

# HEATH MOUNT PRIMARY SCHOOL



## NEWSLETTER



5th September 2025

Dear Parents/Carers

It's been lovely to welcome everyone back to school this week. The children have come in looking so smart in their uniforms, full of energy and ready to learn - what a fantastic start to the year! Last year, many of you shared that you'd like to know more about what your children are learning. While this information is always available on our website, we've now created easy-to-read curriculum overviews for each year group to help keep you even more informed.

Please keep an eye out for upcoming events, including Read and Stay sessions, E-Safety workshops, reading and phonics workshops, and our Open Day - we'd love to see you there. I'm really looking forward to working alongside you all this year. Thank you, as always, for your support.

Have a lovely weekend - and here's to a positive and exciting year ahead!

Kind Regards  
Mrs Samuel



**ESOL CLASSES  
ENROLMENT AND  
INITIAL ASSESSMENT  
DAY**

**Wednesday 10<sup>th</sup>  
September 2025 -  
9.15am - 1.00pm.**

**Please bring ID  
to prove you  
are eligible for  
a free course.**

ASSESSMENTS WILL BE HELD AT  
THE COMMUNITY HUB  
HEATH MOUNT PRIMARY SCHOOL  
KNUTSFORD STREET  
BALSALL HEATH BIRMINGHAM  
B12 9SR

JOSEPH CHAMBERLAIN  
SIXTH FORM COLLEGE

**Times of the School Day**  
*Please remember: School starts for  
all children at 8:35am.*

*School finishes at 3:15pm  
(Reception) and 3:20pm (Years 1 - 6).  
School finishes for all pupils at 1pm  
every Friday. Please make sure that  
you arrive and collect your child on  
time every day.*



### PE TIMETABLE



**Monday - 1B and Year 5**

**Tuesday - 1PB and 6JB**

**Swimming - 6B**

**Wednesday - 2RZ and Year 3**

**Thursday - 2Z and Year 4**

**Friday - Reception**

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

### Heath Mount Absence Policy



#### What **YOU** must do:

- Telephone the school on 0121 464 1691 before 8.30am each day of your child's absence.
- Tell the school in advance, of any medical appointments and bring in appointment cards/letters.
- If you are not sure whether your child is well enough to attend school, send them in anyway as they often perk up on arrival.
- Have a backup plan for if your child misses transport, call on a family member, neighbour or friend.
- If you and your child are experiencing difficulties with school attendance then talk to us as a first step so we can help!

#### What **WE** will do:

- Check your child's attendance every day.
- Phone home to discuss your child's attendance with you.
- Invite you into school for attendance meetings if we are concerned.
- If we cannot establish a reason for absence, then we may make a welfare home visit.



### Breakfast Club

**Breakfast Club is open from 7:45am-8:20am each day. If you would like your child to attend Breakfast Club, places must be booked and paid for in advance on Arbor. The cost for your child to attend Breakfast Club will be £1 per session. Payment must be submitted in advance otherwise your child will not be able to attend Breakfast Club.**



### School Meal Costs

**School meals must be paid for children in Year 3 and above (unless your child qualifies for Free School Meals). School meal costs are £3.00 per day/ £15.00 per week. Payment must be submitted on the Arbor App. If you are required to pay for your child's school lunches you will need to credit your Arbor account with a balance to ensure that your account does not go into debt. We suggest paying weekly, monthly or termly in advance to keep the account in credit and avoid accumulating a dinner debt.**

**Stay in touch:**  [enquiry@heathmount.excelsiormat.org](mailto:enquiry@heathmount.excelsiormat.org)



0121 464 1691



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

# Dates For Your Diary



**Tuesday 9<sup>th</sup> September - Year 6 Stay & Read - 8:35 - 9:00 - Lower Hall**

**Every Tuesday from 9<sup>th</sup> September- Reception Stay & Read - 8:35 - 9:00 - EYFS Conservatory**

**Tuesday 16<sup>th</sup> September - Year 3 visit to The Gurdwara**

**Tuesday 16<sup>th</sup> September - Year 1 & Year 2 Parent Reading workshop & Phonics open session**

**Thursday 18<sup>th</sup> September - Year 5 Stay & Read - 8:35 - 9:00 - Lower Hall**

**Thursday 18<sup>th</sup> September - Reception Phonics Workshop and open session**

**Monday 22<sup>nd</sup> September - E-Safety Workshop for Parents at 9:00am and 2:30pm**

**Tuesday 23<sup>rd</sup> September - Key Stage 2 Workshop at 9:00am**

**Wednesday 24<sup>th</sup> September - Year 4 Stay & Read - 8:35 - 9:00 - Lower Hall**

**Thursday 25<sup>th</sup> September - School Photograph Day**

**Monday 29<sup>th</sup> September - Year 5 visit to Mary Arden's farm**

**Tuesday 30<sup>th</sup> September - Year 3 Stay & Read - 8:35 - 9:00 - Lower Hall**

**Thursday 2<sup>nd</sup> October - Year 2 Birmingham walking tour**

**Wednesday 8<sup>th</sup> October - Year 6 visit to The Temple**

**Wednesday 8<sup>th</sup> October - Whole School Open Day**

**Thursday 9<sup>th</sup> October- Year 2 Stay & Read - 8:35 - 9:00 - Lower Hall**

**Tuesday 14<sup>th</sup> October- Year 1 Stay & Read - 8:35 - 9:00 - Lower Hall**

**Thursday 16<sup>th</sup> October- Reception Open Day - 9:30am and 5:00pm**

**Monday 27<sup>th</sup> October - Friday 31<sup>st</sup> October - Half Term**

## Our Attendance Ladder

How close is your child to reaching the top?



