ST REGIS ACADEMY NEWSLETTER

6th November 2026

SOW

NURTURE

GROW

FLOURISH

MESSAGE FROM MR GREEN

It has been a busy and positive start to the new half term at St Regis. I am particularly proud of our Year 11 students, who have approached their first week of mock exams with confidence. Their conduct under strict exam conditions has been exemplary. The feedback they receive will help them recognise what they already do well and decide where to focus their revision in the months ahead.

During Progress Week, students have reflected on their end-of-half-term reports and set personal targets for the weeks ahead. Please take a few minutes to look through your child's handbook together. A good way to start the conversation is to ask which target matters most to them and what first step they plan to take. Linked to this I had the pleasure of congratulating our students from across Y7-11 who have achieved the highest 'Approah to Learning' scores last half term in a short assembly today - absolute role models within our school community!



Mr Green
Head of School

ST REGIS STARS OF AUTUMN 1!

YEAR 7 - Alex M.
YEAR 8 - Mikayla S.
YEAR 9 - Ian O.
YEAR 10 - Ivy C.
YEAR 11 - Jaspal S.
YEAR 12 - Praise A.
Year 13 - India A.



CHESTER - Ayva-Rose JB.
LICHFIELD - Mikayla S.
WORCESTER - Alex M.
HOUSE OF THE WEEK - Worcester!

SCIENTIST OF THE MONTH

Congratulations to our Scientist of the Month winners! These students have shown outstanding commitment to their science studies by completing the highest number of questions on Educake.

A huge well done to:

- Year 7 Huzaifa S. Neil W. Yashoda D
- Year 8 Mikayla S. Chiamaka O. Samia A.
- Year 9 Nimrat K. Tristan O-M. Mia H.
- Year 10 Dillara M-J. Elena G. Muhammad A. Y.
- Year 11 Csenge N. George E. Kishi O.

These students have demonstrated fantastic dedication, resilience and enthusiasm for learning science outside of the classroom. We are incredibly proud of their achievement and look forward to celebrating their success in assembly. Keep up the excellent work! 🧪🔬⭐



A huge thank you to our rugby kit sponsors!

We would like to express our sincere gratitude to Socials by Rae, UK Roofing & Scaffolding Specialists Ltd, and Home-maid Cleaning Services for their generous support in sponsoring our new rugby kit.

Our players were thrilled to receive their kit this week and are incredibly proud to wear it. Their excitement and team spirit were clear to see, and they are already looking forward to representing the academy in their second game next week.

Thank you for investing in our students and helping to create opportunities for them both on and off the field. Your support is greatly appreciated by everyone at St Regis Academy.









ST REGIS

RESPECT OTHERS | READY TO LEARN | REACH YOUR POTENTIAL

98%

5 WEEK CHALLENGE

ATTENDANCE	PUNCTUALITY	BEHAVIOUR RATIO
98%+	98%+	98%+

MEET EITHER CRITERIA FOR 5 WEEKS

and you'll be invited to the

CHRISTMAS ROLLER DISCO



CHALLENGE PERIOD:
MONDAY 9TH NOVEMBER – FRIDAY 11TH DECEMBER

EVENT DATE: THURSDAY 17TH DECEMBER

Students may be withdrawn from the reward if they do not continue to meet Academy expectations during the challenge.

WEEK 1

Innovate

Week Commencing;
09/11/26, 30/11/26, 21/12/26, 11/01/27, 01/02/27, 22/02/27, 15/03/27, 05/04/27

