

ST REGIS ACADEMY

NEWSLETTER

11th September 2026



MESSAGE FROM MR GREEN

I have been exceptionally proud of our pupils during this first full week back. There has been a real focus on learning, and it has been a pleasure to visit classrooms and see the work they are producing. I have seen pupils revising in the dining hall before school, as well as attending lunchtime and after-school coursework clubs. The removal of distractions such as mobile phones and headphones has supported this focus, as has being fully equipped for learning. Changing the habits of young people around smart devices is not easy, especially after a long summer break, but pupils from Year 7 through to Year 13 have embraced our new policy from day one. They deserve great praise for this.



On Tuesday, we marked National Literacy Day with our first 'Drop Everything and Read' day. Pupils spent the first 10 minutes of periods 1 to 5 reading a book. We are continuing our strong focus on reading, writing, spelling and oracy this year. Did you know that a study of 43,000 pupils found that daily reading improved educational progress by around three months?



Congratulations to our Sixth Form Three Spires 1st and 2nd rugby teams, who performed admirably in their first matches of the season against Hereford College. Although the results did not go our way, there were many positives to take from both teams' performances. It is fantastic that we now have two teams competing this season.



FLOURISH

Next Friday, all Year 7 pupils will complete a one-hour first aid course, equipping them with essential, potentially life-saving skills and the confidence to respond calmly in an emergency. This is an important part of our wider curriculum offer. Please help us promote our Open Morning and Open Evening to your family and friends.



Mr Green
Head of School



**ST REGIS STARS OF
LAST WEEK !**

YEAR 7 – Christian W.
YEAR 8 – Aaron M.
YEAR 9 – Isabelle H.
YEAR 10 – Aniya Lea P.
YEAR 11 – Emma C.
Year 13 – India A.



CHESTER – Aloysius B.
LICHFIELD – Kyra W.
WORCESTER – Christian W.
HOUSE OF THE WEEK – Lichfield!



2026-27
Rugby Squad



Important Parent Dates – September/October



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 17th 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 1st 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!





SCIENTIST OF THE MONTH

ST REGIS ACADEMY

Celebrating curiosity, effort
and excellence in Science!



EACH MONTH HAS A FOCUS – SHOW US YOUR SCIENTIFIC SPARK!

Month	Focus
September	Quality of books
October	Educake completion
November	Practical skills
December	Achievement
January	Quality of books
February	Educake completion
March	Achievement
April	Practical skills
May	Quality of books
June	Achievement

FANTASTIC PRIZES EVERY MONTH!

3 PUPILS PER YEAR GROUP WILL RECEIVE:



A CERTIFICATE



A "SCIENTIST OF
THE MONTH" BADGE



AN ENTRY INTO A DRAW
FOR AMAZON VOUCHERS
AT THE END OF THE
ACADEMIC YEAR!

GET INVOLVED. BE CURIOUS. BE AMAZING.
BE OUR NEXT SCIENTIST OF THE MONTH!

The logo of the University of Turku is a shield-shaped emblem. It features a large yellow oak tree with a dark blue trunk and branches. Above the tree is a white crown. To the left of the crown is a white cross, and to the right is a white key. The shield has a dark blue background and is bordered by a red and yellow line.

Over almost three English lessons, students took part in intensive debate training, developing their ability to construct strong arguments, listen and respond to different viewpoints, challenge ideas respectfully and debate effectively. The sessions encouraged students to think critically, articulate their opinions and, importantly, appreciate perspectives that may differ from their own.

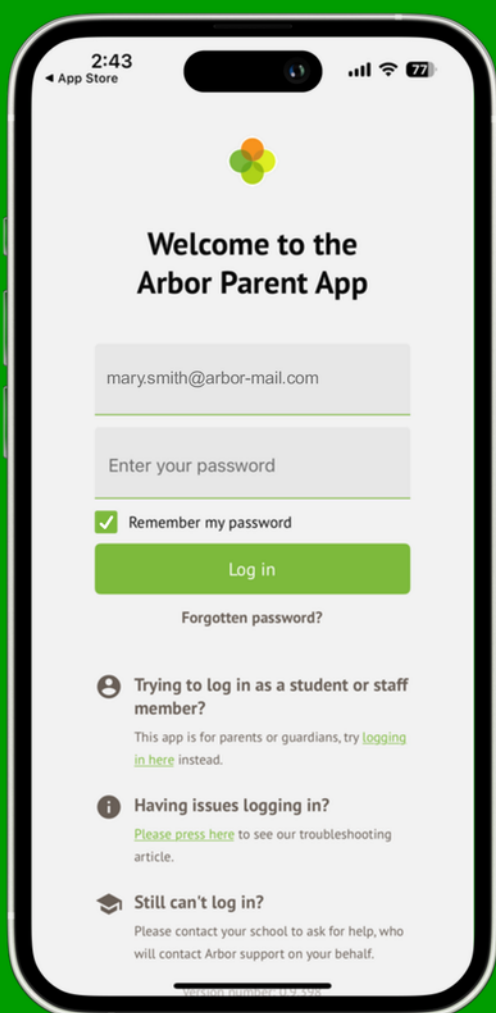
The finished pieces are a wonderful reflection of the individuality within 7X1, while also highlighting the shared experiences and values that bring the class together. It has been fantastic to see students take pride in their work and consider what belonging at St Regis means to them.

