

ST REGIS ACADEMY

NEWSLETTER

18th September 2026



MESSAGE FROM MR GREEN

Congratulations to our Sixth Form rugby players in the 1st XV on securing their first win of the season against Stourport College. Although the 2nd XV were unsuccessful on this occasion, they played with great determination and represented the school admirably. The commitment our players demonstrate to both their sport and their studies is truly commendable and marks a fantastic start to the new academic year. We were also delighted to welcome 16 new Year 7 rugby players to trials on Tuesday. With two after-school training sessions and two fitness suite sessions each week, this is a unique opportunity for our students, and I look forward to sharing highlights from their first away fixture next month.

This morning, I joined our Year 7 students as they took part in First Aid training. It was an engaging and highly valuable session, equipping students with important knowledge and practical skills that could prove invaluable in an emergency situation.

Thank you to all parents and carers who attended the Year 11 Achievement Evening. I hope the guidance and support provided by staff will help us continue to work together in securing the very best outcomes for your child. It was wonderful to see students leaving with an armful of revision guides and a renewed sense of purpose. With mock examinations approaching quickly, now is the ideal time to establish effective study habits and routines.

We look forward to welcoming our Year 7 parents and carers to the Settling-In Evening next Thursday. We are incredibly proud of our new Year 7 students and the positive manner in which they have embraced both learning and enrichment opportunities since joining us.



Mr Green
Head of School



ST REGIS STARS OF LAST WEEK !

YEAR 7 – Great O.
YEAR 8 – Aoife B.
YEAR 9 – Ayva-Rose JB.
YEAR 10 – Ivy C.
YEAR 11 – Favour A.
YEAR 12 – Dema H.
Year 13 – Izzy P.



CHESTER – Ayva-Rose JB

LICHFIELD – Aoife B

WORCESTER – Great O.

HOUSE OF THE WEEK – Chester!



Year 7 First Aid Workshop





ST REGIS

*Safer Journeys
Brighter Futures*

GETTING TO SCHOOL **SAFELY**



ST REGIS

SAME
ROADS
SHARED
RESPECT



CYCLING SAFETY & RULES

*Think Safe
Ride Safe
Be Safe*



**Wear a
helmet!!**



**Stay
visible**



**Follow
road rules**



**Check
your bike**



**School
ground rules:
Do not ride**



**Sensible use
on Regis Road,
especially when it is
really busy at the end
of the day.**



E-SCOOTERS

STRICTLY PROHIBITED

**Not allowed under
any circumstances.**

*Keep our
school community
safe*



ELECTRIC BIKES (E-BIKES)

ONLY WITH PRIOR AGREEMENT

Only allowed with prior agreement from the Head of School when all checks have been completed.



Age limit:

Riders must be 14 years old or over to legally ride an Electrically Assisted Pedal Cycle (EAPC) without a licence or insurance.



Vehicle criteria:

Must have functional pedals, a continuous motor power limit of 250 watts maximum.



Electrical assistance:

Must automatically cut off at 15.5 mph.



SOW



NURTURE



GROW



FLOURISH



Respect others
Ready to Learn
Reach your
Potential

3 WEEK CHALLENGE



Monday 14th September
until Friday 2nd October



**EXCELLENT
BEHAVIOUR**



**EXCELLENT
PUNCTUALITY**



**EXCELLENT
ATTENDANCE**



The best in each year group will be

**REWARDED WITH A
SWEET TREAT BREAKFAST!**



BREAKFAST INCLUDES:

- ★ Doughnuts
- ★ Muffins
- ★ Cookies & brownies
- ★ Croissants & pain au chocolat
- ★ Yoghurts & granola pots
- ★ Fresh fruit
- ★ Juice

Small Actions
Make a Big Difference!





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!



UNESCO NATIONAL LITERACY DAY



**ST REGIS CE
ACADEMY**

NATIONAL LITERACY DAY

Each year, UNESCO's International Literacy Day is celebrated on 8 September, highlighting the importance of literacy as a fundamental human right. It is an opportunity to recognise how reading, writing and communication skills empower people, open doors to learning and help individuals participate fully in society. International Literacy Day also reminds us that access to literacy and education is not equal across the world. As a school community, we can celebrate by encouraging a love of reading, valuing every opportunity to learn and recognising the important role literacy plays across every subject and throughout our lives.

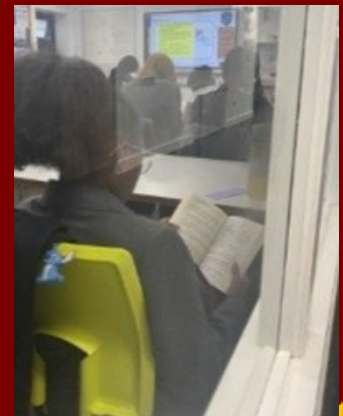
DROP EVERYTHING AND READ



To take part in International Literacy Day here at St Regis, we introduced a 'Drop Everything and Read' initiative, where pupils spent the first 10 minutes of every lesson reading.

