

# HEATH MOUNT PRIMARY SCHOOL



## NEWSLETTER



14TH FEBRUARY 2025

# School closes at 1pm on Friday 14th February for the half term break

We look forward to seeing everyone back on Monday 24th February.

Dear Parents/Carers,

On Monday, pupils in year 5 visited the Symphony Hall in Birmingham to experience a classical music concert where they were invited to take part in a musical journey around the world.

A group of pupils completed their Junior PCSO course this week. Thankyou to Mrs Khan and Mrs Gul for supporting the children. Well done everyone!

I am pleased to announce that wraparound care will start from Monday 3rd March. If you would like to book a place, we require you to complete an application and pre-pay for the sessions. Applications will be available from Tuesday 25th February from the school office.

Please remember that we re-open on Monday 24th February to pupils.

Have a lovely holiday.

Miss Cross

Headteacher

## UPCOMING EVENTS

Friday 14th February - School closes for the half term break at 1:00pm

Monday 24th February - School re-opens for all pupils at 8:35am

Tuesday 25th February - The Heath Mount Movie Night 3:20 pm - 5:00 pm

Wednesday 26th February - Parents' Evening - 3.30 pm- 5.30 pm

Thursday 27th February - Parents' Evening - 3.30 pm- 5.30 pm

## Attendance

What happens if I book a holiday during term time?

A single parent with one child planning to take a one week holiday during term time...

Your holiday will not be authorised, and we strongly advise you to speak with the school before making any bookings. Since your child will miss 5 school days, a penalty notice fine will be issued. The fine is £160, but if paid within 21 days, it will be reduced to £80.

A penalty will be issued for each child.

£160 + £160 + £160



3 x children + 1 parent = £480  
reduced to £240 if paid within 21 days

For a family with 2 parents.

£160 + £160 + £160



3 x children + 2 parents = £960  
reduced to £480 if paid within 21 days

If, in any period within three years, your child has a second and third leave of absence or pattern of irregular attendance:



2nd Time

2 Parents and...

1 x child = £320

2 x children = £640

3 x children = £960

No discount for early payment

3rd Time

A penalty notice fine will not be given and your case will be taken to court. A magistrate can fine each parent £2,500 for each child.

1 parent & 4 children = £10,000

2 parents & 4 children = £20,000

10 in 10

Irregular Attendance

If your child is absent for 10 or more sessions (5 days) in 10 weeks, and their absences are unauthorised, you may be prosecuted.

1 day = 2 sessions

ATTENTION PLEASE!

Don't forget parents' evening!

### IMPORTANT ANNOUNCEMENT

Parents' Evening will be taking place on Wednesday 26th February and Thursday 27th 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

THE HEATH MOUNT PUPIL PARLIAMENT PRESENTS

## MOVIE NIGHT

TUESDAY 25TH FEBRUARY 2025  
3:20pm - 5:00pm  
At Heath Mount Primary School

£2 ENTRY

Featured Films: Inside Out

Moana

Stay in touch:



enquiry@heathmount.excelsiormat.org



0121 464 1691



www.heathmount@excelsiormat.org

# Talking Space

Are You Having a Difficult Time?

Our Talking Space service offers an out of hours, safe place, to come and chat with our Crisis Intervention Workers. (with access to clinical support if needed)



ERDINGTON SELLY OAK NORTHFIELD

**WE CAN HELP WITH**

- ☑ Low Mood
- ☑ Struggling to Cope
- ☑ Anxiety
- ☑ Stress
- ☑ Suicidal Thoughts

**Drop In Days (No Appt)**

- 5pm till 10pm
- Erdington**  
Saturday & Sunday
- Selly Oak**  
Monday, Tuesday & Wednesday
- Northfield**  
Thursday, Friday, Saturday & Sunday

See reverse to book an appointment

# Our Talking Space Venues

**ERDINGTON**



**5pm till 11pm | Every Day**  
Beechcroft,  
Rear of 501 Slade Road  
Erdington, Birmingham  
B23 7JG  
Bus routes: 11c, 11a, 65, X64

Appointment  
Call Us:  
0121 262 3555

**SELLY OAK**



**5pm till 11pm | Monday - Wednesday**  
grounded.  
11 Bournbrook Road, Selly  
Oak, Birmingham, B29 7BL  
Bus routes: 61 & 63

