



SEATON SLUICE MIDDLE SCHOOL NEWS REVIEW

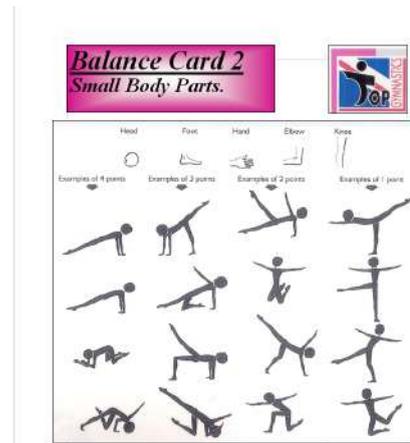
Week Ending: March 13th, 2026

Spring Term (2) End of Week 3: Read on to get the latest SSMS updates.

Spotlight on... PE

Year 5

5S have been practising balances in gymnastics : moving in stages from the easy 4 point to the tricky 1 point of contact balances. Meanwhile 5E have been swimming and 5S have been learning badminton at the high school. 5N have recently finished their Hockey topic and have started to learn Netball. The footwork has proved to be quite tricky but competitive 5N will soon get the hang of it!



Year 6

During year 6 PE lessons we have been practising dribbling, passing and tackling safely in Hockey. We have also been working on passing skills in Tag Rugby.



Year 7

Year 7 have also started their hockey topic. We have begun practicing our dribbling, and passing skills and finished our lessons with some 2v2 passing games.



Year 8

In Year 8 we are starting our fitness challenge topic. In lessons this week we have been testing our stamina using the Police Multi Staged Fitness Test to see what level we can achieve. We have also been completing some HIT workouts including some circuit training. These activities have involved agility ladders, boxercise, skipping, speed bouncing and some core strength training.



Some of our Year 8 are also involved in the Seaton Sluice Adventure Challenge and have taken part in team building sessions and an initial introduction to archery and air rifle shooting.



Later in the week they also took part in a first response first aid course, learning skills that they may need later in life.



British Science Week

Year 5

Year 5 really enjoyed British Science Week! The children observed various demonstrations to inspire questions with regard to this year's topic of being curious. We looked at the use of magic tricks, AI, hidden elements and evidence to prompt more questions. We then did various tests exploring our senses, including a blind tasting to figure out the flavour of Haribo bear, tasting apple covered with cinnamon whilst pinching our nose before letting go to compare, smell tests to identify the scent, hearing tests to identify the sound and we also looked at and discussed optical illusions. Not only was it great fun but these activities did bring a range of questions and lots of curiosity!



Space Club

This week the children in Space Club have been making satellites! They were very creative and shared exactly what purpose their satellite would serve.



Science Dress Up Day

5E had some great costumes for Science Dress Up Day, particularly Arley, who was on a dinosaur!



ECO CLUB

We are so lucky at SSMS to have fantastic outside spaces for us to learn in. As an Eco Club we have been working on improving our outdoor spaces by working alongside Hannah, from OASES (Outdoor and Sustainability Education Specialists) to become a Climate Friendly School. Hannah helped us to come up with an action plan, which we have been working on this year. Our Eco Club is growing all the time and they are working hard on the action plan.

A huge part of this plan is to improve our Wildlife Area so we can use this more often with Wilderness School sessions in the Summer term. This is a massive job and we will be asking for volunteers to help us in the next month or so. If you feel you have some time to spare and would like to volunteer, then please keep an eye out for dates which will be sent out shortly.

The things we are hoping to do are:

- create a willow arch and hedge
- add new bark to our paths
- rake dead areas and remove dead material
- clear out raised beds and add compost so we can plant vegetables and plants

We would greatly appreciate any donations to this project so if you feel you can help out or know someone who can then please contact the school.



Mock Trials

On Saturday a group of 11 students from year 8 took part in the annual mock trials competition held at the law courts in Newcastle. Our prosecution and defence teams competed with 7 other middle and high schools from the region.



This year's case R v Hanley

Fog on the Tyne on the morning of the competition

The team received their brief at the end of last year and have been pouring through witness statements, writing speeches and preparing questions for examination and cross examination in their lunch breaks.

On the day of the competition our defence team went first against Seaham high school whose prosecution lawyers put our witnesses through a gruelling cross examination. Our defence team stood their ground and through thoughtful questioning and a stirring defence speech managed to get a verdict of not-guilty.

