

# ST REGIS ACADEMY

## NEWSLETTER

4<sup>th</sup> September 2026



**FLOURISH**

### MESSAGE FROM MR GREEN

It has been wonderful to welcome everyone back to St Regis and to see the school full of energy again as we begin a new academic year. A particular welcome goes to our new Year 7 and Year 12 students, as well as to the new families and staff joining our community. The first few days of September always bring a real sense of excitement and possibility, and I have been incredibly pleased with the positive start our students have made. Thank you, as always, to parents and carers for your continued support – students are looking very smart and are well equipped.

We have reflected over the past three days on our school values of sow, nurture, grow and flourish as we start a fresh term, along with the Parable of the mustard seed (represented by the red dot on the bottom of our school badge). Every year builds on the last for our students and with 'achievement at the core' we know every student can reach their potential.

Please ask your child about their KS3 or KS4 Achievement & Learning Folder. This will be an important part of their learning throughout the year and should be brought to school every day. The folder will build over time, with students receiving knowledge organisers for each unit in every subject. These will provide key information, vocabulary and content to help students prepare for lessons, revisit prior learning and support independent study at home.

We are now following our updated school mobile phone and electronic devices policy and, after the summer break, students are understandably having to adjust their habits during the school day. I have been really impressed with how positively they have responded this week. It is already clear to see the difference that removing mobile phones from the school day can make, helping students to focus more fully on their learning, their friendships and the wider life of the school.

We look forward to seeing you at one of our upcoming information and settling in evenings.

**Mr Green**  
Head of School





# **Important Parent Dates – September/October**



## **Year 7–10 Parent Information Evening**

**Thursday 10th September - 6:00pm**

**An opportunity for parents and carers to find out more about the year ahead, expectations and how we can work together to support our pupils.**

## **Open Morning**

**Thursday 17th September 10:00am–12:00pm**

**Come and see St Regis Academy in action and discover what makes our school such a special place to learn and flourish. Visit our website or scan the QR code to book your space.**

## **Year 11 Parent Information Evening**

**Thursday 17<sup>th</sup> September - 6:00pm**

**This important evening will provide information about the year ahead, including expectations, revision and exams, and how you can support your child as they work towards their GCSEs.**

## **Year 7 “Settling In” Parents’ Evening**

**Thursday 24th September 4:30pm–6:00pm**

**An opportunity for Year 7 parents and carers to meet with staff, ask any questions and hear how our new pupils are settling into life at St Regis.**

## **Open Evening**

**Thursday 1<sup>st</sup> October 5:00pm - 7:00pm**

**We invite current and prospective pupils and their families to our St Regis Academy Open Evening.**

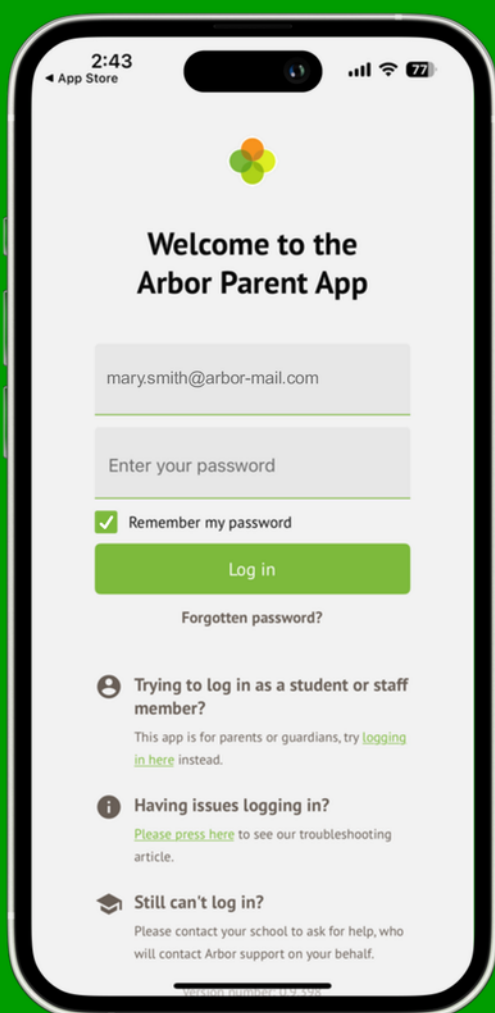
**Come along and discover what makes St Regis such a special place. You will have the opportunity to meet our staff and pupils, explore our facilities and find out more about the opportunities available to our pupils. If you are considering joining us for Year 7 or another year group, we would love to welcome you and give you a taste of life at St Regis. Visit our website to or scan the QR code to book your place.**