Appointment  
Call Us:  
0121 262 3555

**NORTHFIELD**



**5pm till 11pm | Thursday - Sunday**  
Creative Support, 888 Bristol Road  
South, Northfield, Birmingham B31 2NS  
Bus routes: 61, 63, X20, 18, 27, 76.  
15 minute walk from Northfield Train  
Station



## L3 Emergency First Aid

Free to all parents living in Birmingham

**What will I learn?**

- ✔ Incident & casualty assessment
- ✔ Treating an unconscious casualty not breathing
- ✔ Recovery position & treatment of seizure
- ✔ Choking
- ✔ Bleeding & minor injury



**Heath Mount Primary School**

Tuesday 25th & Wednesday 26th February 2025  
9.30am - 1.00pm

Scan QR code to register

## For Further Info

Rashida Ikhlaq  
r.ikhlaq@excelsiormat.org  
07846 874695



**MORE**

## Let your kids try out their tennis skills at our Tennis Roadshow sessions on Saturday 8th - Sunday 9th February!

Suitable for kids aged 4-10, the event's totally **FREE**, we'll provide the equipment and the fun. No need to book, Saturday sessions are at 10-11am, 11.30am-12.30pm & 2-3pm, Sunday 10-11am & 11.30am-12.30pm. Call us to find out more.



FREE TASTER SESSIONS & SPECIAL OFFERS

[birminghamleisure.com](http://birminghamleisure.com) | Tel: 0121 796 2221

Billesley Tennis & Fitness Centre Wheelers Lane, Billesley, Birmingham B13 0ST



let's do MORE

Communication and Autism



## Communication and Autism Team (CAT) SPRING 2025 - Parent carer Advice Sessions online

We would like to invite you to a one-to-one advice session alongside a CAT, to support parent carers of children with a diagnosis of autism or children who are on the neurodevelopmental pathway for assessment.

The sessions will take place online via Microsoft TEAM's and will last for 25 minutes.

Sessions are available on the following dates between 9am - 12pm

- 10th February 2025
- 11th February 2025
- 12th February 2025

Due to limited places, the sessions will be offered to the first families to contact us.

To reserve a place please email: [wendy.p.bantock@birmingham.gov.uk](mailto:wendy.p.bantock@birmingham.gov.uk) or [joanne.clifford@birmingham.gov.uk](mailto:joanne.clifford@birmingham.gov.uk)

You will receive an email response to confirm your booking including the date and time of your session or to tell you that the sessions are full for this term. (We will be delivering more sessions online next term for parent carers.)

Please include in your email / booking that it is for the:

**SPRING 2025 - CAT Parent carer Advice Sessions online**

- Your name - Parent carer
- Your Child's name
- Your Child's school
- Please include in your preferred email contact for the TEAM's invite to be sent to
- And a brief description of the things you would like to talk about in the session, so that the CAT can prepare and make sure the advice is relevant to your child.

Jo Clifford, Wendy Bantock, Dawn Fisher, Viv Walters and Lisa Walmsley.



FOOTBALL FUNATICS  
**ARTS & MULTI-SPORTS camp**  
FROM £15 PER DAY



Inspire Create Achieve

9am - 3pm @ Billesley School  
Kids 5+

- Spring Holiday • February
- Easter Holiday • April
- Whitsun Holiday • May
- Summer Holiday • July - August
- Autumn Holiday • October

Discounted HAF funded places available in easter & summer holidays. (fsm code required)

Discount for full week bookings.

footballfunatics

07931 455 093

www.footballfunatics.co.uk  
footballfunaticsenquiries@gmail.com



SPONSORED BY



# Family Activity Programme

**SATURDAY 25TH**  
JANUARY  
**Bird Walk**  
10-12

**MONDAY 17TH**  
FEBRUARY  
**Nature Scrapbooking**  
10-12



**TUESDAY 15TH APRIL**  
**EGG HUNT**  
10-1

**TUESDAY 22ND**  
APRIL  
**Nature Club**  
10.30-12

**TUESDAY 27TH**  
MAY  
**Family Litter Pick**  
10.30-12

**BOOKING ESSENTIAL!**

Email: [rebecca@bosf.org.uk](mailto:rebecca@bosf.org.uk)

More family activities to be announced soon!



Calthorpe Park  
Edward Road  
Balsall Heath  
B12 9LJ



## Family Outdoor Nature Explorers

Become a young BOSF ambassador for local nature!  
Starting Tuesday 29th April 4.15-5.30pm  
An after school nature club for all children and their families

Calthorpe Park, Balsall Heath, B12 9LF

**Term Time Only!**  
**Booking essential!**  
Children must be accompanied by an adult at all times.

Email [rebecca@bosf.org.uk](mailto:rebecca@bosf.org.uk) to sign up!

