

ST REGIS ACADEMY

NEWSLETTER

3rd July 2026



MESSAGE FROM MR GREEN

There have been lots of celebrations and successes this week!

Well done to all the students who were recognised at the Pride of St Regis event on Tuesday. There was a wonderful atmosphere throughout the evening, with many very proud parents and carers celebrating the achievements of our young people.

On Wednesday, we took over 40 students to the City Athletics Final, where they represented our school with determination, resilience and excellent sportsmanship. We look forward to sharing the results once they are confirmed.

Last night, Year 11 celebrated the end of their secondary school journey with us at their Prom. It was a fantastic evening and our students looked absolutely amazing in their outfits. It was lovely to see them enjoying the occasion together and marking such an important milestone.

Our Year 7 pupils also visited the Guru Nanak Gurdwara this week, where they learned more about the Sikh faith, the importance of service, respect and community, and the role places of worship play in people's lives. We are very proud of how respectfully and thoughtfully they represented St Regis.

Good luck to all our students who are on Work Experience next week in Year 10 and Year 12 – we hope this is a valuable experience of the world of work. We always find that those who engage in this come back with a boost in confidence and greater aspiration.

The next World Cup will take place after all of our current students have left St Regis, so we understand that many families may be planning to stay up and watch England take on Mexico at 1:00am on Monday morning.

St Regis will be open as normal on Monday, and we look forward to welcoming all pupils for our usual 8:50am start.

To add to the excitement, every pupil who arrives on time on Monday will be entered into our World Cup prize draw (see poster for details).

We also know that a late night might mean a slightly more rushed morning, so we'll be extending our breakfast service a little later than usual, including our free bagels, to help everyone get their day off to a good start.

Mr Green
Head of School





St Regis
CE ACADEMY



WORLD CUP MONDAY!



ENGLAND vs. MEXICO



WIN!

ONE OFF PRIZE DRAW
FOR EVERY YEAR GROUP!

2 x £10
AMAZON VOUCHERS
UP FOR GRABS!



BE IN SCHOOL
MONDAY MORNING
TO BE IN WITH A CHANCE TO WIN!



PRIZE DRAW TAKES PLACE
MONDAY MORNING AT BREAK!



Be Here. Be Ready. Be Your Best.

ST REGIS STARS OF LAST WEEK!

YEAR 7 – Rue GW.
YEAR 8 – Maisie-Lou M.
YEAR 9 – Kimberley M.
YEAR 10 – Ava H.
YEAR 12 – Henry C.



CHESTER – Emily I.
LICHFIELD – Kimberley M.
WORCESTER – Rue GW.
HOUSE OF THE WEEK
Worcester!



Congratulations to our fantastic PTA on raising an amazing £379 from the wonderful Foden's Band evening! Thank you to everyone who organised, supported and attended the event. Your continued support makes a real difference to our school community.



Wellbeing Log



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





Wolverhampton Children's Book Awards 2026



On Wednesday, a group of keen Year 8 readers were lucky enough to attend the Wolverhampton Children's Book Awards at the Grammar School, with Miss Milton and Miss Kudlacik. They engaged in all the activities on offer, including creating their own book marks, competing in a quiz on the short-listed novels from the four finalists and listening to the authors talk about their work and what inspires them as writers.

Year 8s were exemplary in their behaviour and engagement throughout the event; thank you and well done!

In this National Year of Reading, we hope that events such as this will continue to promote and foster a love of reading for pleasure in all of our students.



St Regis
Church of England Academy



2026

Scan QR code
to book your
place!



