

# HEATH MOUNT PRIMARY SCHOOL



## NEWSLETTER



18TH OCTOBER 2024

Dear Parents/Carers

### Daily Mile

This week, we have trialled the Daily Mile with the children. The Daily Mile is a fully-inclusive, initiative which improves the physical and mental health of children. It's a social activity where the children run, jog or walk at their own pace, for 15 minutes and research suggests that it improves focus in class. We will be taking part in this Monday-Thursday after lunch.

### Important message for all Year 6 Parents

Applications are now open for current Year 6 children to apply to transfer to secondary school in September 2025. Parents/carers can apply up to 11.59 pm on 31 October 2024. Applications received after the closing date are treated as 'late applications' and less likely to be offered one of their preferred schools.

Information to support parent/carers can be found on the council website:

[https://www.birmingham.gov.uk/info/20119/school\\_admissions/1778/secondary\\_school\\_year\\_7\\_admissions/1](https://www.birmingham.gov.uk/info/20119/school_admissions/1778/secondary_school_year_7_admissions/1)

It is strongly recommended that parents/carers use all their six preferences to maximise their chances of getting a place at one of the schools that they prefer. Putting one school will not help your child get the school you want and may result in you being allocated a place at a secondary school which is not close to your home.

If you live in Birmingham, please submit your child's application before the final closing date of 31 October 2024 via the following link  
<https://admissions.birmingham.gov.uk/prefs.php>

If you live outside of Birmingham, please contact the local authority which you pay your Council Tax to regarding how to apply for your child's secondary school place.

Thank you for your continued support and I hope that you have a wonderful weekend.

Miss Cross  
Head of School

## Parents' Evening

Don't forget parents evening!

The Autumn term parents' evenings will be taking place on **Wednesday 23rd October and Thursday 24th October from 3:30 pm - 5:30 pm**. This is an opportunity for you to come into school to see your child's work and to speak with your child's class teacher to see how your child is progressing in class.

In order for you to book a 10-minute appointment, we are asking all our parents to sign up for a parents evening appointment slot using the Arbor app.

## Non-Uniform Day



On **Friday 25th October**, we will be holding a non-uniform day. Children can wear their own clothes for a contribution of 50p. We are raising money for playground equipment as part of our Outdoor Play and Learning (OPAL) initiative at Heath Mount Primary School.

## DATES FOR YOUR DIARY



Monday 21st October – SEND Parents' Coffee Morning at 9:00 am	
Monday 21st October – Friday 25th October Scholastic Book Fair	
Wednesday 23rd October – Parents' Road Safety Coffee Morning – at 9:00 AM	
Wednesday 23rd October – Parents' Evening	
Thursday 24th October Parents' Evening	
Friday 25th October OPAL Non-Uniform Day	
Friday 25th October School will close at 1:00 pm for the half term break	
Monday 28th October – Friday 1st November – Half Term Break	
Monday 4th November – Staff Inset Day – School closed for pupils	
Tuesday 5th November – Children return to School	



## The Scholastic Book Fair

We are excited to be holding our Scholastic Book Fair next week (**Monday 21st October- Friday 25th October**). It is an opportunity to come and browse through the books and make any purchases. The fair will be held in the lower hall. **The fair will be open after school for you to visit with your child from 3:20-3:45 pm on Monday - Thursday and from 1:00-1:20 pm on Friday**. It will also be open for the duration of the parents' evenings on Wednesday and Thursday.

**How to pay for books:** Payment for books is through a secure online payment system. Once you have chosen the book(s) you would like to buy, you can use the QR code on the posters that will take you to a link to pay or by using this link:  
<https://bookfairs.scholastic.co.uk/pay/1434097>

**Please note:** we cannot accept cash payments at the bookfair.

Stay in touch:



[enquiry@heathmount.excelsiormat.org](mailto:enquiry@heathmount.excelsiormat.org)



0121 464 1691



[www.heathmount@excelsiormat.org](mailto:www.heathmount@excelsiormat.org)

# PE TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday
Year 6 Class 1B	Class 1PB Class 4A Class 4P (Swimming)	Year 3 Class 2RZ	Year 5 Class 2Z	EYFS



Plain, white T-Shirt/polo 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)

Children must wear their PE uniform from home on the day of their PE lesson



# HEATH MOUNT PRIMARY MENU

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. Vegetation options are indicated by the symbol (V).

## WEEK 2

09/09, 30/09, 21/10, 18/11, 16/12

### MONDAY

Chicken Tikka Fillet or Vegetable Tikka Curry (V)  
 Served with Boiled Rice & Naan Bread  
 Sea Stars  
 Served with Lemon Wedge & Tartare Sauce  
 Pomme Noisette  
 Veg of the Day  
 Ice Cream  
 Fresh Fruit/Jelly

### THURSDAY

Homemade Cajun Chicken Pizza  
 Homemade Margherita Pizza (V)  
 Chipped Potatoes  
 Veg of the Day  
 Strawberry Mousse  
 with Sprinkles/Fresh Fruit/Jelly

### TUESDAY

Homemade Beef or Vegetable Lasagne (V)  
 Served with a Garlic Slice  
 Chicken or Vegetarian Sausage (V) Hot Dog  
 Served with Ketchup or Chili Sauce  
 Sauté Potatoes  
 Veg of the Day  
 Syrup Sponge & Custard  
 Fresh Fruit/Jelly

### FRIDAY

Fish Pie  
 Mediterranean Vegetable Pasta with Garlic Flatbread (V)  
 New Potatoes  
 Veg of the Day  
 Carrot Cake  
 Fresh Fruit/Jelly

