

# 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



### 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 12<sup>TH</sup> AND THURSDAY 15<sup>TH</sup> JANUARY**

**YEAR 5 VISIT TO THE MOSQUE**

**FRIDAY 6<sup>TH</sup> FEBRUARY**

**NSPCC NUMBER DAY**

**MONDAY 9<sup>TH</sup> FEBRUARY**

**YEAR 4 VISIT TO THE BIRMINGHAM SYMPHONY HALL**

**MONDAY 16<sup>TH</sup> FEBRUARY – FRIDAY 20<sup>TH</sup> FEBRUARY**

**HALF TERM HOLIDAY**

**MONDAY 23<sup>RD</sup> FEBRUARY**

**SCHOOL OPEN FOR ALL PUPILS**

**THURSDAY 5<sup>TH</sup> MARCH**

**WORLD BOOK DAY**

**WEDNESDAY 11<sup>TH</sup> MARCH**

**YEAR 1 VISIT TO THE BLACK COUNTRY MUSEUM**

**MONDAY 16<sup>TH</sup> MARCH - FRIDAY 20<sup>TH</sup> 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



**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!

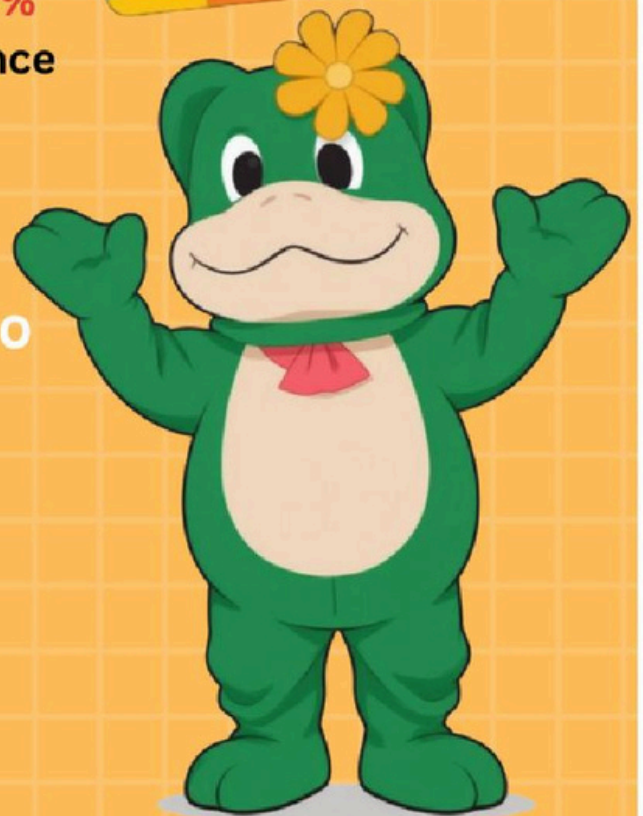
Every month, all children who have **100%** attendance or shown improved attendance will be entered in to a prize draw!

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

**ATTENDANCE MATTERS**



**EVERY DAY COUNTS**









## 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	
Session 1 – An introduction to Autism	12 <sup>th</sup> January 2026: 12.30-2.30pm
Session 2 – Communication and Interaction	19 <sup>th</sup> January 2026: 12.30-2.30pm
Session 3 – Sensory differences	26 <sup>th</sup> January 2026: 12.30-2.30pm
Session 4 – Eating, sleeping, personal care	2 <sup>nd</sup> February 2026: 12.30-2.30pm
Session 5 – Emotional Regulation	9 <sup>th</sup> February 2026: 12.30-2.30pm
HALF TERM	
Session 6 – Parent/ carer choice & signposting services	23 <sup>rd</sup> February 2026: 12.30-2.30pm

- Please email [A2Egeneral@birmingham.gov.uk](mailto:A2Egeneral@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	
Session 1 – An introduction to Autism	13 <sup>th</sup> January 2026: 9.15-11.15am
Session 2 – Communication and Interaction	20 <sup>th</sup> January 2026: 9.15-11.15am
Session 3 – Sensory differences	27 <sup>th</sup> January 2026: 9.15-11.15am
Session 4 – Eating, sleeping, personal care	3 <sup>rd</sup> February 2026: 9.15-11.15am
Session 5 – Autism and Anxiety	10 <sup>th</sup> February 2026: 9.15-11.15am
HALF TERM	
Session 6 – Parent/ carer choice & signposting services	24 <sup>th</sup> February 2026: 9.15-11.15am

- Please email [A2Egeneral@birmingham.gov.uk](mailto:A2Egeneral@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** 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 20<sup>th</sup> January 2026  
9.30am - 12.00pm

Scan QR code to register

**For Further Info**  
Natalie Woo 07540 255 644  
[natalie@onyourfeet.biz](mailto:natalie@onyourfeet.biz)

**COMMUNITY FUND**

**OnYourFeet** 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 chat & other fun stuff!
- Enjoy your cooked meal with your family!



**Zoom**  
Wednesday 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> January 2026  
5.30pm - 6.30pm

Scan QR code to register

**For Further Info**  
Natalie Woo 07540 255 644  
[natalie@onyourfeet.biz](mailto:natalie@onyourfeet.biz)

**COMMUNITY FUND**

**OnYourFeet** 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 27<sup>th</sup> January 2026  
9.30am - 12.00pm

Scan QR code to register

**For Further Info**  
Natalie Woo  
[natalie@onyourfeet.biz](mailto:natalie@onyourfeet.biz)

**COMMUNITY FUND**

**OnYourFeet** 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 13<sup>th</sup> January 2026  
9.30am - 12.00pm

Scan QR code to register

**For Further Info**  
Natalie Woo  
[natalie@onyourfeet.biz](mailto: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](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: 8:45am 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 [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 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!