Join us for our
**Open
Evening**
1st October
4:00 pm - 7:00 pm

Regis Road, Tettenhall, WV6 8XG
www.stregisacademy.org
01902 558333



Three
Spires
TRUST



SOW



NURTURE



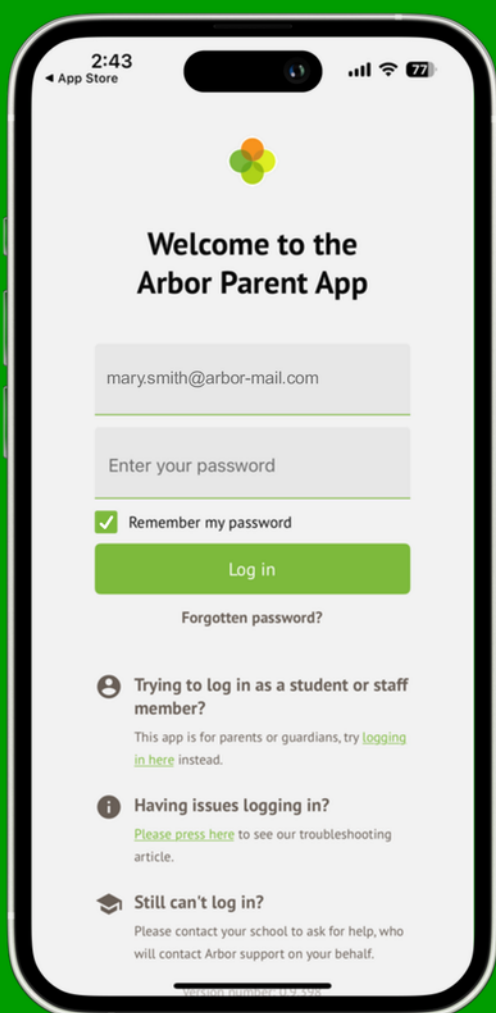
GROW



FLOURISH

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

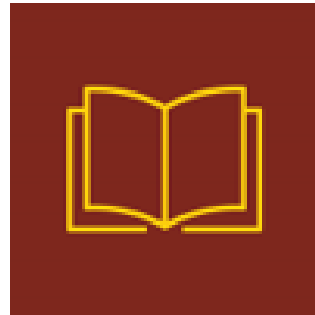
Make payments, sign up for clubs, and book parents evenings

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.





Water Safety: Conversations that could save a life

As the weather gets warmer, many young people are drawn to rivers, lakes, reservoirs, canals and other outdoor swimming spots. Following several serious incidents involving young people entering cold water during last month's heatwave, it is important for parents and carers to understand the risks and have conversations with their children before the warm weather returns.

Why can open water be dangerous?

On a hot day, jumping into water can seem like a quick way to cool down. However, open water is very different from a swimming pool. Rivers, lakes, reservoirs and canals can remain surprisingly cold, even during periods of warm weather. Entering cold water suddenly can trigger 'cold water shock', causing an involuntary gasp, rapid breathing and panic. This can affect anyone, regardless of age or swimming ability. Even strong swimmers can quickly find themselves in difficulty.

Open water also contains risks that cannot always be seen from the surface. Hidden objects, sudden drops in depth, strong currents, slippery banks, weeds and poor visibility can all create dangerous situations. Water conditions can change quickly and what appears safe may not be safe at all.

Why are teenagers particularly at risk?

Many water-related incidents involving teenagers happen when young people are with friends rather than with parents or carers. Decisions are often made in the moment, influenced by peer pressure, a desire to cool down, boredom, dares, social media content or a belief that 'it will be fine'.

Research and water safety organisations have repeatedly highlighted that young people can underestimate the risks of open water and overestimate their swimming ability. Confidence in a swimming pool does not necessarily prepare someone for the challenges of cold, open water. For this reason, water safety is not simply about supervising children. It is about helping teenagers understand the risks and make safer decisions when adults are not there.

Conversations to have with your teenager

Rather than simply telling your child not to enter open water, try discussing situations they may realistically encounter.

You might ask:

- If your friends decided to jump into a lake or river on a hot day, what would you do?
- Do you know what cold water shock is?
- Would you feel confident saying "no" if everyone else wanted to get in?
- What would you do if one of your friends got into difficulty in the water?
- Do you know how to call for help in an emergency?

KEY SAFETY MESSAGES FOR YOUNG PEOPLE FROM THE ROYAL LIFE SAVING SOCIETY

NEVER ENTER WATER ALONE
and never jump or dive into open water of an unknown depth.



Avoid swimming in rivers, reservoirs, quarries, canals or lakes that are not designated swimming areas



BE CAUTIOUS OF PEER PRESSURE AND DARES

If you unexpectedly enter cold water, try not to panic and focus on controlling your breathing.



IF YOU GET INTO DIFFICULTY, FLOAT ON YOUR BACK, KEEP YOUR AIRWAY CLEAR AND CALL FOR HELP.

Get more water safety tips at: [HTTPS://WWW.RLSS.ORG.UK](https://www.rlss.org.uk)

How parents and carers can help

While we cannot be with our teenagers all the time, we can equip them with knowledge and confidence to make safer choices.

Helpful steps include:

- talking regularly about water safety before periods of warm weather
- encouraging your child to swim only in supervised locations where lifeguards are present
- challenging the belief that being a strong swimmer removes risk
- discussing how peer pressure can influence decision-making
- helping your child think through what they would do if friends made unsafe choices around water.

If someone else is in trouble

Many tragedies occur when friends attempt to rescue one another.

Teach your child that if somebody is in difficulty in the water they should:

- call 999 immediately
- encourage the person to float on their back
- throw something that floats if available
- never enter the water themselves to attempt a rescue.