**We look forward to seeing you at these important events!**



# 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





## 5 WAYS TO MAKE THE RETURN TO SCHOOL EASIER

### Rebuild routines gradually

Start adjusting bedtimes and morning routines slowly. This will make it feel less of a shock

### Keep conversations light but regular

Some of the best conversations happen naturally, rather than through direct questions

### Focus on effort, not perfection

Praise resilience, organisation and kindness, remind them that settling back into school takes time

### Revisit digital boundaries

Use this time as an opportunity to reset expectations around phones and healthy screen habits

### Stay curious

If your child seems quieter than usual, gently check in without rushing to solve the problem

Supporting your child's return to secondary school  
Returning to secondary school after the summer is about much more than going back into the classroom. Young people may be adjusting to changes in friendships, new teachers, increased expectations and the social pressures that often return as group chats and social media become more active again. These worries don't always sound like 'I'm anxious.' Instead, they may show up as irritability, tiredness or reluctance to talk. Understanding that these feelings are common can help parents respond with reassurance and support.

### Digital safeguarding focus

For many families, the summer holidays bring a more relaxed approach to technology. Children often spend longer on their devices, stay up later, use social media more frequently and become more active in group chats. While this can be part of enjoying the break, it can also mean that routines and boundaries have gradually slipped. As we get into the new term, it's a good opportunity to reset your family's expectations around technology so that devices support learning, sleep and wellbeing rather than becoming a distraction. Consider revisiting expectations around:

- when phones are put away, particularly during homework, family time and before bed
- screen time during the school week, ensuring there's a healthy balance between technology, schoolwork and other activities
- group chats and social media, including how to manage upsetting messages and the importance of leaving chats that no longer feel positive
- getting help, making sure your child knows they can always come to you or another trusted adult if something online makes them feel worried or uncomfortable.

A few simple conversations at the start of term can make it much easier to establish healthy digital habits that will support your child throughout the school year.

### Supporting your child if they're feeling anxious Remind them that:

- most students have worries, even if they don't show them
- friendships naturally change over time
- new routines usually feel easier after the first couple of weeks
- asking for help is a strength, not a weakness.

When might your child need extra support?  
It's normal for children to take time to settle back into school but if changes such as persistent low mood, withdrawal from friends, refusing to attend school, changes in sleep or appetite, frequent headaches or stomach aches or becoming unusually emotional continue for more than a couple of weeks, they may need some extra support. If you're concerned, speak our pastoral team

# SPOTLIGHT ON SAFEGUARDING

**Online challenges: Helping your child make safe choices**  
Online challenges have become a regular part of many young people's online lives. While some are harmless and encourage creativity or fundraising, others can involve risky behaviour, dangerous dares or pressure to do something simply because 'everyone else is doing it.' Social media platforms are designed to promote popular and engaging content, meaning children may see the same challenge repeatedly, making it feel normal or expected. For teenagers especially, the desire to fit in, gain approval from friends or increase likes and views can sometimes outweigh their judgement of the risks involved.

**Understanding why young people take part**  
Most young people don't join dangerous challenges because they want to get hurt. Instead, they may:

- want to fit in with friends
- feel pressure not to miss out
- think the risks have been exaggerated
- want attention, likes or followers
- believe 'it won't happen to me.'

Helping children understand these influences is often more effective than simply telling them not to take part.

**What parents can do**

The most effective protection is regular conversation rather than one big talk.

Try asking questions such as:

- "What's the latest online challenge?"
- "Why do you think people take part?"
- "How would you know if something had gone too far?"

Approaching the conversation with curiosity rather than judgement makes it much more likely your child will talk openly.

**Digital safeguarding focus**

Many online challenges begin with a message in a group chat or someone encouraging others to join in. Remind your child that they never have to take part in something just because friends are doing it or because they're worried about being left out.

Encourage them to:

- think about the real-world consequences before taking part
- avoid sharing dangerous challenges with others
- leave conversations that encourage risky behaviour
- tell a trusted adult if something makes them feel uncomfortable or unsafe.

## Five ways to help keep your child safe from online challenges

### Stay interested

Ask about what your child enjoys watching online and the creators they follow.



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### Teach them to pause

Encourage them to stop and think before joining in, sharing or filming a challenge.

### Talk about peer pressure

Help them understand that online pressure can feel just as powerful as face-to-face pressure.



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### Remind them it's okay to say no

Reassure them that walking away or leaving a group chat is always an option.

### Keep communication open

Let them know they can always come to you if something doesn't feel right.



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.