

HEATH MOUNT PRIMARY SCHOOL



NEWSLETTER



14th November 2025

Dear Parents and carers,

It's been another busy week!

On Tuesday, we held our Remembrance Day assembly during which we observed the two-minute silence to show our respects and to honour the service and sacrifice of all those involved in defending their country.

Today, we have been raising money for Children in Need wearing all things yellow and spotty. Thank you so much for all your donations and we are happy to announce that we raised a grand total of £120.

Also, today three children from Year 5 attended The Meadows Primary School to join in a 'human library' event where they shared their experiences with other children from our Excelsior schools. A group of Pupil Parliament members attended a healthy eating workshop to consider the effects of sugar on our bodies. We made some savoury muffins and a delicious smoothie.

All the children who represented our school on these visits were commended for their excellent behaviour and impeccable manners and as fabulous role-models for Heath Mount. Yesterday, we had a school review, and we will let you know the findings when we have received it.

Have a great weekend – let's hope it stops raining at some point!

Miss Beech
Deputy Headteacher

 PE TIMETABLE 
Monday - 1B and Year 5
Tuesday - 6B
Swimming - 6JB
Wednesday - 2RZ and Year 3
Thursday - 2Z and Year 4
Friday - Reception
Children to wear their PE kits to school on their PE days

Stay in touch:



enquiry@heathmount.excelsiormat.org



0121 464 1691



www.heathmount@excelsiormat.org

Dates For Your Diary

Date	Event	Time
Tuesday 18 th November	Reception Stay and Read	8:35 - 9:00
Wednesday 19 th November	Year 1 and Year 2 Stay and Read	8:35 - 9:00
Monday 24 th November	Year 6 visit to RAF Cosford	
Wednesday 26 th and Thursday 27 th November	Year 6 visit to The Birmingham Civil Justice Centre	12:30 - 3:20
Wednesday 3 rd December	Excelsior MAT Football Tournament	
Tuesday 9 th December	Reception and Year 1 Nativity Performance	9:15 - 9:45 and 2:15 - 2:45
Thursday 11 th December	The Winter Fayre	During School Hours
Friday 12 th December	Christmas Jumper Day	
Tuesday 16 th December	Year 1 visit to The Church	

Heath Mount Primary Menu

WEEK TWO

W/C-08/09, 29/09, 20/10, 17/11, 08/12

WEEK TWO	MONDAY <i>Mains</i> Chicken Pasta Bake Vegetable Pasta Bake (V) with Garlic Bread Sea Stars, with Lemon Wedge & Tartar Sauce <i>Accompaniments</i> Pomme Noisette & Veg of the Day <i>Dessert</i> 1/2 Belgian Waffle with Toffee Sauce Fresh Fruit/Yoghurt	TUESDAY <i>Mains</i> Chicken Jambalaya Vegetable Jambalaya (V) with Herb Flatbread Battered Chicken Fillet <i>Accompaniments</i> Sauté Potatoes & Veg of the Day <i>Dessert</i> Chocolate & Beetroot Brownie with Custard Fresh Fruit/Yoghurt	WEDNESDAY <i>Mains</i> Beef Lasagne Vegetable Lasagne (V) with Garlic Slice Chicken/Quorn Sausage Hot Dog (V) <i>Accompaniments</i> Pomme Noisette & Veg of the Day <i>Dessert</i> Pancakes with Fruit or Toffee Drizzle Fresh Fruit/Yoghurt
	THURSDAY <i>Mains</i> Sweet N' Sour Chicken Vegetable Samosa, with Curry Sauce (V) Fish Fingers, with Lemon Wedge & Tartar Sauce <i>Accompaniments</i> Boiled Rice, Potato Wedges & Veg of the Day <i>Dessert</i> School Days Tray Bake Fresh Fruit/Yoghurt	FRIDAY <i>Mains</i> Chicken Tikka Pizza Margherita Pizza (V) <i>Accompaniments</i> Chipped Potatoes & Veg of the Day <i>Dessert</i> Chocolate Cornflake Cake Fresh Fruit/Yoghurt	AVAILABLE DAILY  Fresh salad cart  Jacket potato and Fillings

Allergen information: menu descriptions may not list every individual ingredient. We are aware of the presence of allergens requiring labelling, so please ask a member of the catering team should you require any more details. Vegetarian options are indicated by the symbol (V).