Their creativity, enthusiasm and willingness to engage with challenging ideas have made this a really positive celebration of both who they are and the community they are part of.



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





CITY OF
WOLVERHAMPTON
COUNCIL

YOUTDEM HIKE

**BOYS AGES
12-16**

MAR-OCT

**EVERY
2nd SAT**

**LED BY EXPERIENCED MOUNTAIN
LEADER CHRISTIAN**

LIMITED SPACES AVAILABLE

PICK UP LOCATIONS:

Our Lady's and St. Chad's,
Old Fallings Ln,
Wolverhampton WV10 8BL

Aldersley High School,
Barnhurst Ln, Codsall,
Wolverhampton WV8 1RT

**PICK UP
10AM
RETURN
230PM**

Free

**ALL LADS WELCOME
SIGN UP BY SCANNING THE QR CODE BELOW**

UP THE WREKIN



MORE INFO:



TARIFF SEPTEMBER 2026

DRINKS	PRICE	BREAKFAST	PRICE
Gen Juice - 250ml	£0.90	Breakfast Roll	£1.60
Gen Juice – 500ml	£1.20	Mini Breakfast Baguette	£1.60
Milk/Flavored Carton	£1.20	Breakfast Pot – 3 Piece	£2.30
HOMEBAKES		Bagel	£2.75
Muffins	£1.45	Toast with Butter or Jam	£0.40
Small Cakes	£1.15	Homemade Pancakes with Fruit Toppings	£1.45
Cookies	£1.45	Toasted Teacake	£1.45
Brownie	£1.45	Cereal + Milk 8oz	£1.05
HOT GRAB & GO		Porridge for Students	Free
Bagel	£3.00	Porridge for Staff	£1.05
Panini – Half/Whole	£1.60/£2.85	Porridge Toppings	£0.50
Hot Rolls	£2.85	COLD GRAB & GO	
Twister	£2.85	Chill Deal Roll	£1.20
Chicken Wings	£2.45	Deli Sub Roll/Sandwich	£2.40
Pizza Slice (Break Time)	£1.70	Wrap	£2.85
Wrap	£2.85	Naturally – Premium Salad	£3.00
Soups & Broths	£1.90	Premium Baguette	£2.85
Hot Pasta Pot – Med/Lrg	£2.25/£2.60	Half Baguette	£1.60
Jacket Potato – 1 Topping	£2.25	Cold Pasta Pot 16oz	£2.60
ALL POWER BITES		Protein Pots	£1.00
Range of 8oz Nutritious Rice & Noodle Dishes	£1.45	Salad Pots	£2.00
		Yoghurt/Jelly/Fruit Pots	£1.00
		Whole Fruit	£0.55

VAT on hot food and beverages will be charged at the current rate for all staff members

TARIFF SEPTEMBER 2026

BREAKFAST	PRICE	HOME BAKES	PRICE
Breakfast Roll	£1.60	Muffins	£1.45
Mini Breakfast Baguette	£1.60	Small Cakes	£1.15
Breakfast Pot – 3 Piece	£2.30	Cookies	£1.45
Bagel	£2.75	Brownie	£1.45
Toast with Butter or Jam	£0.40	HOT GRAB & GO	
Homemade Pancakes with Fruit Toppings	£1.45	Bagel	£3.00
Toasted Teacake	£1.45	Panini – Half/Whole	£1.60/£2.85
Cereal + Milk 8oz	£1.05	Hot Rolls	£2.85
Porridge for Students	Free	Twister	£2.85
Porridge for Staff	£1.05	Chicken Wings	£2.45
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VAT on hot food and beverages will be charged at the current rate for all staff members

NEURODIVERGENT ✦ PARENT GROUP ✦

The Wolverhampton Outreach Service are hosting a series of coffee mornings that will focus on the unique experience of navigating parenthood as a neurodivergent parent/carer with neurodivergent children.



