

ST REGIS ACADEMY

NEWSLETTER

25th September 2026



MESSAGE FROM MR GREEN

It was great to see Year 11 engaged in an RE day on Tuesday, alongside some maths assessments. Revision sessions have also started after school with good numbers attending. Please encourage your child to look over the timetable and come to as many as possible – the November mocks will arrive sooner than they think!



I had great pleasure in touring the West Midlands High Sheriff, Carmen Watson DL, around St Regis on Monday. She was very impressed by our pupils and our curriculum and pastoral provision. She was also able to congratulate India in Year 13 on her recognition as Young Citizen of the Year 2026 – well done India we are very proud of you!



We completed our second open morning tour today and have open evening next Thursday from 4-7pm. Please promote this to family and friends especially if they are in Year 6.



FLOURISH



Mr Green
Head of School

Thank you to Year 7 parents for meeting form tutors after school yesterday – this is an important part of the transition process. It was a pleasure to speak to many of you. Your feedback on the online form I sent out has been very helpful – from this we will be sharing more information about homework (extended learning) and how each subject set and checks this.





St Regis

Church of England Academy



2026

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

**ST REGIS STARS OF
LAST WEEK !**

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



CHESTER – Mohit SK.
LICHFIELD – Aoife B.
WORCESTER – Great O.
HOUSE OF THE WEEK – CHESTER!



**OUR ST REGIS RABBITS SHARING THEIR
SNACKS**

Rotary



**Wolverhampton Young Citizen of the Year 2026
Winner**

**The Roger Timbrell Award for Young Citizens
Aged 13-18**

Presented to

India Allmark

who has displayed outstanding qualities of good citizenship
and devoted time and energy to improving the community.

Mel Eves
Chairman

The Young Citizen Award is made by the three Wolverhampton Rotary Clubs as a tribute to the late Tom Warren,
a former President of Rotary International and Director of Education for Wolverhampton.

Rotary Clubs of Wolverhampton, Wednesfield and Tettenhall

A HUGE CONGRATULATIONS TO INDIA!

We are incredibly proud to celebrate India, who was named Wolverhampton's Young Citizen of the Year at an awards ceremony last Friday evening!

This is a fantastic achievement and a wonderful recognition of India's commitment, character and contribution to the local community.

Everyone at St Regis CE Academy is incredibly proud of you, India. What an amazing achievement!

Congratulations, India – a truly well-deserved award!

WELL DONE!

Fantastic News for Xienna!

We are incredibly proud to share the exciting news that Xienna has officially signed for Derby County U16s for the 2026/27 season! This is a fantastic achievement and reflects the hard work, dedication and commitment Xienna has shown to her football. We are delighted to celebrate this exciting next step in her sporting journey and wish her every success for the season ahead.





Subject Awards

Congratulations to our students recognised by their subject teachers this week for their effort, achievement, attitude to learning and excellent contributions in lessons.

Subject	Student	Teacher's Comment
PE	Aoife B.	Fantastic effort from the start, following expectations and setting a great example to peers.
PE	Joshua T.	Great start to Year 11 CNAT, completing coursework to Distinction standard and working independently outside school.
Art	Erin J.	A fantastic start to Year 9 Art, demonstrating wonderful drawing skills using cross-hatching and depth of tone.
Art	Kayden N.	A fantastic start to GCSE Art, producing independent work to an excellent standard.
English	Zakai M-S	Excellent start to GCSE English, demonstrating a positive attitude and good focus.
Geography	Aqsa I.	A fantastic start to Year 10 Geography, with outstanding books, excellent ATL and completed EL.
Spanish	Esther A.	Excellent start to Spanish, demonstrating good use of oracy in a foreign language.
Spanish	Emilia P.	Excellent oracy skills in class at the start of the GCSE course.
Computer Science	Alex M.	Amazing effort and participation in lessons, always willing to contribute and play a key role.

Design & Technology	Imani-Ava R-C.	A positive start to the GCSE course, demonstrating excellent focus, participation and quality of work.
Product Design	Jermaine B.	Great effort in practical coursework, consistently completing work to a high standard.
Maths	Inioluwa B.	Outstanding effort in applied problem solving, confidently calculating missing forces and acceleration.
Health & Social Care	Valarie J.	Consistent effort and commitment in lessons.
Law	Sophie T.	An excellent start to the year.
Maths	Alex M.	Excellent resilience and a positive attitude towards Sparx Maths.
Maths	George E.	Outstanding start to Year 11, with superb contributions, extended learning and independent revision.
Psychology	Tianna P.	Successfully tackling the challenge of explaining the multistore model of memory using advanced psychology vocabulary.
Psychology	Jack P.	Confidently supporting peers through teaching classical conditioning schedules.
Psychology	Mercy	Excellent extended essay response evaluating the cognitive approach to treating depression.
RE	Phoebe A.	Excellent attitude to learning, consistent commitment and a fantastic start to Year 11.