100% ATTENDANCE COMPETITION

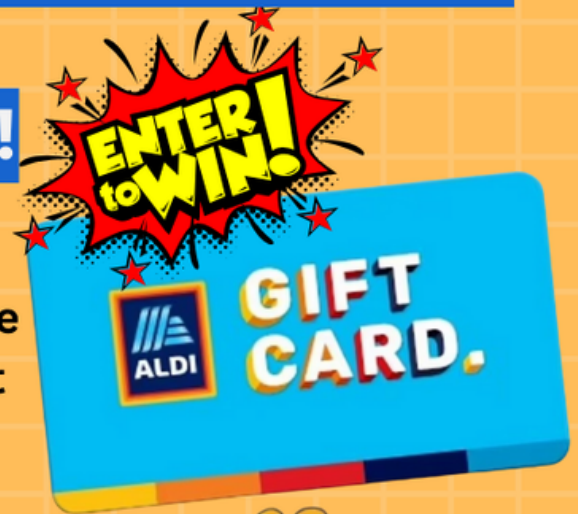


Exciting News!
Monthly Attendance Raffle

**One lucky winner will
receive a £20 Aldi Voucher!**

We're thrilled to introduce a new Attendance Raffle to celebrate and encourage excellent attendance!

Every month, all children who have **100%** attendance or shown improved attendance will be entered in to a prize draw!



Fred says, "Don't delay! Hop to school and learn today."

ATTENDANCE MATTERS



EVERY DAY COUNTS





Communication and Autism

SEND
BIRMINGHAM

AET* Toileting Presentation for Parent carers – Workshop – AUTUMN
EAST – Highfield Junior & Infant School, Highfield Road, Saltley, B8 3QF.

Come along and meet Dawn and Viv from the Communication and Autism Team (CAT).

This is an opportunity for you to meet other parent carers with autistic children, or children who are on the neurodevelopmental pathway for assessment.

- Find out a bit more about autism and toileting
 - Ask questions
- Have some time to reflect and share ideas and experiences
- Attendees will receive an AET certificate for participating in the workshop

The session will be held at:
Highfield Junior & Infant School, ,
Highfield Road, Saltley, Birmingham,
B8 3QF

Date and Time:
Tuesday 25th November
9.15-10.45am

THEME : Toileting

(Please note there are no childcare facilities at the venue.)

Just turn up on the day - there is no need to book. We look forward to seeing you there!

Dawn Fisher and Viv Walters.



Communication and Autism

SEND
BIRMINGHAM

Workshop for Parent carers– AUTUMN
'Helping your child to regulate their Emotions'

SOUTH – Kitwell Primary School, Wychbury Road, Birmingham, B32 4DL.

Come along and meet Lisa and Viv from the Communication and Autism Team (CAT).

This is an opportunity for you to meet other parent carers with autistic children, or children who are on the neurodevelopmental pathway for assessment.

- Find out a bit more about autism and Emotions
 - Ask questions
- Have some time to reflect and share ideas and experiences

The session will be held at:
Kitwell Primary School,
Wychbury Road, Birmingham, B32
4DL.

Date and Time:
Monday 17th November
9.15-10.45am

THEME : Helping your child to
regulate their Emotions

(Please note there are no childcare facilities at the venue.)

Parent carers from any setting are welcome to attend

Just turn up on the day - there is no need to book. We look forward to seeing you there!

Lisa Walmsley and Viv Walters.