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS	VEGETARIAN MAIN MEALS
MONDAY Beef Chilli Con Carne with Nacho Crumb, Mixed Rice & Sweetcorn	**MONDAY** Mixed Bean Chilli with Nacho Crumb, Mixed Rice & Sweetcorn (VE)
TUESDAY Sticky Bang Bang Chicken with Rice & Garlic Green Beans	**TUESDAY** Sticky Plant Based Bang Bang Pieces with Rice & Garlic Green Beans (VE)
WEDNESDAY Glazed Gammon or Lemon & Thyme Roast Chicken, Crisp Roasties, Seasonal Vegetables & Roast House Gravy	**WEDNESDAY** Vegetable 'Squashage' Roll with Crispy Roasties, Seasonal Vegetables & Roast House Gravy (V)
THURSDAY Creamy Chicken, Spinach & Pesto Pasta Bake with House Salad	**THURSDAY** Arrabiata 'Veggieball' Bake with House Salad (V)
FRIDAY Chip Shop "Fryday" Fish, Salmon Fishcake or Pizza with Chips, Peas & Tartare Sauce	**FRIDAY** Smashed Veggie Burger with Iceberg Lettuce & Perinaise Sauce(VE)

DESSERTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vanilla Sponge & Custard	Chocolate & Orange Brownie	Biscoff Swirl Sponge	Oaty Apple Crumble	Fruity Fridge Cake

Whole Fruit, Fruit Pots and Jelly Pots Available Daily

FRESHLY PREPARED SALAD BAR
Available Daily

JACKET POTATOES
Choose 2 Toppings: Cheese, Tuna or Beans Available Daily

Street Vibes — **MADE YOUR WAY!**

CHOOSE IT! ADD IT! TOP IT!

Switch up your flavours with our street food-inspired range, available **Tuesday to Thursday.**
With weekly rotating choices, there's always something tasty.

Choose a base, add protein, and top it your way!

Visit the restaurant to check out what's on offer each week

NATURally

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegan Singapore Noodles (VE)	The Big Plant Burger (VE)	Roasted Butternut, Sweetcorn & Chipotle Pasta (VE)	Maple & Chilli Cauliflower Wings with Cajun Wedges (VE)	Garlic & Chilli Noodles (VE)

TRATTORIA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta in Cheese Sauce	Tomato & Basil Pasta	Pasta in Cheese Sauce	Tomato & Basil Pasta	Creamy Pesto Pasta

WEEK 2

Innovate

Week Commencing;
26/10/26, 16/11/26, 07/12/26, 28/12/26, 18/01/27, 08/02/27, 01/03/27, 22/03/27

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS	VEGETARIAN MAIN MEALS
MONDAY Pork Sausage (beef casing) or Halal Chicken Sausage (Beef Casing) & Mashed Potatoes with Onion Gravy	**MONDAY** Crunchy French Onion & Leek Macaroni Cheese with House Salad (V)
TUESDAY Classic Beef Lasagna with Homemade Garlic Bread & Garden Peas	**TUESDAY** Vegan BBQ Boston Bean Sausage Casserole & Mash (VE)
WEDNESDAY Sweet Chilli Chicken Kofta with Lemon & Herb Roasted Potatoes, Seasonal Veg or Salad	**WEDNESDAY** Greek Style Quorn Fillet with Lemon & Herb Roasted Potatoes, Seasonal Veg or Salad
THURSDAY Chicken & Chickpea Korma with Carrot Rice & Spiced Roast Cauliflower	**THURSDAY** Cauliflower & Chickpea Korma with Carrot Rice & Spiced Roast Cauliflower (VE)
FRIDAY Chip Shop "Fryday" Fish, Salmon Fishcake or Pizza with Chips, Peas & Tartare Sauce	**FRIDAY** Vegan Moroccan Spiced Butternut Squash Pasty with Chips & Peas (VE)

DESSERTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Waffle Berry Pudding	Apple & Cinnamon Pie	Lemon Sponge & Custard	Baked Churros with Chocolate Sauce	Fruity Fridge Cake

Whole Fruit, Fruit Pots and Jelly Pots Available Daily

FRESHLY PREPARED SALAD BAR
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JACKET POTATOES
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NATURally