Next up our prosecution team got off to a superb start with such a convincing opening speech that the rest of the trial seemed a formality. However our opponent, St Josephs, had some great ideas of their own and the trial again ended up with a not-guilty verdict. The balance of proof being beyond reasonable doubt always meant it was going to be tough for our prosecution to secure a conviction!

The event was a superb opportunity for our children to learn about this country's legal system as well as a chance to practice their public speaking and dramatic skills. Well-done everyone for your hard work!



Active Travel Ambassadors

A group of pupils from year 7 and 8 spent the day with Lou Millington from Modeshift learning about active and sustainable travel with the aim of designing and delivering a campaign to pitch to industry experts. After completing a site audit and questioning other pupils, the Active Travel Ambassadors decided to focus their campaign on road safety. They will be taking their campaign to County Hall on March 27th, if successful the pupils could win up to £250 to help them put their ideas into place. Keep looking out to find out how they do!



Year 8 Cannabis Awareness Workshop

Year 8 students recently took part in an informative cannabis awareness workshop designed to increase young people's knowledge and understanding of issues surrounding peer pressure, drug use, alcohol, and making responsible choices.

During the session, students discussed the reasons why some people choose to use cannabis and explored the potential negative effects it can have on individuals' physical health, mental wellbeing, and decision-making. The workshop also encouraged open conversations about the pressures young people may face and highlighted the importance of making safe and informed choices.

The session provided a valuable opportunity for students to ask questions, share ideas, and develop a better understanding of how to look after their health and wellbeing.



Mr Thompson's Comic Relief - Beard-Off

For Comic Relief (Red Nose Day) this year, the theme is "Take Yourself Funny For Money". Inspired by this, one of our Teaching Assistants Mr Thompson will be doing a sponsored shave and broadcasting it to form classes during afternoon registration on Friday the 20th of March. Whilst shaving isn't a herculean task in and of itself, Mr Thompson (although bald on top) has always had a beard, so losing it to reveal his haggard face is a pretty big deal.

If anybody would like to donate to this, please send in your child with a donation, or pop into the school reception. Any and all donations would be hugely appreciated, with all proceeds going directly to Comic Relief. Donations will be taken up until the following Friday (27/03/26).

<https://www.comicrelief.com/rednoseday/>



Donations



Reminders:

- We take pride in being a 'Healthy School', so healthy snacks only in school please - no sweets, family size packets of crisps or fizzy drinks.
- All children need to bring a pencil case with a pen, pencil and ruler to school.

Stars of the Week:

Y5 - Harry R, Aaron S, Diego B, Adam F

Y6 - Caris P, Summer Y, Blu G, Joshua C

Y7 - Scarlett G

Y8- Olivia P

Attendance

Please remember to call in or send a message via MCAS if your child is unwell and will not be attending school by 8:30am. It is important that we have evidence for each day your child is absent, even if they were sent home the previous day.

To report an absence via telephone call please dial 0191 2370629, select 4 for Seaton Sluice Middle School, then select 8 to report a student absence.

Please send evidence of medical/dental appointments/medication to ssms@svf.org.uk so we can attach these to your child's profile on our system.

If you are submitting a Leave of Absence request, please ensure any documentation supporting the exceptional circumstances is handed in at the same time as the Leave of Absence form.



This week's whole school attendance (YTD): 92.0%

Year 5	Year 6	Year 7	Year 8
94.9%	94.2%	90.3%	89.1%

The current best attending class is: 5 North



Dates for the diary:

Mondays, weekly - Space Club for Y5 and Y6 pupils at 3.30pm-4.30pm. Spaces still available. Follow this link to: [Sign up for Space Club](#)

Wednesday, **March 18th** 4 to 6pm - KS3 Parents' Evenings

Friday **March 20th** - Comic Relief (further info to follow)

Thursday **March 26th** - Seaton Sluice to the Future - Exhibition for Y5 parents - 3.45 to 5.45pm (Further info to follow)

IMPORTANT: Wednesday, April 1st - School closes for Easter holiday (**Thursday April 2nd - Teacher Training Day**)

July 15th - End of Year Trip for KS2 - Adventure Valley. Please fill in an expression of interest if you would like your child to go. Follow this link (Y5 and Y6 only): [KS2 End of Year Trip](#)

Social Media Channels

Don't forget to keep up to date with everything else on our social media channel.

https://www.instagram.com/seaton_sluice_middle/

Facebook - @Seaton Sluice Middle School

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