The sessions will include:

- A brief intro from Ali Egerton or Sarah Jacks who are both neurodivergent parents of neurodivergent children
- Time to gather ideas and suggestions for how this group can develop and support parents/carers
- Setting the environment and structure to work for the group
- Time to connect with others and share experiences

Upcoming Dates:

2nd Nov 2026

1st March 2027

21st June 2027

9:15 am - 11:15 am

Please let us know if you need any accommodations to be made before the session.

Cherry Street SEND and Sensory Hub,
Cherry Street, Wolverhampton, WV3 0QW



CITY OF
WOLVERHAMPTON
COUNCIL

To book, please scan the

QR code

Any Questions?

Email

RWatson1@aatrust.co.uk



Parent Connect: Navigating Barriers to School Attendance

Does your child find it difficult to attend school due to emotional and mental health needs?

Join our **coffee mornings** to meet other parents and talk about your experiences. A SEND professional will also be in attendance to offer support



Coffee mornings

Rocket Pool Hub:
6th Oct 2026 12:15 - 2:15
Low Hill Hub:
2nd Feb 2027 9:30 - 11:30
Cherry Street Hub:
8th July 2027 9:30 - 11:30

Or join our workshops to find out more about the **Emotionally Based School Non Attendance Pathway** and what parents and schools can do to support



Workshops

Online:
11th Nov 2026 9:30 - 11:30
Cherry Street Hub:
23rd March 2027 9:30 - 11:30
Low Hill Hub:
8th June 2027 9:30 - 11:30



To book, please scan the QR code.
Any questions, please email
RWatson1@aatrust.co.uk



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

01 Stay interested

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



02



Teach them to pause

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

03 Talk about peer pressure

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



04



Remind them it's okay to say no

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

05 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. If it is urgent, please call the school and ask for a DSL.

From the Chaplain...

I had the absolute privilege of starting my new role as Apprentice Chaplain at Three Spires Trust on 1 September and I don't think the smile has left my face since. After working in education for over 20 years as a school business leader, stepping into chaplaincy feels like someone took my three biggest passions – loving Jesus, serving people and education – popped them into a blender and handed me the perfect job smoothie.

Alongside my education experience, I've also spent many years serving in my church community in various leadership roles including Youth leader and mentor, Pastoral lead, Women's ministry leader and even church treasurer (which means I've survived more spreadsheets than any human should). Those roles shaped my heart for people, but stepping into chaplaincy is a whole new adventure and I'm loving every minute already.

Last week, I was welcomed so warmly by the incredible staff at St Regis. Honestly, they've been lovely from the very first moment I walked in for my informal visit in May. I left that day thinking, "Well... now I really want this job." Since starting, that desire to serve this community has only grown stronger.

I've already had the honour of welcoming our new Year 7s last week Wednesday and toward the end of the week I met most of the students in other year groups during their assemblies where I introduced myself. Since then, students have been coming up to say hello, offer smiles and make me feel at home. You should be so proud of these young people, I've only been here a week and I'm already proud of them. Please forgive me as I attempt to learn everyone's names. I met so many people across two schools ... my brain is still working things out.

Before starting this role, I intentionally spent time praying for the students, staff, church and community. The scripture that kept returning to my heart like a gentle nudge from God was: "Taste and see that the Lord is good; blessed is the one who takes refuge in Him." Psalm 34:8

There's something beautifully personal about that verse. It's not just instruction; it's an invitation. It doesn't say observe that the Lord is good, or hear that He is good. It says taste and see. It's the language of encounter, of stepping closer, discovering God's goodness not as an idea but as a lived reality.

In a world that so often feels hurried, uncertain, or heavy, this verse reminds us that God's goodness is not distant. It's something we can experience in the everyday – in answered prayers, in unexpected peace, in the quiet strength that carries us through difficult moments. When we choose to take refuge in Him – bringing our worries, hopes and whole selves we find blessing not as a reward, but as a natural outcome of resting in His presence.

This week, may we each find a moment to "taste and see" to pause, to notice and to lean into the goodness of God that surrounds us.

As I step into this new season, my prayer is that our whole school community – students, staff and families will taste and see God's goodness in unexpected moments, quiet victories and the strength that carries us through challenging days.

And as for me? I'm grateful, excited and ready to serve.