SPOTLIGHT ON SAFEGUARDING

'Ship' accounts: When online fun stops being fun

Many parents are familiar with social media trends, group chats and online challenges, but a growing number of schools are also reporting concerns about so-called 'ship' accounts.

The term 'ship' comes from the word relationship. These social media accounts, often created by students, invite others to suggest or vote on which students should be paired together romantically. Some accounts also encourage comments about friendships, appearance, popularity or who someone should date.

While many young people see these accounts as harmless fun, they can quickly become upsetting for those involved and create real-world problems within friendship groups and school communities.

What are 'ship' accounts?

'Ship' accounts are typically found on platforms such as Instagram, TikTok and Snapchat. They are often anonymous or run by students, and may:

- pair students together romantically
- invite followers to suggest couples
- ask students to vote on who should date each other
- encourage comments about appearance or popularity
- post rumours about friendships or relationships
- share screenshots, photographs or personal information.

Some accounts may start as a joke between friends but can quickly attract large numbers of followers and comments.

Why can they be harmful?

Although some young people enjoy the attention or find the content amusing, 'ship' accounts often create situations where people lose control over how they are being discussed online.

Being publicly linked to someone can be embarrassing, particularly if the feelings are not mutual, if one or both young people are already in relationships or if they simply do not want their personal lives discussed publicly.

Students may feel pressured to respond to comments, explain friendships or defend themselves against rumours. What starts as a joke can quickly become a source of stress, anxiety or conflict.

'Ship' accounts can contribute to friendship breakdowns, arguments between peer groups, rumours and gossip, cyberbullying and online harassment

5 ways you can support your child to use social media in a positive way

Talk about people, not just platforms

Emphasise treating people kindly online instead of just focusing on apps and settings. Discuss the importance of empathy, privacy, and respect. Teaching children the impact of their words and actions is often more effective than merely outlining rules.



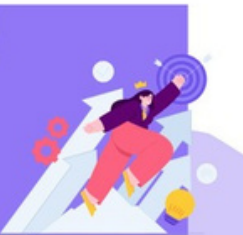
Encourage them to think before they engage

Encourage your child to pause before liking, sharing, commenting or posting online. Prompt them to consider, 'Would I be happy if this were about me?' This brief reflection can help them avoid engaging with potentially harmful or embarrassing content.



Promote positive digital communities

Engage with the accounts, creators, and communities your child follows. Encourage them to explore online spaces that inspire, inform, or connect, rather than those that focus on gossip or negativity.



Help them understand consent and boundaries

Young people frequently share information online. It's important to remind your child that friendships, relationships, photos and personal details belong to the individuals involved. Just because something can be shared doesn't mean it should be.



Keep conversations regular and judgement-free

Children are more likely to share their online experiences when they feel heard rather than criticised. Regular discussions about social media enable parents to stay informed and address issues before they escalate.



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...

In our Bible reading this week we hear how a temple official, Jairus, begs Jesus to help his critically ill daughter. Despite the pressures of time and the importance of the man asking him, Jesus allows himself to be delayed on the way by a woman who is both sick and penniless, overlooked and shunned by polite society.

God does not see and judge people the way that we do. And God is not governed by the ticking of the clock, he is not in a rush; he has time for you.

Have you noticed that if you have an appointment with a doctor, a lawyer or a dentist you have to arrive on time but then they make you wait until they are ready? It can feel very much as though their time is more precious than yours; they are more important than you.

God is never too busy for you. Whenever you are ready, God is already there waiting for you. Imagine that! God, creator and sustainer of all things, is waiting for you.

Does it feel like we are always in a rush? Perhaps it is a symptom of the age of technology: there are no end of emails to be answered, places to be, work to be done and deadlines to meet. Somehow, we have to learn to juggle the various demands on our time. And I wonder: what does the way we spend our time say about us? What does it say about who and what is important to us?

There are some things in life that simply can't be rushed. When we are ill or injured, there is nothing we can do to speed up our recovery (although we can slow it down by not allowing ourselves to rest!) The building of deeper and more trusting relationships with others also involves spending quality time together; time when we are not distracted, not multi-tasking, not controlling the conversation but simply listening and enjoying one another's company. In this way we can let one another know that they are loved, important or special to us.

One day you will look back on your life and I wonder, will you be happy with the way you have spent your time? Will you wish you had spent more time at work, on zoom calls, in meetings or doing the housework? Or will you wish you had spent more time laughing, eating with your loved ones and doing the things you enjoy with the people that matter to you?

We have a God who makes time for work and rest,
for sorrow and for joy,
for lamenting and for celebrating,
for doing and for being.
Let us honour each time with our full focus,
making sure that those who mean most to us
know that they matter, by the time we spend with them. Amen

