

Heath Mount Primary School

Newsletter



9th January 2026

Dear Parents and Carers,

Happy New Year, everyone!



I hope you all had a lovely holiday and were able to spend some quality time with family and friends. It was wonderful welcoming everyone back to school on Tuesday and to see everyone's big smiles. We have all been exceptionally impressed with how quickly the children have settled back into school and engaged with their learning. Well done, everyone!

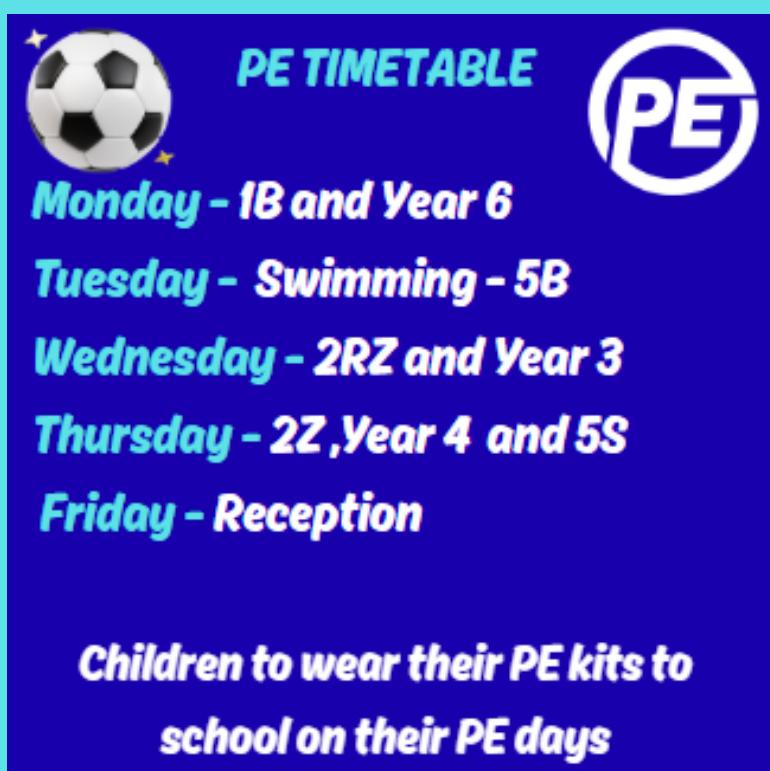
I feel that 2026, is going to be a great year for us at Heath Mount. Yesterday, we had our first whole school review led by our Directors of Education. The review went well, I will share the findings with you once I have received the report.

Birmingham got a pretty heavy snowstorm! We never make the decision to close school lightly, but it was necessary today due to the hazardous conditions as the safety of our school community is our number one priority. We hope that by informing you of our decision as early as possible this morning, we have reduced some of the inevitable disruption it can cause. We will monitor the situation over the weekend and will update you as soon as possible about Monday.

I hope everyone will have time over the weekend to have lots of fun in the snow. **Keep warm and SAFE!!**

Thank you for your continued support.

Mrs Samuel
Headteacher



DATES FOR YOUR DIARY

MONDAY 12TH AND THURSDAY 15TH JANUARY
YEAR 5 VISIT TO THE MOSQUE

FRIDAY 6TH FEBRUARY
NSPCC NUMBER 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 5TH MARCH
WORLD BOOK DAY

WEDNESDAY 11TH MARCH
YEAR 1 VISIT TO THE BLACK COUNTRY MUSEUM

MONDAY 16TH MARCH - FRIDAY 20TH MARCH
SCHOLASTIC BOOK FAIR

FRED'S ATTENDANCE SUPERHEROES OF THE WEEK



1B 98.1%

30 98.2%

5S 97.7%



HERE
EVERYDAY
READY
ON TIME



OPAL – donations of unwanted / pre-loved items required

As we continue to grow and develop our Outdoor Play and Learning (OPAL) here at Heath Mount Primary School, we are reaching out to ask for donations of any unwanted, pre-loved or outgrown items that can be used at lunchtimes.

If you have any items you are happy to donate, please could you bring them into school and drop them into the school office.

What can I donate?

