

Heath Mount Primary School



Newsletter



23rd January 2026

Dear Parents/Carers,

I hope you are well and have had a good week.

I have spent some time in all year groups this week and particularly enjoyed their maths lessons. I also spend time with The Animal Man in EYFS. The children had a thrilling experience and particularly liked holding them. Please look out for our workshops and live lessons. We will be inviting parents/carers to visit live maths lessons this half term.



Parents' evening appointments will be available to book on the Arbor app from Monday 26th January 2026. Please make sure you have booked an appointment with each of your children's teachers- these will be taking place from week beginning 23rd February.

Next week, we are looking forward to our Houses of Parliament trip, where Miss Beech, Mrs Yafai and Mr Ishfaq will be accompanying a group of children to London.

We take a moment to celebrate and reflect on the fabulous contribution Mrs Gul has made to our school community over the last 22 years. We were pleased to commemorate this special day internally with Mrs Gul's wishes. I know that collectively you will join us in wishing her all the very best for the future.

Have a lovely weekend.

Mrs Samuel
Headteacher

**PE TIMETABLE**

Monday - 1B and Year 6
Tuesday - Swimming - 5B
Wednesday - 2RZ and Year 3
Thursday - 2Z, Year 4 and 5S
Friday - Reception

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

DATES FOR YOUR DIARY

MONDAY 26TH JANUARY

YEAR 4 STAY AND READ - 8:35-9:00 - LOWER HALL

THURSDAY 29TH JANUARY

PUPIL PARLIAMENT VISIT TO THE HOUSES OF PARLIAMENT

MONDAY 2ND FEBRUARY

YEAR 5 STAY AND READ - 8:35-9:00 - LOWER HALL

FRIDAY 6TH FEBRUARY

NSPCC NUMBER DAY - NON UNIFORM DAY

MONDAY 9TH FEBRUARY

YEAR 4 VISIT TO THE BIRMINGHAM SYMPHONY HALL

MONDAY 16TH FEBRUARY – FRIDAY 20TH FEBRUARY

HALF TERM HOLIDAY

MONDAY 23RD FEBRUARY

SCHOOL OPEN FOR ALL PUPILS

THURSDAY 26TH FEBRUARY

YEAR 2 VISIT TO THE BIRMINGHAM SYMPHONY HALL

FRED'S ATTENDANCE SUPERHEROES OF THE WEEK



1B 97.2%

30 97%

5S 99.2%



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

Noah

YEAR 1

Abdulrahman

YEAR 2

Aalaa and Dalya

YEAR 3

Habibullah and Isaac

YEAR 4

Ekram, Malak and Leyanna

YEAR 5

Amat and M. Turaab

STAR

of the week

Reception Shumokh and Mohammed

Year 1 Haider and Bilal

Year 2 Laura and Zayd. Yusuf and Umar

Year 3 Affan and Dareen. Khloe and Maureen

Year 4 Miriam and Mohammed. Eshaal, Zahra and Jaxson

Year 5 Yameen and Manha. Ali and Khadija

Year 6 Joshua and Adam. Yusuf and Eliza A

Hot Chocolate Friday

Well done to all of the children who were nominated.

This week's winners are:

Reception

Year 1

Year 2

Year 3

Year 4

Year 5

Year 6

Imran

Ayan

Ibrahim

M. Kila

Seynabou and Ekram

Rayyan

Poppy

WEEK ONE

MONDAY

Mains

Chicken Makhani
Vegetable Makhani (V)

Battered Fish,
with Potato Wedges

Accompaniments

Boiled Rice, Naan Bread
& Veg of the Day

Dessert

Ice Cream
Fresh Fruit/Yoghurt

TUESDAY

Mains

Beef Ragu, with Penne
Pasta & Garlic Slice

Cheese, Vegetable
& Potato Hash (V)

Accompaniments

Herby Diced Potatoes
& Veg of the Day

Dessert

Fruity Crumble Cake
Fresh Fruit/Yoghurt

WEDNESDAY

Mains

Chicken Sausage,
with Onion Gravy

Fishless Fingers with
Lemon Wedge &
Tartar Sauce (V)

Accompaniments

Mashed Potatoes
& Veg of the Day

Dessert

Chocolate Concrete
with Pink Custard
Fresh Fruit/Yoghurt

THURSDAY

Mains

Cottage Pie

Vegetable Spring Rolls
with Oriental Noodles (V)