### WEDNESDAY

Shepherds Pie  
 Vegetable Casserole (V)  
 Battered Fish  
 Rosemary Diced Potatoes  
 Veg of the Day  
 Chocolate Chip Cookie  
 Fresh Fruit/Jelly

### AVAILABLE DAILY

Fresh Salad Cart  
 Jacket Potato with Fillings

ALL MEALS ARE HALAL



COOMBS

# Star of the Week



Year 1 – Elijah and M. Ayaan  
 Mohamed and M. Ismail

Year 2 – Lina and Hibo  
 Qusay and Saja

Year 3 – Hajrah and Hisham  
 Halemah and Hayaah

Year 4 – Reem and Lina.M  
 Dema and Zohair

Year 5 – Daren and Ahmed  
 Yusuf and Elaph

Year 6 - Gurneet and Abdul  
 Zainab and Riley

Well done to all the children who have been in school every day and on time. The classes with the highest attendance in each phase group last week are as follows;

## Attendance of the Week

### EYFS & Key Stage 1

1PB	99.6%
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### Lower Key Stage 2

3A	97.3%
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### Upper Key Stage 2

6B	96.2%
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Be an attendance HERO  
 Here Everyday Ready Ontime

# HOT CHOCOLATE FRIDAY

Well done to all the children who have been nominated. This week's winners are:

- Year 1 – Ayana & Dalya
- Year 2 – Galyi & Afnan
- Year 3 – Musa & Abdirahman
- Year 4 – Abu-Bakr
- Year 5 - Nada
- Year 6 - Hamza



# SEND Coffee Morning



Heath Mount Primary School would like to invite parents/carers to our SEND Coffee Morning. This is a chance to meet other parents as well as members of external organisations who support your child at school such as The Educational Psychologist, Pupil School Support and The Communication and Autism team.



All parents/carers are welcome to attend on **Monday 21st October, 9:00 am** in the lower hall.



## THE SCHOLASTIC BOOK FAIR

**Monday 21<sup>st</sup> October –  
Friday 25<sup>th</sup> October**

We will be selling a range of wonderful, engaging and affordable books at every reading level and children will have the opportunity to purchase a book of their choice.



YOU CAN FIND  
**MAGIC**  
wherever you look,  
SIT BACK AND RELAX,  
ALL YOU NEED IS  
**A BOOK**  
- Dr. Seuss



**Wednesday 23rd October**  
at 9:00 am in the Lower  
Hall

# ROAD SAFETY COFFEE MORNING

We will be hosting a special coffee morning in partnership with our local Police Community Support Officers who will talk about the importance of road safety. They will offer plenty of support and advice on how we can keep our families safe on the roads.



### L3 Combined Emergency First Aid

Adult & Paediatric 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



#### Jewellery Quarter

Monday 21st & Tuesday 22nd October  
9.30am - 1.00pm

### For Further Info

Natalie Woo  
natalie@onyourfeet.biz



**Aluna Behaviour Consultancy**  
Free Coffee Morning or Afternoon for Parents



Would you like to book a free, informal 90-minute session?  
For more details email Zelpher Ferguson: [zelpher@aluna-abc.co.uk](mailto:zelpher@aluna-abc.co.uk)

This free 90-minute session is an informal space in which parents can learn a little about children's behaviour, with some learning about their child and potentially a lot of learning about themselves!

The session aims to:

- Share some general information about children's behaviour
- Explore some behaviour that parents might find challenges them
- Help understand the motivation behind children's behaviours
- Give suggestions of how common behaviours can be addressed at home
- Equip parents with skills that support expectations of children's behaviour at school

Participants may also gain a greater insight into the influences behind their own parenting approaches.

**For more information or to book a coffee morning (or afternoon) for the parents you support, please email me or schedule a Zoom meeting via this link:**

<https://calendly.com/alunaabc/free-30-minute-mini-consultation>



**EXPECTING A BABY TOGETHER?**

Helping couples prepare for the birth of their baby

**Family Foundations will help you:**

- Prepare yourself, and your relationship for the birth of your baby
- Manage stress and handle difficult situations parenthood can bring
- Improve communication with your partner and resolve conflict
- Learn new skills and techniques to strengthen your relationship
- Understand the important role each parent plays in their child's life

**Course details**

**Date:** Prenatal Sessions - Wednesday 18th of December until 9th of October  
Postnatal Sessions - starting January 15th

**Time:** 12:30-2:30pm

**venue:** Springfield Children's Centre, Springfield Road, B13 9NY

**Registration:** Scan the QR code or Call centre on 0121 7772722



**UK DISCOUNTED FOOD PROVISION**



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/>



**FREE!**

**Birmingham Residents Event  
"Winter is Coming"  
Thursday 31<sup>st</sup> October 2024**

**BE PREPARED  
Winter  
is Coming**

Worried about energy bills and energy debt!!!  
**Act on Energy will be at:**

**BIRMINGHAM REPERTORY THEATRE,  
6 CENTENARY SQUARE, BIRMINGHAM, B1 2EP**

**Thursday 31<sup>st</sup> October 10:00a.m. - 3:30pm**

**We are offering:**

- ▶ **FREE** energy saving advice and small measures
- ▶ **FREE** fuel vouchers\*
- ▶ **FREE** advice on tackling fuel poverty & the cost of living
- ▶ **FREE** essential cooking & heating appliances\*

\*subject to eligibility criteria



[@actonenergyuk](https://www.actonenergy.org.uk)

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