

# Heath Mount Primary School



## Newsletter

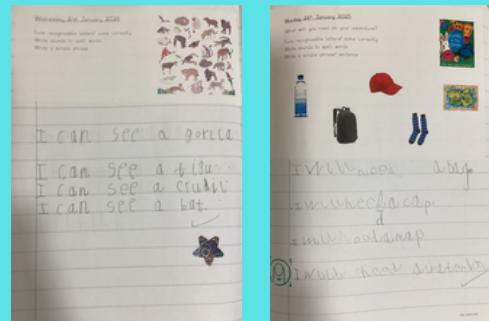


30th January 2026

Dear Parents/Carers,

### Aspiring from the Start

One of our four MAT cornerstones is Aspiring from the Start. Mrs Pulley, our CEO visited our EYFS children this week to have a look at their writing. It was wonderful to see so many amazing writers. Take a look for yourself!



### Live Maths Lesson

Parents in Year 1 and 2 are invited to join their children in our open maths lessons from **9.00am – 9.45am** on **Thursday 5<sup>th</sup> February**.

Parents in Year 3, 4 and 5 are invited to join their children in our open maths lessons from **9.00am - 9.45am** on **Monday 9<sup>th</sup> February**.

### Punctuality

We have seen a big improvement in punctuality this week and the vast majority of children arrived in school by 8.45am ready for registration. Thank you for your support!

### Houses of Parliament trip

What an amazing day Pupil Parliament had in London! The children were up very early to travel by train to the capital city. They braved the very busy underground rail system and saw some amazing sights including Big Ben, the River Thames and the London Eye. The main part of their visit was a tour of the Houses of Parliament. They sat in the gallery of the House of Commons and the House of Lords to watch the MPs debating a bill and then took part in a parliament workshop. Before they returned home, they made sure they bought some exciting souvenirs to remember this experience. Our Pupil Parliament conducted themselves perfectly throughout the day and were a credit to our school



Have a lovely weekend.

Mrs Samuel  
Headteacher

### E-safety Quiz

Please test your child's e-safety knowledge at home.

**Question: You've received a friend request from someone you don't know. Do you accept them?**



- a) No, you decline the request and block them. If it's made you feel uncomfortable or worried you tell a parent/carer/teacher.
- b) Yes, and then send them a message asking who they are.
- c) You ask your friends to find out if anyone knows who the person is and only accept if someone else knows them.

**ANSWER:** a) No, you decline the request and block them. If it's made you feel uncomfortable or worried you tell a parent/carer/teacher.

Stay in touch: 

[enquiry@heathmount.excelsiormat.org](mailto:enquiry@heathmount.excelsiormat.org)



0121 464 1691



[www.heathmount@excelsiormat.org](http://www.heathmount@excelsiormat.org)

ATTENTION  
PLEASE!

## IMPORTANT ANNOUNCEMENT

Parents' Evening will be taking place on Wednesday 11<sup>th</sup> February and Thursday 12<sup>th</sup> February from 3:30 - 5:30 pm.

Book a 10-minute appointment slot on the Arbor App or contact the school office.

Every effort will be made to give you an appointment in the slot requested but please note that appointments will be booked on a first come, first served basis

Don't forget parents' evening!



PE TIMETABLE

Monday - 1B and Year 6

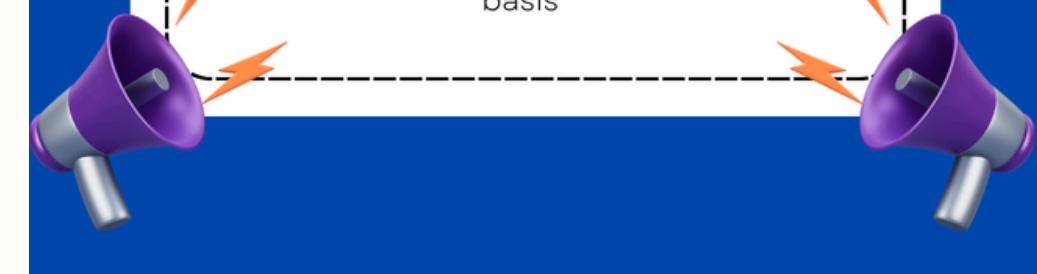
Tuesday - Swimming - 5B

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



Friday 6th February will be a non-uniform day to raise money for the NSPCC.

Please bring a £1 donation and

## DRESS UP FOR DIGITS!

NSPCC  
Number Day

Pupils are asked to wear an item of clothing with a number on it (football shirt, cap, netball shirt). The children could get even more creative by dressing up as a human-sized calculator or a dice!



# DATES FOR YOUR DIARY

**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**

**WEDNESDAY 11TH FEBRUARY**

**PARENTS' EVENING 3:30 - 5:30 PM**

**THURSDAY 12TH FEBRUARY**

**PARENTS' EVENING 3:30 - 5:30 PM**

**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

2RZ 99.1%

4A 97.9%

6B 99.5%



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.



RECEPTION

Maya

YEAR 1

Abdulrahman

YEAR 2

Ranya and Khadija

YEAR 3

Hibo and Khloe

YEAR 4

Yusuf, Musa Hamza and Anora

YEAR 5

Omar and Maira

# STAR

## of the week

**Reception** Oday and Athmar

**Year 1** Zoe and Zaiden

**Year 2** Ibraheem and Aalaa. Mohammed and Roya

**Year 3** Aisha and Hamza. Maureen and Hammam

**Year 4** Meesum and Malak. Abdul-Raheem and Aisha

**Year 5** Manha and Zepu. Zakariyya and Zainab

**Year 6** Harmony and Yusuf Q. Nila and Sepehr

## Hot Chocolate Friday

Well done to all of the children who were nominated.

This week's winners are:

**Reception**

Ehab

**Year 1**

Halima

**Year 2**

Zayd

**Year 3**

Ahmed

**Year 4** Abeer, Zahra and Shindara

**Year 5**

Lina

**Year 6**

Abdul-Haseeb

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

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**  
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

**Dessert**

Herb Diced Potatoes & Veg of the Day  
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

Heath Mount Primary Menu

Available Daily

Fresh Salad Cart

Jacket potato and Fillings

COOMBS  
CATERING PARTNERSHIP

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).

# 100% ATTENDANCE COMPETITION



HEATH MOUNT  
PRIMARY SCHOOL

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!



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](mailto: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: 8:15am 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.



Cruelty to children must stop. FULL STOP.

## 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](mailto: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](mailto: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 1 - Definition of a Child**

**“Everyone under the age of 18 has all the rights in the Convention.”**

**Exploring Article 1 - How** do children get to enjoy their rights in the UK? What does Government do to make this happen?

### **Did you think of these?**

- Every child must be registered with a name at birth.
- There are parks and play areas provided.
- We have education and health care systems.
- Some people's job is to protect children.
- The school curriculum includes learning about the CRC (in some parts of the UK).
- Children are given protection when they need it.
- Most schools have ways of listening to children's views and opinions.
- There are Children's Commissioners whose job it is to make sure children are listened to.
- Social care services and the police work to keep all children protected.
- In Scotland, the CRC is being incorporated into law.
- Many schools are UNICEF UK Rights Respecting Schools and children learn about their rights.
- There are laws which include some rights from the CRC, such as equalities legislation and the Children Act.