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Garlic and Chilli Noodles (VE)	Singapore Fried Rice (VE)	Lentil & Chickpea Dahl with Crispy Bombay Potatoes (VE)	The Big Plant Burger (VE)	Vegan Singapore Noodles (VE)

TRATTORIA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta in Cheese Sauce	Tomato & Basil Pasta	Pasta in Cheese Sauce	Tomato & Basil Pasta	Creamy Pesto Pasta

Week Commencing;
02/11/26, 23/11/26, 14/12/26, 04/01/27, 25/01/27, 15/02/27, 08/03/27, 29/03/27, 19/04/27

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS	VEGETARIAN MAIN MEALS
MONDAY Beef & Lentil Bolognaise with Pasta & House Salad	**MONDAY** Smashed Butternut Squash Pasta Bake with House Salad (V)
TUESDAY BBQ Chicken with Salt 'n' Pepper Wedges & Spicy Slaw	**TUESDAY** Chipotle Quorn Dippers with Salt 'n' Pepper Wedges & Spicy Slaw (V)
WEDNESDAY Roast Pork or Salt & Pepper Roast Chicken, Crisp Roasties, Seasonal Vegetables & Roast House Gravy	**WEDNESDAY** Roasted Vegetable & Chickpea Pastry Roll with Crisp Roasties, Seasonal Vegetables & Roast House Gravy (V)
THURSDAY Chipotle Chicken with Spicy Rice & Toasted Corn Salsa	**THURSDAY** BBQ Plant Based Pieces with Spicy Rice & Toasted Corn Salsa (VE)
FRIDAY Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas and Tartare Sauce	**FRIDAY** Korean BBQ Bean Burger with Chips & Peas (VE)

DESSERTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chocolate Sponge & Chocolate Sauce	Brookie Bar	Toasted Coconut & Jam Sponge	Mixed Berry & Apple Crumble	Hot Chocolate Rocky Road & Custard

Whole Fruit, Fruit Pots and Jelly Pots Available Daily

FRESHLY PREPARED SALAD BAR Available Daily

JACKET POTATOES Choose 2 Toppings: Cheese, Tuna or Beans Available Daily

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NATURally

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegan Singapore Noodles (VE)	The Big Plant Burger (VE)	Pesto Pasta with Roasted Tomatoes (VE)	Onion Bhaji Skewer with Bombay Potatoes (VE)	Garlic & Chilli Noodles (VE)

TRATTORIA

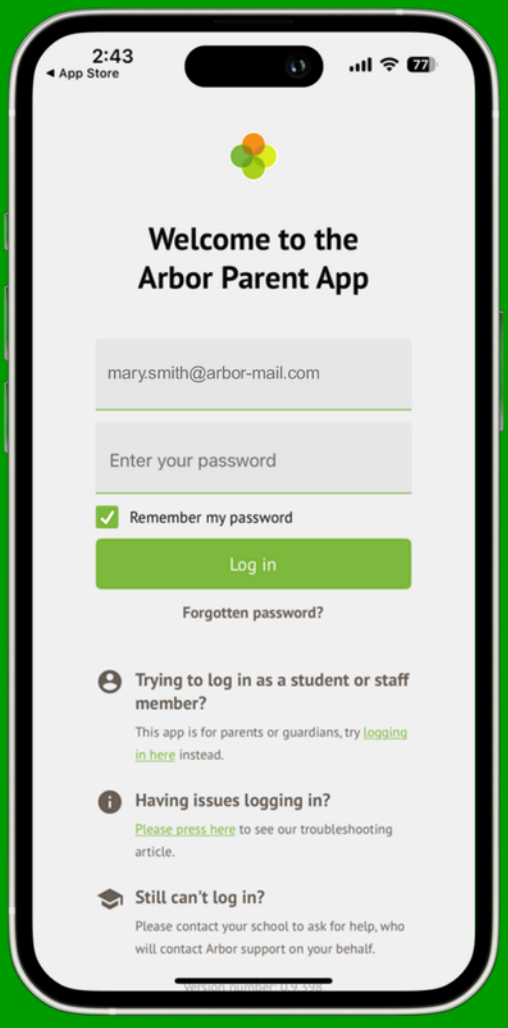
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta in Cheese Sauce	Tomato & Basil Pasta	Pasta in Cheese Sauce	Tomato & Basil Pasta	Creamy Pesto Pasta



