

Heath Mount Primary School



Newsletter



17th April 2026

Dear Parents/Carers,

**WELCOME
BACK!**

I hope you all had a lovely holiday. It's been great to see the children back in school and settling in so well.

Please can we kindly remind you to make sure your child comes to school every day and arrives on time, as this really helps their learning.

Please also remember to send your child into school with their PE kit on their PE days, making sure it is clearly named.

What an enjoyable day we had on Thursday! All the children in KS2 thoroughly enjoyed rolling around and bumping into each other in their zorbing sessions.

This was followed by EYFS and reception mini-trampolining - bouncing enthusiastically and learning new skills at the same time. Our fabulous children were all praised by the instructors for their amazing behaviour, impeccable manners and representing our school so well.

April is World Autism Acceptance Month, a global initiative aimed at fostering understanding, inclusion, and acceptance of autistic individuals. Today, Mrs Begum from the Communication and Autism Team delivered an Autism awareness assembly for KS1 and KS2. The children were very respectful and asked lots of questions.

If your child is having a packed lunch, we would like to encourage healthy choices wherever possible, so they have the energy they need for the school day.

Thank you for your continued support.

Have a lovely weekend.

Mrs Samuel
Headteacher

DATES FOR YOUR DIARY

THURSDAY 23RD APRIL
YEAR 3 VISIT TO EDGBASTON CRICKET GROUND

MONDAY 4TH MAY
MAY DAY BANK HOLIDAY - SCHOOL CLOSED

THURSDAY 7TH MAY
POLLING DAY - SCHOOL CLOSED FOR PUPILS

WEEK COMMENCING 11TH MAY
YEAR 6 SATS ASSESSMENT WEEK

WEDNESDAY 20TH MAY
YEAR 6 TRIP TO THE ACKERS TRUST

FRIDAY 22ND MAY
SCHOOL CLOSURES AT 1:00 PM FOR THE HALF TERM BREAK



MONDAY 1ST JUNE
SCHOOL REOPENS FOR THE NEW HALF TERM

WEDNESDAY 10TH JUNE
YEAR 2 TRIP TO WESTON SUPER MARE

MONDAY 29TH JUNE
RECEPTION TRIP TO ATWELL FARM

MONDAY 29TH JUNE
YEAR 5 AND 6 RESIDENTIAL TRIP TO BOUNDLESS ACTIVITY CENTRE

FRIDAY 17TH JULY
SCHOOL CLOSURES AT 1:00 PM FOR THE SUMMER BREAK

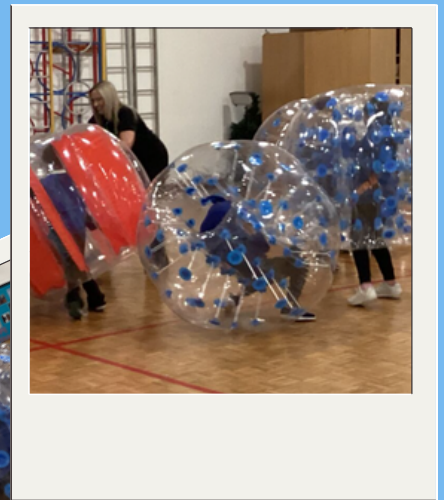
 **PE TIMETABLE** 

Monday - 1B and Year 6
Tuesday - Reception
Swimming - 4A
Wednesday - 2RZ, 4SB and 5S
Thursday - 2Z, Year 3 and 5B (Tennis)

**Children to wear their PE kits to
school on their PE days**



THIS WEEK AT HEATH MOUNT



FRED WAS SO EXCITED TO MEET EVERYONE ON THE FIRST DAY OF THE NEW TERM.



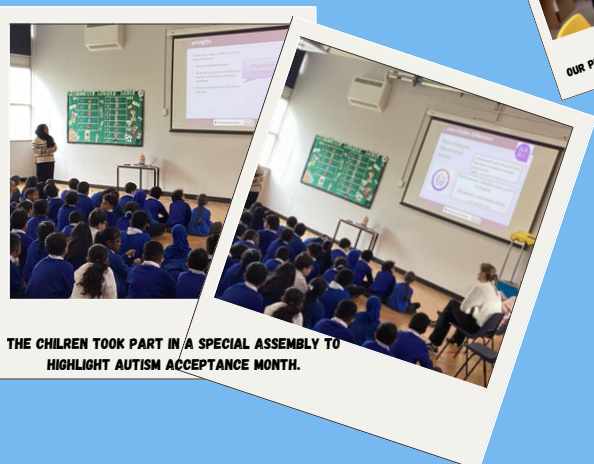
THE CHILDREN WERE VERY EXCITED TO TAKE PART IN ZORBING AS PART OF OUR SPORTS TASTER DAY



RECEPTION ENJOYED TAKING PART IN A TRAMPOLINING LESSON



OUR PLAY LEADERS HAVE BEEN BUSY BRUSHING UP ON THEIR SKILLS.