Breathe Easy Birmingham

Asthma Awareness Workshop

FREE to parents and professionals in Ladywood

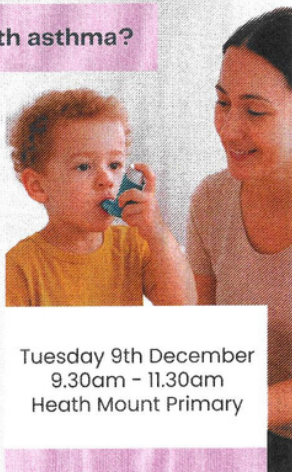
Do you have a child living with asthma?

Come and find out how you can support them and prevent hospitalisation!

Sessions include a **FREE** asthma support pack and specialist advice.

What's included:

- ✔ What is asthma?
- ✔ Signs, symptoms & early recognition
- ✔ Common triggers
- ✔ Asthma management
- ✔ Emergency care
- ✔ Local help and resources



Tuesday 9th December
9.30am – 11.30am
Heath Mount Primary

Contact

Rashida Ikhlaiq
r.ikhlaq@excelsiormat.org

Contact us

☎ 0121 369 2025 ✉ hello@onyourfeet.biz 🌐 www.onyourfeet.biz

Breathe Easy Birmingham

FREE Home Health & Safety Checks

Helping you to create a safer home for your children

Do you worry about accidents at home like burns, falls or choking?

Our trained professionals can help

We are offering **FREE** home safety visits
****Available for families in Ladywood****
These visits will help reduce the risk of accidents and keep your children safe.

What's included:

- ✔ Home Safety Check by a trained professional
- ✔ Personalised recommendations report
- ✔ Child safety pack (socket covers, locks, etc – where applicable)
- ✔ Practical guidance for emergencies
- ✔ Follow-up phone support



Scan to Apply Now



bit.ly/BreatheEasyBrum

Book your free visit

☎ 0121 369 2025 ✉ hello@onyourfeet.biz 🌐 www.onyourfeet.biz

Breathe Easy Birmingham

Home Health & Safety Workshop

Free course to all parents in Ladywood

Do you live with a child under 5?

Accidental injury is one of the most common reasons for hospitalisation in children under 5! Come and learn how these accidents can be avoided.

Sessions include access to **FREE** home safety checks.

What's included:

- ✔ Common accidents in the home
- ✔ Home hazard spotting
- ✔ Safe storage & household dangers
- ✔ Preventing injury with equipment
- ✔ Action to take in an emergency
- ✔ Home safety checks & access to equipment



Tuesday 2nd December
9.30am – 11.30am
Heath Mount Primary

Contact

Rashida Ikhlaiq
r.ikhlaq@excelsiormat.org

Contact Us

☎ 0121 369 2025 ✉ hello@onyourfeet.biz 🌐 www.onyourfeet.biz

STAR OF THE WEEK

RECEPTION

Dawud and Mariam

YEAR 1

Jannah and Anwar

Ibrahim and Bilal

YEAR 2

Zaid M and Laura

Khadijah and Ismail

YEAR 3

Hamza and Sarah

Maureen and Ali

YEAR 4

Malakai and Safa

Hamza and Hajrah

YEAR 5

Kharisma and Lina B

Amat and Manha

YEAR 6

Amani and Laibah

Khadijah and Elaph

WINNER

HOT CHOCOLATE FRIDAY

Well done to all the children who
have been nominated. This
week's winners are:

YEAR 1

Zarisha

YEAR 2

Safa

YEAR 4

Shindara

YEAR 5

Zakariya

YEAR 5

Manha

YEAR 6

Yasmin

ORACY CHAMPIONS OF THE WEEK



EACH WEEK, OUR STAFF CHOOSE A CHILD WHO HAS DEMONSTRATED THEIR ORACY SKILLS IN AN EXCEPTIONAL WAY.