- Dolls
 - Toys
 - Cars
 - Figurines
 - Dinosaurs
 - Animals
 - Old pots and pans
- Only plastic or metal**



100% ATTENDANCE COMPETITION



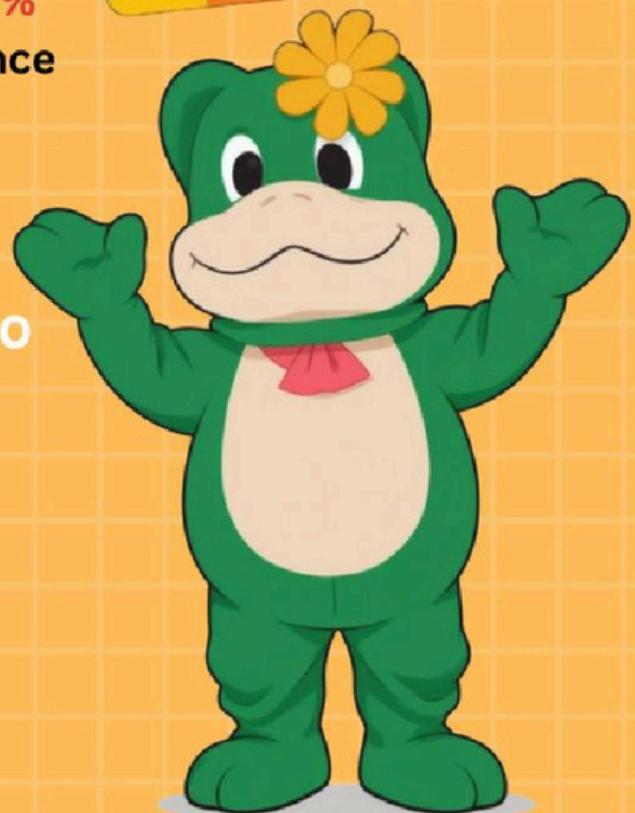
HEATH MOUNT
PRIMARY SCHOOL

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	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	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	Mains Cottage Pie Vegetable Spring Rolls with Oriental Noodles (V) Accompaniments Veg of the Day Dessert Iced Lemon Doughnuts Fresh Fruit/Yoghurt	Mains BBQ Chicken Pizza Margherita Pizza (V) Accompaniments Chipped Potatoes & Veg of the Day Dessert Oat Cookie Fresh Fruit/Yoghurt

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 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



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).

CENSUS DAY Favourite Games



MAINS
TACO CAT GOAT
CHEESE PIZZA
MEAT AND
VEGETARIAN

WITH **MINECRAFT**

CUBED POTATOES
MINUS THE CAT
AND GOAT



DODGEBALL LOADED
WEDGES (MEAT AND
VEGETARIAN)
MEATBALL TOPPED
WEDGES WITH A
CHEESE SPRINKLE

SIDES		
PARK	BOND	STRAND
LANE	STREET	 SALAD
PEPPERS	BEANS	
AND		
CORN		

£220



THURSDAY 15TH
JANUARY 2026

COOMBS
CATERING PARTNERSHIP



Early Years CAT PAC Online - Spring Term 2026

To be delivered online via Microsoft TEAM's

We would like to invite you to a CAT PAC course, our parent awareness course designed to support parent carers of children with a diagnosis of autism or children who are on the neurodevelopmental pathway for assessment and who are on CAT caseload.

The course has been designed for parent carers, who want to increase their understanding of autism in the Early Years.

SPRING TERM 2026

Session1 – An introduction to Autism	12 th January 2026 12.30-2.30pm
Session 2 – Communication and Interaction	19 th January 2026 12.30-2.30pm
Session 3 – Sensory differences	26 th January 2026 12.30-2.30pm
Session 4 – Eating, sleeping, personal care	2 nd February 2026 12.30-2.30pm
Session 5 – Emotional Regulation	9 th February 2026 12.30-2.30pm
HALF TERM	
Session 6 – Parent/ carer choice & signposting services	23 rd February 2026 12.30-2.30pm

- Please email A2general@birmingham.gov.uk to reserve a place.

The subject or title of your email needs to state that it is for the:

Spring Term 2026 Early Years CAT PAC online- In your email please include:

- Your name – Parent carer
- Your Child's name
- Your Child's school (Add your child's CAT worker if known)
- Due to limited places, the course will be offered to the first families to contact us.
- There is an expectation that parents try to attend all sessions if possible.