RE	Dema H.	A positive attitude to learning, embracing challenge with enthusiasm and demonstrating strong commitment.
Science	Tommy M.	Achieved the top mark in the Year 7 baseline assessment and has made an excellent start.
Science	Gracie L.	A really positive start, with excellent book quality and an excellent attitude to learning.
Science	Valerie V.	High-quality verbal and written responses, excellent practical work and fantastic support for peers.
E-Sports	Meshach O. K	Highly engaging and well-informed work when presenting information about organisations.
Geography	Aqsa I.	A superb start to Year 10 and an amazing result in the baseline test.
Geography	Harris T.	A great start to Year 8 with excellent ATL in class.
Geography	India A.	A superb start to Year 13 and excellent progress with NEA work.

Well done!

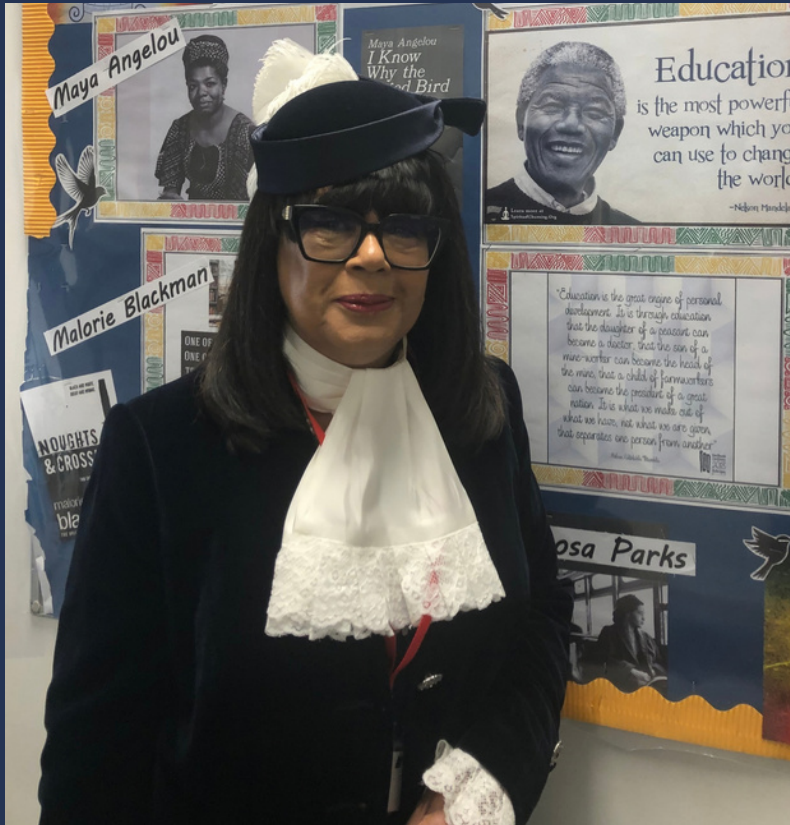
A Special Visit from the High Sheriff

St Regis was proud to welcome Carmen Watson DL, High Sheriff of the West Midlands, for a tour of our school.

Throughout her visit, she was extremely impressed by the calm, purposeful atmosphere she experienced both in lessons and around the school. She also praised the positive relationships between our staff and pupils, highlighting the welcoming and productive environment evident across St Regis.

One comment in particular really captured the success of the visit, with Carmen Watson describing St Regis as “the best kept secret in the world”.

There was also a very special moment for India, who had the opportunity to meet the High Sheriff and receive her congratulations on winning the Young Citizen of the Year Award. We were delighted to share our school with such a distinguished visitor and incredibly proud to see our pupils and staff showcasing St Regis at its very best.





Friends of St Regis PTA

Join our PTA and make a difference!

At St Regis, we are proud of the strong partnership between home and school. One of the best ways parents and carers can get involved in school life is through our Parent Teacher Association (PTA).

We are currently looking for enthusiastic parent volunteers to join our PTA and help support a range of activities and events throughout the year. Whether you can spare an hour occasionally or would like to take on a more active role, every contribution makes a real difference to our school community.

Why Join the PTA?

Being part of the PTA is a fantastic opportunity to:

- Support projects and activities that benefit our students.
- Help organise fundraising events and community activities.
- Meet other parents and carers.
- Have a voice in helping to enhance the school experience for all children.
- Share your skills, ideas and expertise.