YEAR 1

Alfie and Abdulrahman

YEAR 2

Aileen and Reem

YEAR 3

**Alayna, Absalat,
Noha and Isaac**

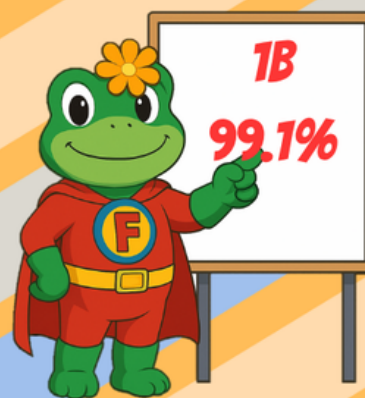
YEAR 4

**Owais, Younis,
Salima and Musa**

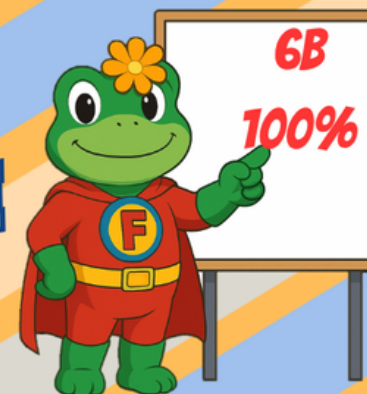
YEAR 5

Aibek and Basmah

FRED'S ATTENDANCE SUPERHEROES OF THE WEEK



**HERE
EVERYDAY
READY
ON TIME**



**Fred says, "Don't delay!
Hop to school and learn
today."**

Parents' Coffee Morning

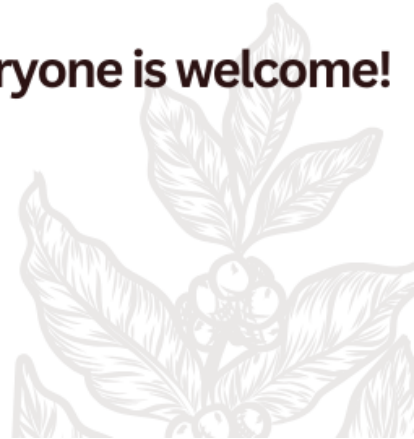
Every Tuesday

**The Community Hub
within Heath Mount Primary School**

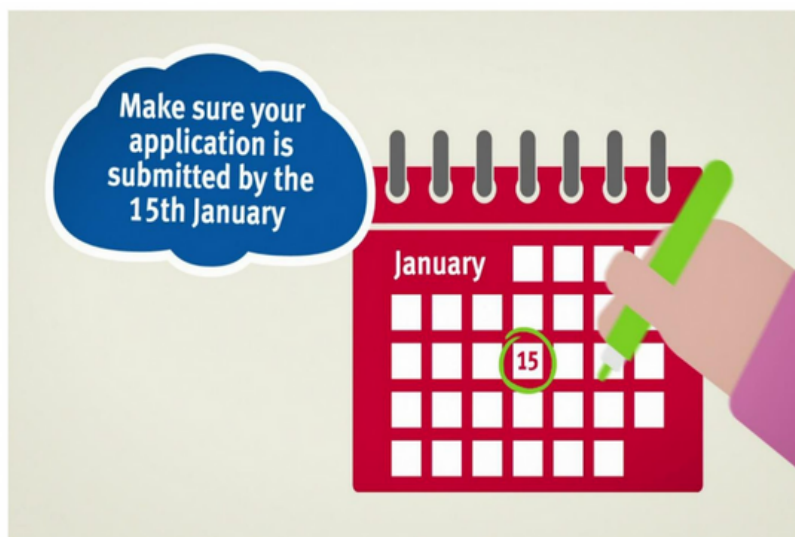
8:45 am - 11:00 am

**Please come along for a cuppa
and a chat with Mrs Ikhlag and
other parents.**

Everyone is welcome!



**Have you applied for your child's reception
place for September 2026?**



**Scan this code or visit
www.birmingham.gov.uk/schooladmissions
and fill in the form.
Put Heath Mount Primary School as your
first choice!**



At Heath Mount Primary School, we promote children's rights in all areas of our curriculum. We want to ensure that ALL children understand their rights so that they are healthy, happy and safe.