You will receive an email response to confirm your place on the course, or to tell you that the course is full. Please note there are no childcare facilities at the venue.

Wendy Bantock, Lisa Walmsley and Viv Walters

OFFICIAL



Primary Age CAT PAC - Spring Term 2026

At Boldmere Junior School, Cofield Road, Sutton Coldfield, B73 5SD

We would like to invite you to a CAT PAC course, our parent awareness course designed to support parent carers of children with a diagnosis of autism or children who are on the neurodevelopmental pathway for assessment and who are on CAT caseload in a primary school setting.

The course has been designed for parent carers, who want to increase their understanding of autism.

SPRING TERM 2026

Session1 – An introduction to Autism	13 th January 2026 9.15-11.15am
Session 2 – Communication and Interaction	20 th January 2026 9.15-11.15am
Session 3 – Sensory differences	27 th January 2026 9.15-11.15am
Session 4 – Eating, sleeping, personal care	3 rd February 2026 9.15-11.15am
Session 5 – Autism and Anxiety	10 th February 2026 9.15-11.15am
HALF TERM	
Session 6 – Parent/ carer choice & signposting services	24 th February 2026 9.15-11.15am

- Please email A2general@birmingham.gov.uk to reserve a place.

The subject or title of your email needs to state that it is for the:

Spring Term 2026 Primary CAT PAC Boldmere Junior School- In your email please include:

- Your name – Parent carer
- Your Child's name
- Your Child's school (Add your child's CAT worker if known)
- Due to limited places, the course will be offered to the first families to contact us.
- There is an expectation that parents try to attend all sessions if possible.

You will receive an email response to confirm your place on the course, or to tell you that the course is full. Please note there are no childcare facilities at the venue.

Dawn Fisher, Viv Walters and Julie Watchorn Brennan.

OFFICIAL

onyourfeet.biz hello@onyourfeet.biz

Nutrition for Family Life

Free to all parents living in Birmingham

What will I learn?

- To understand a balanced diet
- strategies for creating healthier meals
- Managing family meal times
- How to navigate food labelling
- To eat healthily on-the-go

Zoom
Tuesday 20th January 2026
9.30am - 12.00pm

For Further Info
Natalie Woo 07540 255 644
natalie@onyourfeet.biz

Community Fund

onyourfeet.biz hello@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

For Further Info
Natalie Woo 07540 255 644
natalie@onyourfeet.biz

Community Fund

onyourfeet.biz hello@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

Zoom
Tuesday 27th January 2026
9.30am - 12.00pm

For Further Info
Natalie Woo 07540 255 644
natalie@onyourfeet.biz

Community Fund

onyourfeet.biz hello@onyourfeet.biz

Stress Management

Free to all parents living in Birmingham

What will I learn?

- To define stress & its common causes
- To recognise signs & symptoms of stress
- To understand the impact of stress
- The importance of managing stress
- To develop healthy coping strategies

Zoom
Tuesday 13th January 2026
9.30am - 12.00pm

For Further Info
Natalie Woo 07540 255 644
natalie@onyourfeet.biz

Community Fund

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: 8:15am 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, 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 articles below and talk about what they mean.



UNICEF Rights Respecting Schools

Article 5 – Family Guidance as Children Develop

“Governments must respect the rights and responsibilities of parents and carers to provide guidance and direction to their child as they grow up, so that they fully enjoy their rights. This must be done in a way that recognises the child’s increasing capacity to make their own choices.”



UNICEF Rights Respecting Schools

Article 18 – Responsibilities of parents

“Both parents (or legal guardians) share responsibility for bringing up their child and parents and carers should always consider what is best for the child. Governments must support parents and legal carers by creating support services for children and giving parents the help they need to raise their children. “

Exploring Article 5 & 18 - What are some of the important things that carers and parents do for children?

Did you think of these?

- Provide you with a home.
- Care for you and show you love.
- Provide food and clothes.
- Set you a good example.
- Help you to become independent.
- Give you emotional support.
- Support your learning and going to school.
- Make sure you have opportunities to be fit and healthy.
- Prepare you for adult life.
- Share their culture and identity and beliefs and values with you.
- Allow you to be yourself.
- Help you to enjoy all of your rights!