Accompaniments

Veg of the Day

Dessert

Iced Lemon Doughnuts
Fresh Fruit/Yoghurt

FRIDAY

Mains

BBQ Chicken Pizza

Margherita Pizza (V)

Accompaniments

Chipped Potatoes
& Veg of the Day

Dessert

Oat Cookie
Fresh Fruit/Yoghurt

Heath Mount Primary Menu

Available Daily

 Fresh salad cart

 Jacket potato
and Fillings



COOMBS
CATERING PARTNERSHIP

WEEK TWO

Mains

Chicken Pasta Bake
Vegetable Pasta Bake (V)
with Garlic Bread

Sea Stars, with Lemon
Wedge & Tartar Sauce

Accompaniments

Pomme Noisette &
Veg of the Day

Dessert

1/2 Belgian Waffle
with Toffee Sauce
Fresh Fruit/Yoghurt

Mains

Chicken Jambalaya
Vegetable Jambalaya (V)
with Herb Flatbread

Battered Chicken Fillet

Accompaniments

Sauté Potatoes &
Veg of the Day

Dessert

Chocolate & Beetroot
Brownie with Custard
Fresh Fruit/Yoghurt

Mains

Beef Lasagne
Vegetable Lasagne (V)
with Garlic Slice

Chicken/Quorn
Sausage Hot Dog (V)

Accompaniments

Pomme Noisette &
Veg of the Day

Dessert

Pancakes with Fruit
or Toffee Drizzle
Fresh Fruit/Yoghurt

Mains

Sweet N' Sour Chicken
Vegetable Samosa,
with Curry Sauce (V)

Fish Fingers, with Lemon
Wedge & Tartar Sauce

Accompaniments

Boiled Rice, Potato Wedges
& Veg of the Day

Dessert

Schooldays Tray Bake
Fresh Fruit/Yoghurt

Mains

Chicken Tikka Pizza
Margherita Pizza (V)

Accompaniments

Chipped Potatoes
& Veg of the Day

Dessert

Chocolate Cornflake Cake
Fresh Fruit/Yoghurt

WEEK THREE

Mains

Creamy Chicken &
Sweetcorn Pasta Bake
Macaroni Cheese (V)

Accompaniments

Garlic Slice &
Veg of the Day

Dessert

Vanilla & Raspberry
Ice Cream Cake
Fresh Fruit/Yoghurt

Mains

Spicy Lamb Burger
Vegetable Burger (V)

Accompaniments

Paprika Sauté Potatoes
& Veg of the Day

Dessert

Lemon Drizzle Cake
Fresh Fruit/Yoghurt

Mains

Chicken Kebab
Vegetable Curry (V)

Accompaniments

Rice, Naan Bread &
Veg of the Day

Dessert

Toffee & Blueberry Muffin
Fresh Fruit/Yoghurt

Mains

Beef Tacos
Vegetable Tacos (V)

Accompaniments

Battered Fish
Herb Diced Potatoes
& Veg of the Day

Dessert

Carrot Cake
Fresh Fruit/Yoghurt

Mains

Cajun Chicken Pizza
Margherita Pizza (V)

Accompaniments

Chipped Potatoes &
Veg of the Day

Dessert

Chocolate Chip Cookie
Fresh Fruit/Yoghurt

W1: 5/1, 26/1
W2: 12/1, 2/2
W3: 19/1, 9/2

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).

Women's Wellbeing with Birmingham Mind

Tuesday 27th January 2026

9am - 11:00am

Heath Mount School

Community Hub

with Rashida Ikhlaq

- Friendly chat & gentle well-being tips.
- Information and advice on mental well-being.
- A safe, supportive space for women of all ages.



Community
Development
Worker Service

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 3rd March
10.00am - 12.00pm
Ladywood Children's Centre
Creche Available

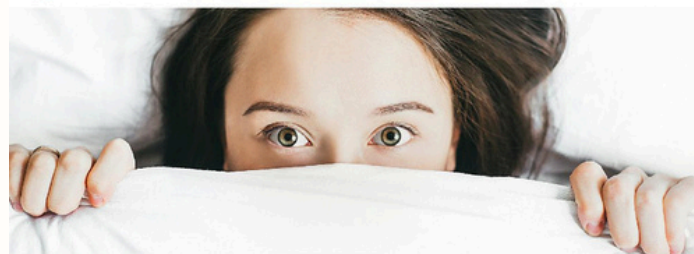
**Scan now
Register
for FREE**



bit.ly/BreatheEasyBrum

Contact us

0121 369 2025 hello@onyourfeet.biz www.onyourfeet.biz



Sleep & Relaxation

Free to all parents living in Birmingham

What will I learn?