This initiative aimed to create a calm and purposeful start to lessons, encourage a positive attitude towards reading, and develop pupils' vocabulary, comprehension and literacy skills across the curriculum.

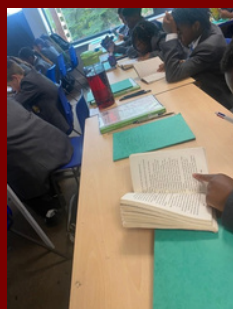
Pupils responded extremely well to the initiative, settling quickly into each lesson and creating a calm atmosphere that helped them feel ready to focus on the learning ahead.



READING AT HOME



https://www.gov.uk/government/publications/10-top-tips-to-encourage-children-to-read/10-top-tips-to-encourage-children-to-read?utm_source=chatgpt.com





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

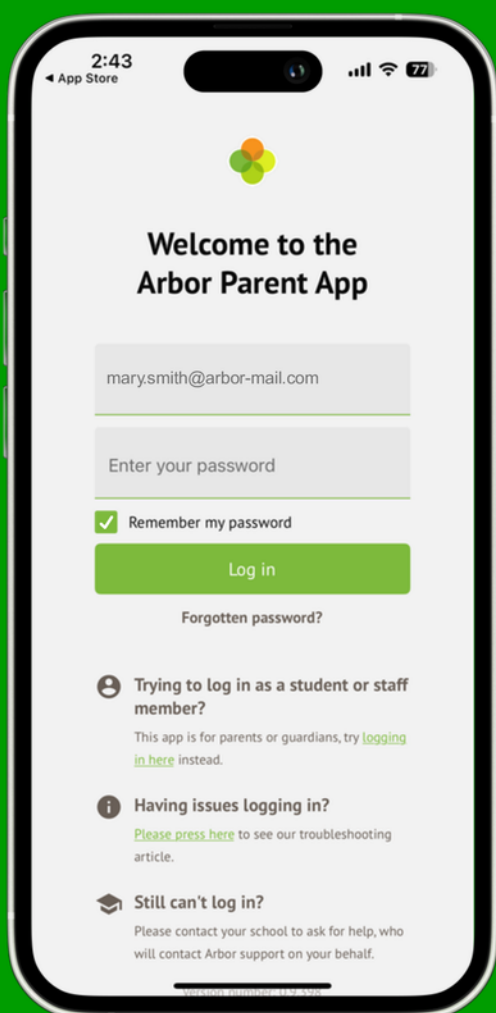


AN ENTRY INTO A DRAW
FOR AMAZON VOUCHERS
AT THE END OF THE
ACADEMIC YEAR!

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

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
Porridge Toppings	£0.50	Pizza Slice (Break Time)	£1.70
COLD GRAB & GO		Wrap	£2.85
Chill Deal Roll	£1.20	Soups & Broths	£1.90
Deli Sub Roll/Sandwich	£2.40	Hot Pasta Pot – Med/Lrg	£2.25/£2.60
Wrap	£2.85	Jacket Potato – 1 Topping	£2.25
Naturally – Premium Salad	£3.00	ALL POWER BITES	
Premium Baguette	£2.85	Range of 8oz Nutritious Rice & Noodle Dishes	£1.45
Half Baguette	£1.60		
Cold Pasta Pot 16oz	£2.60		
Protein Pots	£1.00		
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