**BOSF** 20th Anniversary

# JOIN US FOR OUR BIG FAMILY EASTER EGG HUNT

**TUE 15TH APRIL**  
CALTHORPE PARK 10-1  
EDWARD ROAD  
BALSALL HEATH  
B12 9LF

**JOIN US FOR A FUN-FILLED EASTER EGG HUNT WITH GAMES AND PRIZES**

All children must be accompanied by an adult at all times!  
**BOOKING ESSENTIAL!**  
[rebecca@bosf.org.uk](mailto:rebecca@bosf.org.uk)

**BOSF** 20 Years Supporting Birmingham's Open Spaces and the Volunteers Who Care for Them

## Nature Scrapbooking

Calthorpe Park  
Monday 17th February 10-12

Meet on the corner of Edward Road and Cheddar Road Outside Saheli Hub

**Booking Essential!**  
Email [rebecca@bosf.org.uk](mailto:rebecca@bosf.org.uk)

All children must be accompanied by an adult at all times

**SPORT ENGLAND**

## Half-Term Family Fun!

Wednesday 19th February 2025  
1pm - 3pm  
The Springfield Centre, Springfield Rd, Moseley, B13 9NY

Please join Early Help, your local Children's Centre and other organisations at our Family Fun Day, where all parents can learn what support is available local to you!

**Free activities available for children!**

- How can your local Family Hub support you? What resources are available?
- Are there groups you could join to link with likeminded parents?
- How can WE help YOU?

## Chit, Chat & Chai MINDFULNESS

DEVELOP AWARENESS OF THE HERE AND NOW AND HOW TO FOCUS - MOMENT BY MOMENT!

Delivered by: **Shama Mustafa**  
Peer support worker in south perinatal mental health team

Date: Monday 24th February  
Time: 10AM to 11:30AM  
Location: ONLINE

**JOIN US!**

07873 432125 | [INFO@APPROACHABLEPARENTING.ORG.UK](mailto:INFO@APPROACHABLEPARENTING.ORG.UK)

<https://forms.office.com/e/7iCrgx7RvA>

## UK DISCOUNTED FOOD PROVISION

### Your Best PANTRY

To assist with the financial difficulties caused by the current 'Cost-Of-Living' situation, for a small weekly subscription of either £4 or £5, people can purchase a weekly food shop including fresh fruit and vegetables and family favourites to stock up their cupboards and fridges. A number of our residents are currently using this excellent discount food provision.

Please visit the following website to find out the location of your local Pantry.

<https://www.yourlocalpantry.co.uk/pantry-listings/>

## food justice network.

Birmingham, UK.

Scan this QR code to see the Food Justice Network Map

The map will show you details of free food support and food based activities nearby to you.

Or you can type this into your browser to open the Food Justice Network Map on a webpage:  
<https://tinyurl.com/foodjusticemap>

Each location shown on the FJN Map is an independent provider, requirements and access information may differ for each location. Please contact the location directly with any queries

Find FREE activities at: [www.theaws.co.uk/our-activities](http://www.theaws.co.uk/our-activities)

Search 'The Active Wellbeing Society' on social media

To add/edit your food provision on the map, or for further information, please contact: [foodjusticenetwork@theaws.org](mailto:foodjusticenetwork@theaws.org)

## HOUSING WORKSHOP

Do you have questions regarding your home and options in Birmingham?  
Do you need support to contact the housing team at Birmingham City Council?

**We are Here to help!**

GBNFC Children's Centre/ Selly Oak Family Hub  
213 Trillford road, B13 0ET  
First Friday of every month beginning on Friday 7th February 2025  
9am-4pm

*(Please note that we do not work with Birmingham City Council Housing and have no ability to influence their decision making)*

**PLEASE CALL TO BOOK YOUR ONE HOUR SESSION**  
**0121 464 4189**



Supporting People to be Well and Warm at Home



### Keeping Well and Warm



The 'Keeping Well and Warm' project enhances the support given to our patients, their carers and staff who support them.

Our aim is to bridge the gap between the community health care services and the additional support available to those most vulnerable in our society.

The project is a partnership between Birmingham Community Healthcare NHS Foundation Trust (BCHC) Charity and Cadent Gas who are able to support projects such as these through the Vulnerability and Carbon Monoxide Allowance (VCMA).