Look at the articles below and talk about what these articles mean.

UNICEF Rights Respecting Schools Article 2 - Non- Discrimination

"The Convention applies to every child without discrimination, whatever their ethnicity, gender, religion, language, abilities or any other status, whatever they think or say, whatever their family background."

UNICEF Rights Respecting Schools Article 13 - Freedom of Expression

"Every child must be free to express their thoughts and opinions and to access all kinds of information, as long as it is within the law."

UNICEF Rights Respecting Schools Article 12 - Respect for children's views

"Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously. This right applies at all times, for example during immigration proceedings, housing decisions or the child's day-to-day home life."

UNICEF Rights Respecting Schools Article 19 - Protection from violence, abuse and neglect

Governments must do all they can to ensure that children are protected from all forms of violence, abuse, neglect and bad treatment by their parents or anyone else who looks after them.

Exploring Anti-Bullying Week - What does bullying mean to you?

What different kinds of bullying can you think of?

Did you think of these?

- It is repeated behaviour that treats another person badly over time.
- Behaviour that makes you feel unsafe and/or puts you down as a person.
- Physical – aggressive or violent, being pushed, hit, kicked, intimidated.
- Verbal – name-calling, threatening, being laughed at, teasing, being shouted at.
- Social – being purposefully excluded from plans with your 'friends'.
- Cyber bullying (online, on social media or gaming forums) – unkind comments, sharing photos with negative comments.
- Discrimination - against race, nationality, sexuality, faith or another protected characteristic.
- Sexual bullying – unwanted sexual comments or contact, spreading of sex rumours.
- Emotional or psychological – when someone gets what they want by making others feel angry/sad (manipulation) or being told they are not good enough.

Safeguarding at Heath Mount Primary School

Please see the safeguarding page on our school website:
Safeguarding – [Heath Mount Primary School \(excelsiormat.org\)](http://heathmountprimaryschool.excelsiormat.org)

At Heath Mount Primary School safeguarding children is of paramount importance. We have 5 Designated Safeguarding Leads (DSLs) who can be contacted by parents should they have a safeguarding concern. If you have safeguarding concerns about a child, please email school using the following email address: enquiry@heathmount.excelsiormat.org. Our DSLs are:



Meet your safeguarding team:



Mrs Samuel
Headteacher,
SENCO &
Lead DSL



Miss Taylor
Pastoral Manager
Deputy DSL



Mrs Yafai
HLTA
Deputy DSL



Mrs Smith
HLTA
Deputy DSL

Miss Brook
Teacher
Deputy DSL

Miss Bi
Office Manager
DSO



**BIRMINGHAM
CHILDREN'S TRUST**

Contact details

Monday to Thursday: 8:45am to 5:15pm
Friday: 8:45am to 4:15pm
Telephone: 0121 303 1888

Emergency out-of-hours

Telephone: 0121 675 4806

The Children's Advice and Support Service (CASS) provides a single point of contact for professionals and members of the public who want to seek support or raise concerns about a child.

We want to keep all children and young people in Birmingham safe from harm. If you are concerned about a child please contact us. We will listen, assess your concerns, and can take action if a child is at risk.

If you have any concerns at all about a child's safety or wellbeing, don't hesitate to contact us



It doesn't have to be an emergency — you might be looking for guidance and support on issues affecting children. Whenever it is you're worried about, our dedicated child protection specialists will be able to advise and take any necessary action.

Whatever your worry — call us on **0808 800 5000**, email help@NSPCC.org.uk, or [submit our online form](#) — we can help. We also have advice about spotting the signs of abuse.

Due to an increase in demand across our service, our voice Helpline is currently operating between the hours of 10am-4pm on Monday to Friday. However, you can email help@NSPCC.org.uk at any time. It's free and you don't have to say who you are. If you think a child is in immediate danger, please call the police on 999 straight away.