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

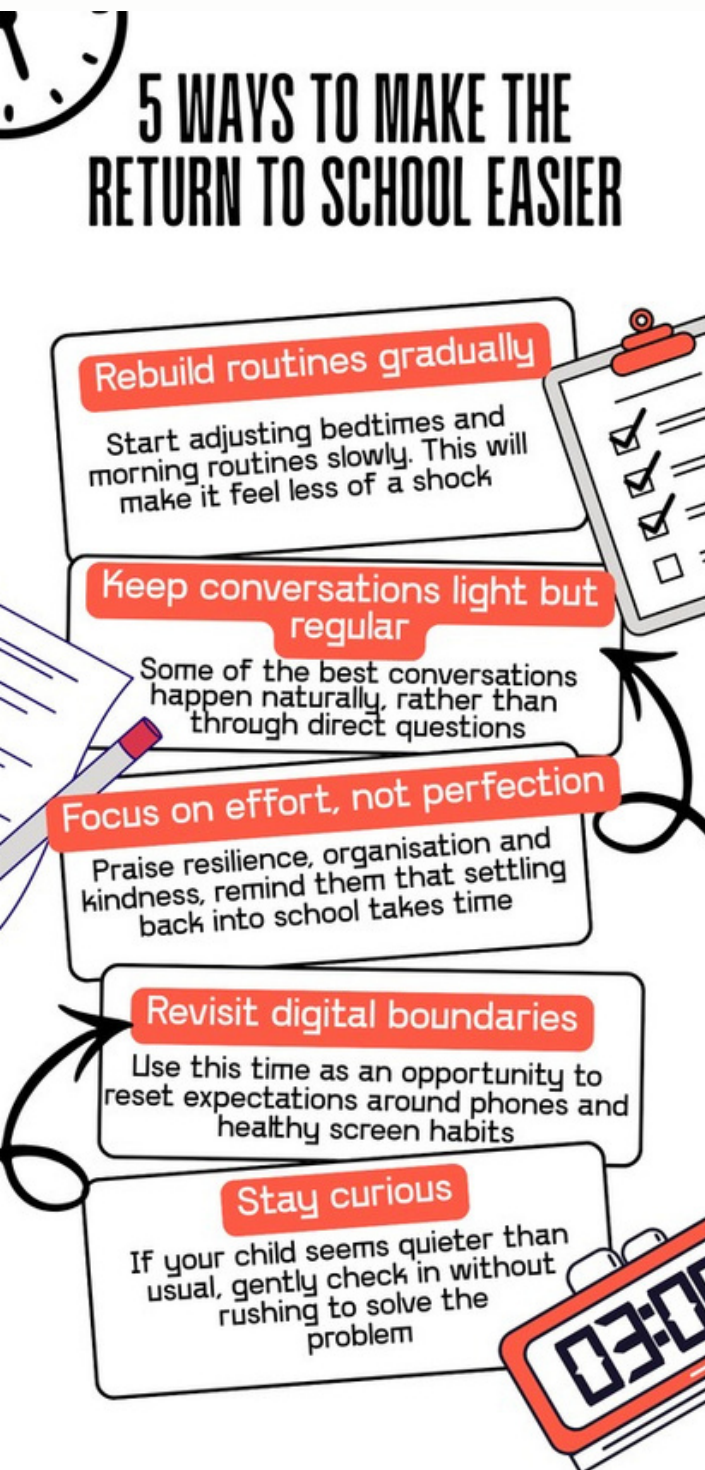


Workshops

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



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

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.

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...

Unity in our community

This week, I had the privilege of being involved in the Year 12 Welcome Service. This year, we have welcomed many new students who did not previously attend St Regis or St Peter's and the service, held in St Michael and All Angels church, was a wonderful opportunity to bring the whole cohort together in a spirit of unity.

As I reflected on the service, I found myself thinking about unity and the important role it plays in our lives. Unity is about coming together with a shared vision, a hopeful future and a commitment to support one another. The Bible has much to say on this subject. One verse that particularly stands out is Hebrews 10:24: "And let us consider how we may spur one another on toward love and good deeds."

Let's pause for a moment and think about what we are being encouraged to do here. God is asking us to go a little deeper and give this serious thought: how can we encourage one another towards love and good deeds? This verse challenges us to consider how we can positively impact the lives of others. Many of us will have stories of a time when someone encouraged us, believed in us, or supported us. What effect did that have on your life? Often, those moments stay with us far longer than we realise.

There is so much that can be achieved when we work together. However, life can also bring disappointment, offence and misunderstanding. Sometimes it is the smallest things, a sharp comment, an unkind word, or even a misread email, that can begin to create disunity. What starts small can, if left unchecked, take root and grow into something that creates a much larger divide.

That is why it is important to be aware of these moments and actively seek to address them before they take hold. We each have a part to play in fostering understanding, extending grace and choosing kindness.

As we continue through this academic year, let us remember that we are all part of something bigger than ourselves. Our successes are not ours alone to celebrate and our struggles are not ours alone to carry. We belong to a community and with that comes the opportunity and responsibility to encourage and support one another.

We all need people around us who inspire us, uplift us and help us become the best version of who God has created us to be. Let us be those people for one another.

A Prayer

Heavenly Father,

We thank You that You created us to live in unity. Please help us to follow Your example of perfect unity between God the Father, Jesus the Son and the Holy Spirit.

Your Word says in Psalm 133:1, "How good and pleasant it is when God's people live together in unity." Help us to live this out in our daily lives. Enable us to see the potential in those around us and to encourage one another to become all that You have created us to be and to achieve all that You have planned for us.

May we be people who offer words of encouragement, warmth of spirit and acts of kindness. Help us to build one another up and strengthen the bonds of our community.

In the name of Jesus our Lord.

Amen