You Don't Need Special Experience

Many parents are keen to help but worry they do not have the time or experience. The truth is that any support is appreciated. Whether you can help at a single event, assist with planning, promote activities, or become a regular committee member, there is a role for everyone.

How the PTA Helps

Funds raised by the PTA help provide additional resources, experiences and opportunities for our students that go beyond the school budget. Previous PTA initiatives in schools have included supporting enrichment activities, purchasing equipment, funding special events and creating memorable experiences for children.

Get Involved

If you would like to find out more about joining the PTA or volunteering your time, please contact the Chair of the PTA, Sonia Mann, at smann.governor@threespirestrust.org. We would be delighted to welcome new members and hear your ideas.

Together, we can continue to make St Regis a wonderful place for our children to learn, grow and thrive.

We look forward to hearing from you!



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

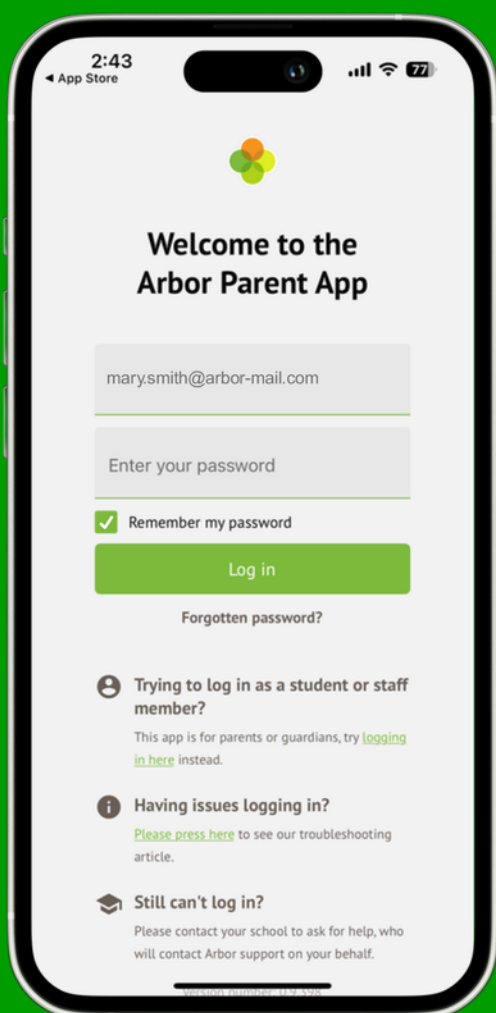


AN ENTRY INTO A DRAW
FOR AMAZON VOUCHERS
AT THE END OF THE
ACADEMIC YEAR!

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



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...

Mistakes don't have to define us

We all make mistakes. Sometimes we get things wrong, make poor choices, say things we wish we hadn't said, or look back and wish we could have done something differently. But one of the most important things we can learn is that a mistake is something we have made – it is not who we are.

In Genesis 28, we meet Jacob at a difficult point in his life. Jacob had not always made good choices. He had deceived his father and taken his twin brother Esau's birth right. Yet, as Jacob leaves home and travels to carry out his father Isaac's wishes, something extraordinary happens.

Jacob has an encounter with God.

God meets Jacob where he is – not when he has everything sorted out, not when his past is perfect, but right in the middle of his journey.

When Jacob wakes, he says: **"Surely the Lord is in this place, and I was not aware of it."**
Genesis 28:16

I love this verse because it reminds us that God can be present even when we don't recognise it. Jacob's past did not prevent God from meeting him. God did not define Jacob by his mistakes. Instead, this encounter became a turning point in his life. Jacob went on to be changed and transformed, eventually receiving the name Israel and becoming the father of the twelve tribes of Israel.

There is a powerful message here for all of us at St Regis. Your mistakes do not have to define your future. What matters is what we learn, how we grow, how we treat others and the person we choose to become.

Perhaps there are times when we walk into school carrying worries, regrets or things from our past. We may feel that we have got things wrong or that we are not good enough. But Genesis 28 reminds us that God meets us exactly where we are. Jacob said, "Surely the Lord is in this place, and I was not aware of it."

My prayer for our St Regis community this year is that we become more aware of God's presence among us – in our classrooms, corridors, conversations, friendships, challenges and celebrations.

May we become more aware of God's presence with us, and may His presence shape us into the people He wants us to be.

And when we make mistakes, may we remember: we can learn from them, grow from them and move forward. Our mistakes are part of our story, but they do not have to be the end of our story.