Arbor

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

GET IT ON Google Play

Download on the App Store

Understanding exploitation

Online awarenesssessionforparentsand carers

Wolverhampton's Partnership Exploitation and MissingHub welcomesparents and carers to an online awareness session to help you understand exploitation — a form of **'harm outside the home'** that can happen online or in the community.

What will wecover?

- What exploitation is and how it can happen, both online and in the community.
- Signs to look out for that may suggest your child or the child you care for needs help or support.
- How to talk with your child / the child you care for about exploitation and keep conversations open.
- What to do if you are worried, which services can support you and your family, and how to access help.

You do not need to have a specific concern to join.
This session is about building understanding, knowing what to lookout for and finding support if you need it.

Please note : you only need to attend one session. Please book onto whichever session is most convenient for you.

Eveningsession

Date: Monday 9th November
Time: 6pm – 7.15pm
Online platform: Microsoft teams
To book: https://events.teams.microsoft.com/event/da71dbd2-9ebe-4629-b365-134d51fdecf3@07ebc6c3-7074-4387-a625-b9d918ba4a97?source=copyLinkLegacyShareLinkDialog

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Morning session

Date: Tuesday 17th November
Time: 10.30am – 11.45am
Online platform: Microsoft teams
To book: https://events.teams.microsoft.com/event/190ba63d-5e75-427e-99c3-1e0d65c7f890@07ebc6c3-7074-4387-a625-b9d918ba4a97?source=copyLinkLegacyShareLinkDialog

SPOTLIGHT ON SAFEGUARDING

November 2026 | Secondary| What parents and carers need to know about: Anti-bullying week | The Com

Anti-Bullying Week: Break the Silence

Bullying can seriously affect a young person's confidence, wellbeing and sense of belonging. Yet many teenagers stay silent, fearing judgement, exclusion or making things worse. This November, Anti-Bullying Week's theme, Break the Silence, highlights the importance of recognising bullying, speaking up and supporting others. Parents and carers play a vital role in helping young people feel confident when seeking help.

What is bullying?

Bullying usually involves repeated, hurtful behaviour and an imbalance of power but even a single incident can cause harm.

The message for young people: You don't have to prove something is bullying before asking for help. If someone's behaviour is affecting your wellbeing, you deserve support.

Bullying: What does it look like?

Bullying isn't always obvious. Alongside physical intimidation and name-calling, it can take more subtle forms:

- Social exclusion: deliberately isolating someone or turning friends against them.
- Humiliation: spreading rumours, sharing embarrassing content or repeated hurtful jokes.
- Discriminatory bullying: targeting someone's identity, appearance or differences.
- Online bullying: hurtful messages, group chat pile-ons, fake accounts or sharing screenshots.

Why might teenagers stay silent?

For teenagers, speaking up can feel socially risky. They may worry about:

- Being labelled a 'snitch' or making the situation worse.
- Losing friendships or being excluded from their social group.
- Adults overreacting or taking control of the situation.
- Having their phone confiscated or losing access to social media.
- Not being believed, particularly when bullying is subtle or happens online.

This is why it's important to reassure young people that asking for help isn't a sign of weakness, and they deserve to feel safe and respected.

The power of the bystander: Silence can make a difference. Bullying often happens in front of others, both in school and online. Laughing along, sharing hurtful content or staying silent can sometimes encourage it. Encourage teenagers to make a difference by refusing to join in, checking on someone being targeted or telling a trusted adult.

Start the conversation

Try asking your child:

“Why do you think people sometimes stay silent when they see bullying?”