THE CHILDREN TOOK PART IN A SPECIAL ASSEMBLY TO HIGHLIGHT AUTISM ACCEPTANCE MONTH.



MEMBERS OF THE ANCIENT EGYPTIAN CLUB HAVE BEEN BUSY CREATING THEIR LIFE SIZED MUMMY.



THE ECO COMMITTEE CREATED SOLAR POWERED CARS.



Approachable
Parenting

5 PILLARS OF PARENTING (3-7 YEARS)

This is a practical 8 weeks programme for parents of children aged between 3 and 7 years.



Starting in Summer Term,
April /May 2026



Tuesday Mornings,
9.30am - 11.30am



Heath Mount
Primary School



THE PROGRAMME INCLUDES:



Effective communication
with your child



Importance of building
structures and routines



Managing challenging
behaviour



Improving parent-child
relationship



To book, please contact
Mrs Rashida Ikhlaq
07846874695

FRED'S ATTENDANCE SUPERHEROES OF THE WEEK

2RZ 100%

4A 97.4%

5B 100%

6JB 100%



HERE
EVERYDAY
READY
ON TIME

ORACY CHAMPIONS OF THE WEEK



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

ORACY CHAMPIONS

RECEPTION Harshan

YEAR 1 Harris

YEAR 2 Amirah and Sarah

YEAR 3 Affan and Abhimanyu

YEAR 4 Haleemah and Mouad S

YEAR 5 Hawwa and Sundas

YEAR 6 Abdul-Haseeb

STAR of the week

Reception Zainab and Aisha

Year 1 Michelle and Haider

Year 2 Zain and Ismail. Mohammed and Arjun

Year 3 Hibo and Arwa. Luqman and Khloe

Year 4 Dina and Yousef. Moustapha and Salima

Year 5 Yameen and Aisha. Roshan and Mariam

Year 6 Tuleesha and Suhayl. Noorsin and Yusuf

HEATH MOUNT WEEKLY MENU

WEEK 1- 23/2, 16/3, 20/4, 11/5, 8/6, 29/6

MONDAY

Chicken Tikka with
Boiled Rice /
Battered Fish

Vegetable Tikka with
Boiled Rice (V)

Naan Bread,
Pomme Noisette,
Veg of the Day

Vanilla Ice Cream
Fresh Fruit & Jelly

TUESDAY

Beef Chilli
5 Bean Chilli (V)
Sea Stars

Rice,
Herby Diced Potatoes,
Veg of the Day

Fruity Crumble Cake
Fresh Fruit & Jelly

WEDNESDAY

Roast Chicken &
Yorkshire Pudding
Herb Roasted
Quorn (V)

Roast Potatoes,
Veg of the Day,
Gravy

Chocolate Concrete
with Pink Custard
Fresh Fruit & Jelly

THURSDAY

Cottage Pie
Vegetable Spring Rolls
with Oriental Noodles (V)

Veg of the Day,
Sauté Potatoes

Iced Lemon Doughnuts
Fresh Fruit & Yoghurt

FRIDAY

BBQ Chicken Pizza
Margherita Pizza (V)

Spicy Wedges,
Veg of the Day,
Baked Beans

Homemade Lemon
Shortbread
Fresh Fruit & Jelly

Available Daily- Jacket Potato with a variety of fillings /
Fresh Salad Cart / Fresh Fruit



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 article below and talk about what this article means.



UNICEF Rights Respecting Schools Article 26 - Social and Economic Help

“Every child has the right to benefit from social security. Governments must provide social security, including financial support and other benefits, to families in need of assistance. “

Exploring Article 26 - What are the basic things that every child needs in order to have a good standard of living?

Did you think of these?

- A safe, warm and dry place to live
- Nutritious food
- Clean water to drink
- Somewhere to wash
- Clean clothes to wear
- Space, time and resources to relax and play
- Healthcare and medical treatment
- Education and the chance to develop your talents
- A chance to have friends
- People to look after you
- Enough money for the essential things in life



Online Safety Quiz

Does your child know how to stay safe online? Test their knowledge with this online quiz.

You find out someone has shared an embarrassing photo of you, what should you do?

A Just ignore it and hope that it'll be a photo of someone else they find funny tomorrow.

B Message them and call them names to get back at them.

C You know it'll be embarrassing, but it is best to tell an adult you trust (a parent, or teacher) what has happened so they can help.

The correct answer is C. You know it'll be embarrassing, but it is best to tell an adult you trust (a parent, or teacher) what has happened so they can help.

Always think carefully about what you post



Safeguarding at Heath Mount Primary School

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

At Heath Mount Primary School safeguarding children is of paramount importance. We have 6 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 Beech
Deputy Headteacher
Deputy 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. Whatever 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](tel: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](tel:999) straight away.