4 missed school days <<<

8 missed school days <<<

9 missed school days <<<

11 missed school days <<<

19 missed school days <<<

29 missed school days <<<

★ When children are not in school and we have had no contact from parents, or are concerned about welfare, you could find us knocking on your door...

For every day that your child is absent from school, 6 hours of learning time is lost.



## Rise and Shine! Don't be Late

### SCHOOL OPENS

If you arrive at 8:35, you are on time to start your learning.

**8:35**

### REGISTERS ARE TAKEN

If you are in class, you will be marked as present.

**8:45**

### SCHOOL GATES CLOSE

If you arrive after 8:45, you will enter school through the main entrance and will be marked as L for late.

**8:45**



## Getting to school on time really matters. Did you know...

If in a school year, you are late every day by...

You would have lost approximately...

or you would have missed approximately...

**5 Minutes**

3.5 days from school

18 Lessons

**10 Minutes**

7 days from school

35 Lessons

**15 Minutes**

10 days from school

50 Lessons

**20 Minutes**

14.5 days from school

73 Lessons

**30 Minutes**

22 days from school

110 Lessons

**Did you know that all of our classes have phonics lessons first thing every morning?**

**If your child is late, they will miss important parts of their learning time.**



# WHEN CAN MY CHILD RETURN TO SCHOOL?

## Chicken Pox

3-5 days from onset of rash and all the blisters have crusted over

## Conjunctivitis

No need to stay off, but school should be informed

## Diarrhoea & Vomiting

48 hours from the last symptoms

## Glandular fever

No need to stay off, but school should be informed

## Cold and Flu like illness

No longer have a high temperature and feel well

## Hand, foot & mouth

No need to stay off, but school should be informed

## Head lice

No need to stay off, but school should be informed

## Impetigo

When sores are crusted & healed or 48 hours after starting antibiotics

## Measles or German Measles

4 days from onset of rash and recovered

## Mumps

5 days from onset of swelling

## Scarlet fever/ Scabies

24 hours after starting antibiotics

## Slapped cheek

No need to stay off after rash has developed. Inform school.

## Threadworms

No need to stay off, but school should be informed

## Tonsillitis

No need to stay off, but school should be informed

## Whooping cough

48 hours after starting antibiotics



If you are worried, please seek further advice from your GP or community pharmacist



SCAN HERE

## Advice and Guidance

To find out more, scan the QR code or visit [www.nhs.uk/live-well/is-my-child-too-ill-for-school](http://www.nhs.uk/live-well/is-my-child-too-ill-for-school)



## Medical Appointments



We ask that you make every effort to avoid booking medical and dental appointments during school time. Where this is unavoidable, parents/carers must provide the school with a copy of the appointment card/letter before the appointment in order to authorise the absence.

If your child will be late into school because of a medical appointment, please phone the school on the morning of the appointment and bring evidence of the appointment when you drop your child back to school. If arriving late, please ensure that your child is accompanied and signed in by an adult at the school office for safeguarding reasons.



If your child's appointment is in the **morning**, bring them to school before the appointment, then bring them back to school after the appointment. **Only the morning will be an authorised absence.**

If your child's appointment is in the **afternoon**, keep your child in school until you need to take them for their appointment. If they finish in time, bring them back to school. **Only the afternoon will be authorised absence.**

## IS MY CHILD TOO ILL FOR SCHOOL?

### Stay at home



Sickness and Diarrhoea - 48 hours must have elapsed from the last episode before a child can return to school

### Seek advice



Headache, feeling sick, tummy ache. Children often feel unwell if they are anxious so if in doubt, contact the school for advice.

### Come to school



Mild cough, cold, sore throat, feeling tired. We will always contact you if your child is ill during the school day.

# Attention Year 6 Parents/Carers!

## It's time to apply for a secondary school place!

You'll need to submit your application by

**31 October 2025**

Go to

[www.birmingham.gov.uk/schooladmissions](http://www.birmingham.gov.uk/schooladmissions)  
to get started

**My top 6 schools are :**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

## Dates to remember!

September

**1st**

**1 September 2025:  
Applications open**

October

**31st**

**31 October 2025:  
Applications close**

March

**2nd**

**2 March 2026:  
Offer Day**

Applying for 6 schools gives you child the best chance of getting a school that you want. List the schools in order of preference when you apply and if a place is available at more than one school, you will be offered the highest one on your list.