“Can something be bullying even if the person responsible says it's just a joke?”

“What could you do if someone in your group chat was being targeted?”



What really matters

Breaking the silence isn't always about speaking out publicly. It might mean checking on a friend, refusing to join in or finding the courage to tell someone that something isn't right.

SPOTLIGHT ON SAFEGUARDING

The Com: A dangerousonlinenetworktargetingyoung people

'The Com' (short for 'community') is a dangerous online network whose members target and exploit children and vulnerable young people through social media and messaging platforms.
Members may build trust through online friendships, particularly with young people seeking connection or belonging, before using manipulation, threats or blackmail to pressure them into sharing intimate images, self-harm or other dangerous acts.

What makes these networks particularly concerning is that exploitation can begin through what appears to be an ordinary online friendship.

Which platforms are being used?
Harmful networks can exploit platforms popular with young people to make contact and draw them into private communities.

Discord
Allows users to join communities (servers) and communicate privately. Harmful groups have used these spaces to groom, manipulate and exploit young people.
TikTok
Accounts linked to The Com have shared disturbing content promoting self-harm and violence, sometimes directing young people towards harmful private groups.
Telegram
This messaging app allows large group chats, channels and private conversations. Groups linked to The Com have used it to share harmful material, threaten victims and coordinate abusive activity.

How are young people drawn in?
Online grooming often develops gradually. Someone may initially offer friendship, emotional support or a sense of belonging, particularly to a young person who feels lonely or misunderstood.
Over time, they may:

- Encourage private conversations or move communication between apps.
- Ask for personal information, photographs or intimate images.
- Become controlling, demanding constant attention or secrecy.
- Use threats or blackmail to pressure someone into harmful acts.



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.

©The Enlightened Practitioner

From the Chaplain...

Speaking to God: Petition – Asking God for What We Need

Have you ever found yourself wishing for something, hoping for a particular outcome or facing a situation where you simply didn't know what to do next? Perhaps it was a decision that needed making, a challenge at work or home, a relationship that needed healing or a hope you had been carrying for some time.

As we continue our worship season Speaking to God, this week we are exploring a type of prayer called Petition. Petition simply means asking God for something – bringing our needs, hopes, worries and the things that matter to us honestly in prayer.

In the Bible, we read about a king called Solomon. When he first became king, God asked him what he wanted. You might imagine Solomon would ask for riches, a bigger palace or more power. Instead, he asked for wisdom, the ability to make good decisions and lead his people well. God was pleased with his request and gave him great wisdom, along with riches and honour.

Then there is Hannah, who desperately wanted a child. She was heartbroken and found life difficult. Rather than keeping her feelings to herself, she went to God in prayer and honestly poured out her heart. God heard her prayer and in time, she had a son called Samuel, who grew up to become an important prophet and leader.

Both stories remind us that we can talk to God about anything. We don't need special words or have to pretend everything is okay. We can ask for courage when we feel frightened, patience when life is challenging, confidence when we doubt ourselves or wisdom when we face difficult decisions.

But petition isn't just about asking God for things for ourselves. We can also bring the needs of others to God, our friends, family, colleagues, our communities and people around the world who need comfort, strength, peace and hope.

As we approach Remembrance Day next week, we also have an opportunity to pause and remember those who have gone before us. We think of the men and women who showed extraordinary courage, made great sacrifices and in many cases, gave their lives so that future generations could enjoy the freedoms we have today. Their selflessness reminds us that our actions can make a difference far beyond our own lifetime. We can give thanks for their courage and pray for those affected by conflict today, asking God to bring comfort, hope and lasting peace.

So, this week, I wonder: What do you really need to ask God for? And who might need you to pray for them?
As your Chaplain, I want you to know that I pray for our whole school community. I pray that each of us will recognise our gifts, know that we are valued and find the courage and wisdom to make a positive difference in the lives of others.

Remember, you can speak to God about anything, at any time and in any circumstance. He is always ready to listen.



