



Springmoor Grange School Newsletter Volume 24 – Friday 13th March 2026

Science Week

This week, we have been celebrating British Science Week around school. The national theme this year was 'Curiosity, what's your question?', so the children were asked the question '*what is the best design for a paper plane?*' Following some advice from an aircraft engineer, the children experimented with different designs and tested them within their classes. On Wednesday afternoon, our class winners competed in a 'fly-off' in front of the whole school. We were amazed by the creativity of some of the designs, and the children enjoyed cheering on their class representatives. Well done to all of the children involved, you demonstrated great teamwork and enthusiasm. A big congratulations to our winner, Coby, who won the contest - we hope you enjoy your prize!

Visit to Appleton Lodge

On Wednesday, some of our children visited Appleton Lodge care home to meet some of the residents. Whilst there they helped the residents with an Easter craft. They used tissue paper stuck onto sticky back plastic to make an Easter egg that could be stuck onto the windows. The children were fantastic role models for Springmoor Grange and did themselves proud. They were great listeners and made friends with the residents who said they'd all had a lovely afternoon.

Junior parkrun Assembly

On Thursday afternoon, we welcomed Matthew, a volunteer from Victoria Jubilee Junior parkrun, who delivered an exciting assembly all about the event. The children took part in the same active warm-up that participants complete every Sunday before the run. Junior parkrun is open to children aged 4–14 and can be completed however you like – you can run it, walk it or even skip it! The event takes place at Jubilee Park every Sunday at 9am and is a fun 2km course. On the second weekend of each month, the number of children attending from each school is ranked. The last time Springmoor Grange made it into the top three was in October. As the biggest school in Spennymoor, we know Team SGS can do it again! Children also receive special wristbands as they complete different numbers of runs. If you would like to take part, you can register at: <https://www.parkrun.org.uk/register/>

Red Nose Day – Friday 20th March

Comic Relief is back and we've been encouraged to raise money by being FUNNY! At Springmoor, we are holding a Crazy Hair Day on Friday 20th March but we all still have to wear our school uniforms - let's accessorise the normal uniform with the craziest hair you can imagine. Change the colour or style of your hair, or use some crazy additions in or on your hair. Just go crazy! If you would like to take part, we are asking that you make a donation to Comic Relief via their donation methods and not through school. That way, all money raised can go directly to the charity. You can visit [Red Nose Day | Comic Relief](https://www.comicrelief.org.uk/red-nose-day) website or use the QR code. We can't wait to see these hairstyle creations!!



Weekly Class Charts Top Scorers

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|------------------|----------------------|---------------|---------|
| Reception | Archie R and Tommy E | Year 4 | Ferne G |
| Year 1 | Zach D | Year 5 | Grace R |
| Year 2 | Phoebe C | Year 6 | Amber O |
| Year 3 | Amelia H | | |

Attendance and Punctuality

Overall attendance for the week is 95.7% and the Year Group with the highest attendance is Year 2 with 99.5%. The overall school attendance for the academic year is 93.6% for the whole school and 94.6% for children in Reception to Year 6.

The Primary starts at 8:30am, with the gates opening from 8:20am. Please ensure that your child is at school on time so that they do not miss out on any learning. This week, we have had 303 late minutes and lost learning time.



Dates for the Diary

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|----------------------------------|--|
| Monday 16 th March | 2pm – Reception Mother’s Day Event |
| Tuesday 24 th March | Reception Vision Screening |
| Wednesday 25 th March | 2pm – Y1, Y2 and Y6 Easter Service – St Andrew’s Church |
| Thursday 26 th March | 2pm – Y3, Y4 and Y5 Easter Service – St Andrew’s Church |
| Monday 30 th March | 1:45pm – Reception Egg Decorating |
| Tuesday 31 st March | 2pm – Nursery Easter Bonnet Parade |
| Thursday 2 nd April | World Autism Awareness Day – Non-Uniform – Light it up BLUE! <i>Suggested Donation – £1 – School Fund</i> 3pm Close for Easter |
| Easter Holiday | |
| Monday 20 th April | Children back to school Careers Day – Summer 1 |

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.



WHERE IS IT FOUND?

SOCIAL MEDIA
Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING
Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

STREAMING
The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

ADVERTS
Online adverts frequently include age-inappropriate content: usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

18 Advice for Parents & Carers

TALK IT THROUGH
Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.

CONNECT, DON'T CORRECT
If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake – but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.

BLOCK, REPORT, CONTROL
After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

GET SPECIALIST HELP
Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

STAY CALM
Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

Meet Our Expert
Cayley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



Source: <https://www.education.gov.za/documents/about/programmes/bullying/prevention/inappropriate.pdf> | <https://www.safety.gov.za/education/raising-professionals/professional-learning-programme/teachers/inappropriate-content-factsheet/> | <https://www.wakeupwednesday.co.za/wp-content/uploads/2021/04/childrens-media-view-year-7.pdf>