### Choosing a secondary school:

#### Hints & Tips

- Don't leave it too late - You are likely to miss out on the school place you want if you apply late. **Deadline is 31<sup>st</sup> October 2025.**
- Attend any open events at your preferred secondary schools.
- Look at each school's website and prospectus.
- Think about how your child will travel to school.
- Check the admission criteria of the schools.
- Does your child meet the criteria? Distance from the school is an important factor.
- **Remember to list six different secondary schools you would like your child to attend and put them in order of preference.**



**Don't Delay. Apply Today!**



[www.birmingham.gov.uk/schooladmissions](http://www.birmingham.gov.uk/schooladmissions)

# STAR OF THE WEEK

We will be celebrating our stars of the week from next week!

YEAR 2

YEAR 3

YEAR 4

YEAR 5

YEAR 6

WINNER

# HOT CHOCOLATE FRIDAY

We will be starting our Hot Chocolate nominations from Monday so watch this space to see who is selected next week as the Hot Chocolate winner in each year group.

RE

3

YEAR 4

YEAR 5

YEAR 6



# ATTENDANCE

## SUPERHEROES OF THE WEEK



Who will be our Attendance Superheroes of the week?

# BE AN ATTENDANCE HERO

Here Everyday Ready Ontime

# OUR EXCELSIOR VALUES



STAFF CHOOSE A CHILD WHO HAS  
MORE OF OUR EXCELSIOR VALUES  
IN AN ORIGINAL WAY.

RECEPTION

YEAR 1

YEAR 2

YEAR 3

YEAR 4

YEAR 5

YEAR 6

Who will be chosen as our Excelsior Values Champion next week?



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 Ragù, with Penne  
Pasta & Garlic Slice

Cheese, Vegetable  
& Potato Hash (V)

## Accompaniments

Herby Diced Potatoes  
& Veg of the Day

## Dessert

Strawberry  
Mousse Cheesecake  
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

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

**COOMBS**  
CATERING PARTNERSHIP

W1: 1/9, 22/9,  
13/10, 10/11, 1/12  
W2: 8/9, 29/9,  
20/10, 17/11, 8/12  
W3: 15/9, 6/10,  
3/11, 24/11, 15/12

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).



# SCHOOL UNIFORM

It is our school policy that all pupils wear the correct school uniform when attending school, or when participating in a school-organised event. hours. For a detailed description and guidance on our school uniform policy, please visit our website. Please ensure that all items of uniform items are named – including pumps, footwear and coats.

On health and safety grounds, we do not allow children to wear jewellery in our school. The exceptions to this rule are small earring studs in pierced ears. For their own safety, children should not wear earrings that dangle, hoops or bangles. Staff are not permitted to remove earrings.

- White Polo Shirt
- Blue Jumper (available from school)
- Grey or black trousers or skirt. Please note skirts should be an appropriate length and of a style which allows pupils to sit comfortably on the floor and to walk safely. These should not be full length and should not restrict movement. This is for health and safety reasons.
- Blue & white check dress (optional, in summer term)
- Headscarves, if worn, must be plain blue, black or white pull-over scarves. Any headscarves worn must comply with school policy. They cannot be lower than shoulder length and have any pins attached.
- Plain black shoes.
- Children should wear sensible shoes to school.



# PE UNIFORM

All children will have a weekly P.E. session. Children should wear their PE kit to school on the day of their PE lesson.

- A plain white t-shirt,
- A blue school jumper in cold weather
- Black shorts, plain black tracksuit bottoms or black leggings
- Trainers/black pumps
- Elasticated blue, black or white headscarf (if appropriate)





## **PURCHASING SCHOOL UNIFORM**

Jumpers and book bags with the school logo can be purchased from the school office. You can either place an order on the Arbor App or pay by credit/debit card at the school office.



**School Jumper**

**£ 11.00**

**Book Bag**

**£ 7.50**

**Pull-over  
Headscarf**

**£ 3.00**

**School Jumper Chart Size**

| Size     | Age   |
|----------|-------|
| 24       | 3-4   |
| 26       | 5-6   |
| 28       | 7-8   |
| 30       | 9-10  |
| 32       | 10-11 |
| 34       | 11-12 |
| X- Small |       |
| Small    |       |
| Medium   |       |



## **PRE-LOVED SCHOOL UNIFORM SHOP**

Available from the School Community Hub  
Every Tuesday 8:45am - 9:15am

We have a huge range of pre-loved, school uniform all in need of new homes.

Sizes range from age 4 - age 11.

Mrs Ikhlaq will be on hand to help you with any uniform related enquiries.



Our Pre-Loved pop-up shop is a wonderful initiative to promote the reuse and recycling of school uniform and help reduce how much new school uniform is bought through out the school year.





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 the article means.



## **UNICEF Rights Respecting Schools**

### **Article 29 - Aims of Education**

***“Education must develop every child’s personality, talents and abilities to the full. It must encourage the child’s respect for human rights, as well as respect for their parents, their own and other cultures, and the environment. “***

**Exploring Article 29 - How** can education support you to develop your personality, talents and abilities?

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

- Support health and wellbeing
- Understanding human rights
- Provide a safe space
- Treating you as an individual
- Learning about different careers
- Providing access to music, art and sports
- Giving you a voice
- Encourage friendships
- Trips
- Residentials
- Outdoor learning
- Clubs