The project is being delivered by the Direct Access to Wellbeing (DAWs) Team within the charity and supports the charity objective of helping people live better for longer by supporting people to be well and warm at home.

The DAWs Team has many levels of support that they can offer to individuals, including patients, their families and BCHC staff who support them. The main aim is to support those most in need in our local communities and ensure they have access to the wider support available.

From supporting individuals while in the care of BCHC, following discharge to home, at community events or following referrals from our partners, the DAWs Team will be on hand to offer advice and guidance, along with practical measures to support people to live better for longer and to be well and warm at home.

### What can we offer?

- ★ Health and wellbeing guidance and signposting including early health messages such as healthy eating, oral health and falls prevention.
- ★ Awareness of BCHC health services and the wider NHS Support available
- ★ Energy saving tricks and tips and provision of energy saving equipment, where applicable
- ★ Signposting for those living in fuel poverty and resources to support, where applicable
- ★ Simple benefit checks and signposting for further support
- ★ Registration onto the Priority Service Register (PSR), where applicable
- ★ Provision of carbon monoxide (CO) alarms and advice regarding CO, including gas safety check from Cadent



Our Community Wellbeing Officers (CWO's) will have links to experts in the local area and the additional services that are being provided by our partners across the city. If an individual needs information or additional support outside of what the DAWs Team can offer, our CWO's will be able to signpost individuals to the relevant services.

### Contact us



bchc.dawsteam@nhs.net  
0121 466 7151  
Scan the QR code for more information

BCHC Charity and the DAWs Team are incredibly lucky to be working with some amazing partners including:



## Sparkbrook Children's Zone



Sparkbrook Children's Zone is an NHS clinic where children between 0-16 can be seen by a Nurse, Doctor, and the whole family can receive support from the Early Help Family Support Advisors.

To make an appointment contact your GP\* and ask for a Sparkbrook Children's Zone appointment.

- Monday mornings at Balsall Heath Centre
- Thursday afternoons at Sparkbrook Medical Centre
- Thursday evenings at Fernley Medical Centre

\*child must be registered at specific GP practices, for more information:

Website: [www.sparkbrookchildrenszone.org.uk/](http://www.sparkbrookchildrenszone.org.uk/)  
Social Media: @SparkbrookCZ

Sparkbrook Children's Zone

Scan for more info:

[sparkbrookchildrenszone.org.uk](http://sparkbrookchildrenszone.org.uk)  
[scz@greensquareaccord.co.uk](mailto:scz@greensquareaccord.co.uk)

Supporting children and families to live happy, healthy lives.

We offer appointments, advice and community activities in Balsall Heath, Sparkbrook and Sparkhill.

Translation services available

Children and young people between 0-16 years can come and see a Children's Nurse and Doctor. We help with lots of different problems, including constipation, eczema, and asthma.

Your whole family can get support from our Early Help Family Support Advisors. We provide advice on parenting, debt, healthy eating, and much more.

Sparkbrook Children's Zone

Follow us for NHS approved health messages:

Free appointments every week

We accept bookings from the following GP Practice's:

- Dr Wallj, Dr Raghavan & First Care at Balsall Heath Health Centre
- Spark Medical Group (Brook Surgery & St George's)
- Highgate Medical Practice
- The Hill General Practice
- Fernley Medical Centre
- Springfield Medical Practice (Dr Rajput)

Ask your GP Practice to book an appointment

Monday mornings at Balsall Heath Health Centre  
43 Edward Road, Birmingham, B12 9LP

Thursday afternoons at Sparkbrook Community & Health Centre  
34 Grantham Road, Birmingham, B11 1LU

Thursday evenings at Fernley Medical Centre  
560 Stratford Road, Birmingham, B11 4AN

Our Partners:

### Raffle prizes needed

If you have any unwanted gifts that might be good for raffle, tombola or auction prizes, please consider donating them to



in order to support our fundraising in 2025

- Bottles of wine / spirits
  - Posh toiletries / perfumes
  - Jewellery
  - Chocolates / fancy sweets
  - Toys / games / teddies
  - Candles
- Either new or in very good condition

Please contact [fundraising@edwardstrust.org.uk](mailto:fundraising@edwardstrust.org.uk) or drop them off at 37 Calthrope Road, Edgbaston B15 1TS

THANK YOU!

[www.edwardstrust.org.uk](http://www.edwardstrust.org.uk)

Supporting bereaved parents, children and young people in the West Midlands