

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 5th 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 9th 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.



**ATTENTION
PLEASE!**

Don't forget
parents'
evening!

IMPORTANT ANNOUNCEMENT

**Parents' Evening will be taking place
on Wednesday 11th February and
Thursday 12th 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



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!



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.

ORACY CHAMPIONS

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

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).

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!

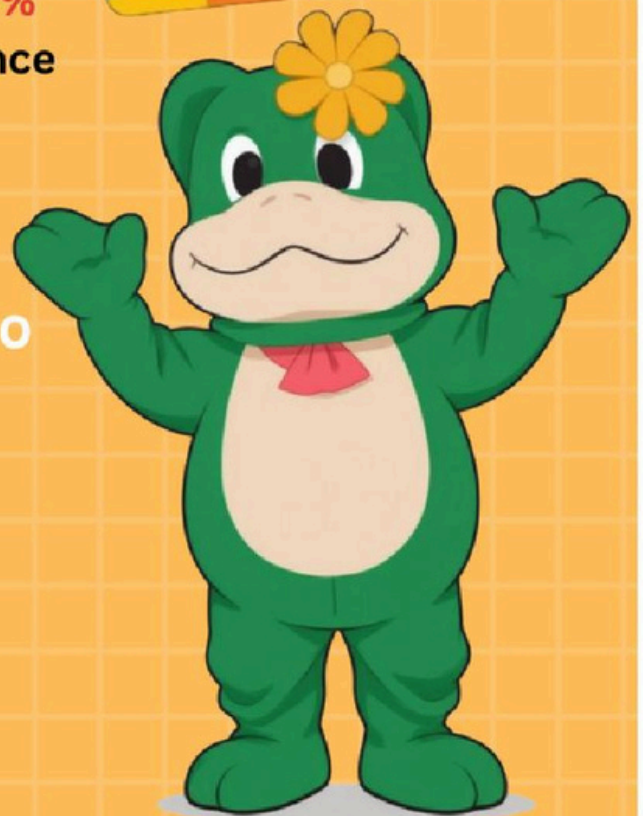
Every month, all children who have **100%** attendance or shown improved attendance will be entered in to a prize draw!

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 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.