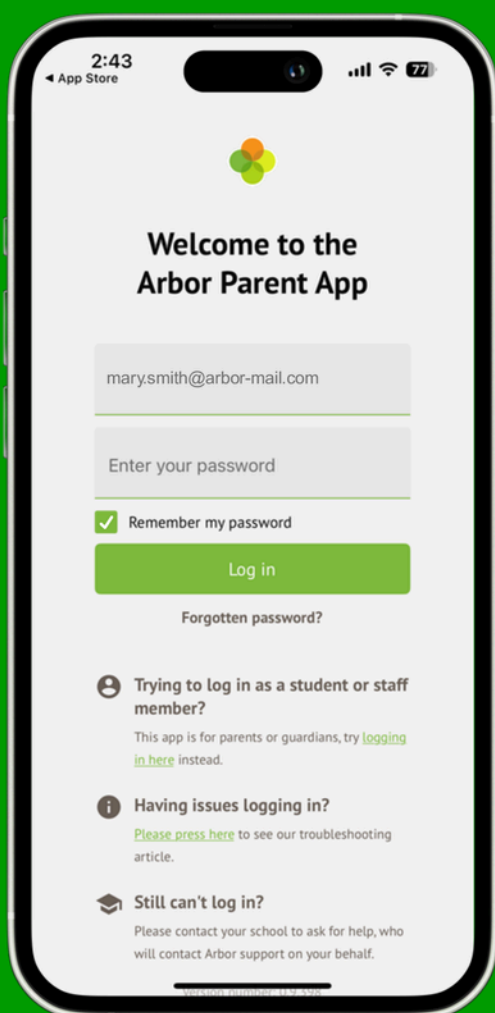
Web: [www.engagedu.co.uk/equilibrium](http://www.engagedu.co.uk/equilibrium)

Email: [equilibrium@onlinebehaviours.co.uk](mailto:equilibrium@onlinebehaviours.co.uk)



# 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

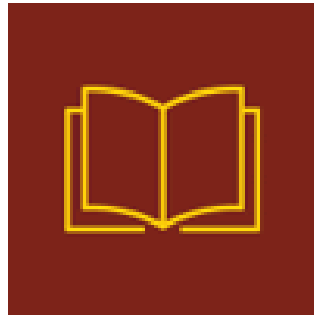
Make payments, sign up for clubs, and book parents evenings

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...

I write this at the peak of the latest heat wave, when the effects of the climate crisis seem more urgent than ever and yet we know that our own struggle to cope with changing weather patterns is nothing compared to those countries whose homes and livelihoods are devastated by the resulting floods and droughts; often those very people who have least contributed to climate change. So it is in the context of people across the world being forced off land which no longer provides for their needs and people across our own city also facing the challenges of poverty and hunger that we read the story of Jesus feeding a crowd of over five thousand from just a small meal of bread and fish. I wonder what this story has to say to us?

This is one of many stories in the Bible which show God's compassion and his providence for those who are hungry. And when we consider how God meets our own needs we recognise the many ways he feeds us, providing for us not only physically but also feeding our minds (inspiring us to learn more and to reflect more deeply) and sustaining and encouraging us emotionally and spiritually.

It has often been noted that food draws people together. Family meals around a table are encouraged, eating together with friends and colleagues is valued and Jesus too was regularly reported as eating with his disciples or receiving hospitality in the communities he visited. Meal times in the Bible are often times of fellowship and of forging bonds between people. Breaking bread together is named as a key practice in the early church and became particularly significant as a way of remembering Jesus' sacrificial love and his desire for unity and love between his followers.

As followers of Christ's we are called to be people of peace who draw others together in community and to be people of compassion who nurture and feed those who are hungry, in whatever respect. Where does that compassion begin?

In our Bible story, it begins with one child, one small act of generosity, and from there it grows into a miracle which touches the lives of thousands. We cannot solve all the problems of the world today, we cannot even feed all the people in our city, but we give the little we can and we ask God to bless and multiply it... because that's what he does.