- ✓ The importance of good sleep
- ✓ Child & adolescence sleep routines
- ✓ Ways to relax & unwind
- ✓ Diet & lifestyle hacks to improve sleep



**Scan QR code
to register**

Zoom

Tuesday 27th January 2026
9.30am - 12.00pm

For Further Info

Natalie Woo
natalie@onyourfeet.biz



Family Cook Along

Free to all parents living in Birmingham

Join us every **Wednesday evening in January**

- ✓ Family friendly recipe emailed every week
- ✓ Cook along in real-time with our team
- ✓ Learn nutrition facts & lifestyle hacks
- ✓ General chit chat & other fun stuff!
- ✓ Enjoy your cooked meal with your family!

Zoom

Wednesday 7th, 14th, 21st & 28th January 2026
5.30pm - 6.30pm



**Scan QR code
to register**

For Further Info

Natalie Woo 07540 255 644
natalie@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 3rd February
10.00am - 12.00pm
Soho Children's Centre
(Baptist Church)
Creche Available

**Scan to
Register**



bit.ly/BreatheEasyBrum

Contact Us

0121 369 2025 hello@onyourfeet.biz www.onyourfeet.biz

100% ATTENDANCE COMPETITION



Exciting News!
Monthly Attendance Raffle

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

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

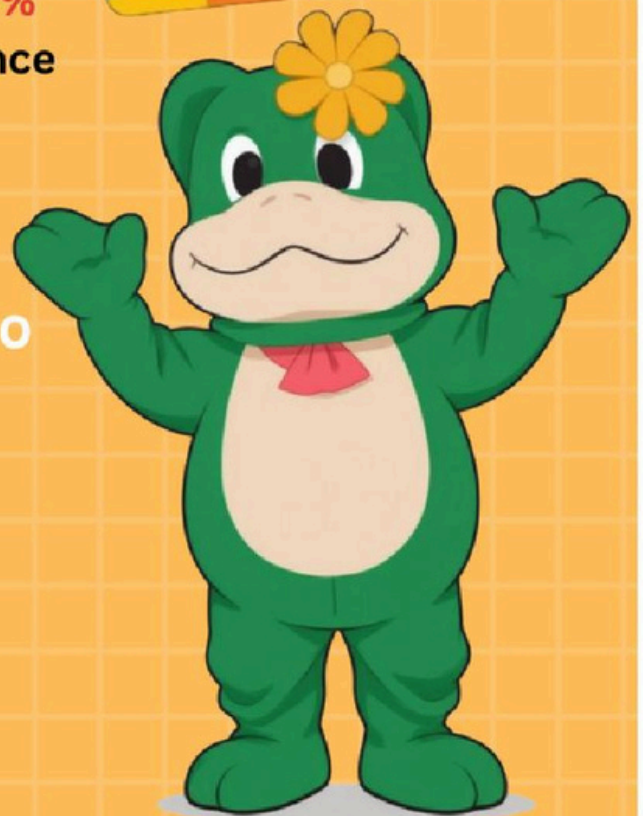
Every month, all children who have **100%** attendance or shown improved attendance will be entered in to a prize draw!

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

ATTENDANCE MATTERS



EVERY DAY COUNTS



Safeguarding at Heath Mount Primary School

Please see the safeguarding page on our school website:
Safeguarding – [Heath Mount Primary School \(excelsiormat.org\)](http://Heath Mount Primary School (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 [0800 800 5000](tel:0800 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.





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 16 - Protection of privacy

“Every child has the right to privacy. The law should protect the child’s private, family and home life, including protecting children from unlawful attacks that harm their reputation.”

Exploring Article 16 - Why is privacy important to you?

Did you think of these?

- Not everyone should know everything about me.
- It helps me to have personal space.
- It helps to keep me safe online and in the real world.
- Children are at risk of being harmed if the wrong people know too much about them.
- Things about identity, location, health and personal life, are private to me.
- I should be able to record my thoughts and feelings without others looking at them.
- People might judge me or make assumptions about me.
- People might not understand me for who I am.
- I should be able to choose the right time to share and with whom.

