

# HEATH MOUNT PRIMARY SCHOOL



## NEWSLETTER



20TH DECEMBER 2024



Dear Parents/Carers

This is my final newsletter for 2024! I have been extremely proud of how the children have worked and behaved this term. Well done to you all!!

It was lovely to see so many of you this week at the Nativity and year 4 music performance. Thank you for your support.

Yesterday, Mr Edwards, Mr Mohammed and Mrs Yafai took a team to the Excelsior MAT Panathlon competition. We came second place in the competition and we now have another trophy to add to our growing collection.

Have a great break with your family and I wish you all a Happy New Year. See you all in 2025!

Best wishes and stay safe.

Miss Cross  
Headteacher

**School closes at 1pm on 20th December for the Christmas Break.**

**SCHOOL WILL RE-OPEN ON MONDAY 6TH JANUARY 2025**

*Happy New Year*



### PE TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
Year 6 Class 1B	Class 1PB Class 4P Class 5B (Swimming)	Year 3 Class 2RZ	Class 5S Class 2Z	Reception



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**

### AFTER SCHOOL CLUBS JANUARY 2025

Please note all school clubs are on an allocation basis and you must receive an email confirming your child's place in order for them to attend.



Monday	Tuesday	Wednesday	Thursday
Year 5 & Year 6 Football Club 3:20 pm-4:20 pm	Year 1 & Year 2 Multi-Sports Club 3:20 pm-4:20 pm	Year 3 & Year 4 Football Club 3:20 pm-4:20 pm	Year 1 Year 2 Art Club 3:20 pm-4:20 pm
	Year 5 Computing Club 3:20 pm-4:20 pm		
		Year 3 & Year 4 Multi-Sports Club 3:20 pm-4:20 pm	Year 3 & Year 4 Cookery Club 3:20 pm-4:20 pm
			Year 1 Phonics Booster Club 3:20 pm-4:00 pm



**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	
2Z	99.2%
Lower Key Stage 2	
3O	95.2%
Upper Key Stage 2	
5B	96.8%

**Be an attendance HERO Here Everyday Ready Ontime**

# 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. Vegetarian options are indicated by the symbol (V)

WEEK 1 04/01, 27/01, 24/02, 17/03, 07/04	WEEK 2 13/01, 03/02, 03/03, 24/03	WEEK 3 20/01, 10/02, 10/03, 31/03	ALL MEALS ARE HALAL
<b>MONDAY</b> Lamb Biryani Served with Naan Bread Vegetable Biryani Served with Naan Bread (V) Battered Fish Served with Potato Wedges Veg of the Day 1/2 Waffle with Toffee Sauce Fresh Fruit Jelly	<b>THURSDAY</b> Homemade Jerk Chicken & Sweet Pepper Pizza Homemade Margherita Pizza (V) Chipped Potatoes Veg of the Day Panada & Sauces Fresh Fruit Jelly	<b>MONDAY</b> Chicken Tikka Fillet or Vegetable Tikka Curry (V) Served with Boiled Rice & Naan Bread Spag Stars Served with Lemon Wedge & Tartare Sauce Pomme Nette Veg of the Day Ice Cream Fresh Fruit Jelly	<b>THURSDAY</b> Homemade Chicken & Leek Pie Fish Fingers Served with Lemon Wedge & Tartare Sauce Vegetarian Sausage (V) Spiced Potato Wedges Veg of the Day Raspberry & Vanilla Ice Cream Cake Fresh Fruit Jelly
<b>TUESDAY</b> Spaghetti Bolognese Served with Garlic Sauce Cheese, Leek & Potato Pie (V) Herb Diced Potatoes Veg of the Day Chocolate & Beetroot Brownie Custard Fresh Fruit Jelly	<b>FRIDAY</b> Cottage Pie Vegetable Spring Rolls Served with Noodles & Oriental Vegetables (V) Veg of the Day Chocolate Cornflake Cake Fresh Fruit Jelly	<b>TUESDAY</b> Homemade Beef or Vegetable Lasagne (V) Hot Dog Chicken or Vegetarian Sausage (V) Veg of the Day Spag Potatoes Veg of the Day Syrup Sponge & Custard Fresh Fruit Jelly	<b>FRIDAY</b> Fish Pie Mediterranean Vegetable Pasta with Garlic Flatbread (V) New Potatoes Veg of the Day Carrot Cake Fresh Fruit Jelly
<b>WEDNESDAY</b> Chicken Sausage Served with Onion Gravy Fishless Fingers Served with Lemon Wedge & Tartare Sauce (V) Mashd Potatoes Veg of the Day Cherry Flapjack Fresh Fruit Jelly	<b>WEDNESDAY</b> Shepherd's Pie Vegetable Casserole (V) Battered Fish Rosemary Diced Potatoes Veg of the Day Chocolate Chip Cookie Fresh Fruit Jelly	<b>WEDNESDAY</b> Roast Beef 3 Cheese & Roast Vegetable Parsley Pasta Bake (V) Crunchy Roasts Veg of the Day Marble Sponge Fresh Fruit Jelly	<b>AVAILABLE DAILY</b> Fresh Salad Cart Jacket Potato with Fillings

## OUR EXCELSIOR VALUES

EACH WEEK, OUR STAFF CHOOSE A CHILD WHO HAS DEMONSTRATED ONE OR MORE OF OUR EXCELSIOR VALUES IN AN EXCEPTIONAL WAY. THIS WEEK, WE ARE CELEBRATING CHILDREN WHO HAVE DISPLAYED WONDERFUL ACTS OF ENTHUSIASM.

### ENTHUSIASM AWARD

- Reception – Jannah
- Year 1 – Ayana and Hareem Isack and Mohamed
- Year 2 – Absalat and Awo
- Year 3 – Meesum and Sumaya
- Year 4 – Kai'ron and Amat
- Year 5 – Hamza
- Year 6 – Abbas and Reem



## Star of the Week

- Reception – Sulayman and Zainab
- Year 1 – Abdulrahman and Amirah Rabwah and Abdullah
- Year 2 – Bushra and Inaaya Lamees and Mohammed
- Year 3 – Nooh and Mustafa Said and Ekram
- Year 4 – Abu-Bakr and Maira Aisha
- Year 5 – Elaph and Eliza M Nada and Dareen
- Year 6 – Amal and Gurneet Husam and Nadia

**WE ARE HERE TO HELP FAMILIES**

**December 2024**

<b>Food Support</b> Food Justice Network—map of all food related support available across the city of Birmingham, from food banks, pantries, community cafes, and more. Website: <a href="https://thefms.co.uk/food-provision-database/">https://thefms.co.uk/food-provision-database/</a> Sparkhill Food Bank—Appointments by referral only Mon 13:00 - 15:00, Balsall Heath Church Centre, B12 9JU.   Wed 10:30 - 12:30, St John's Church, B11 4AE. Tel: 0121 708 1398 or go to: <a href="https://sparkhill.foodbank.org.uk/">https://sparkhill.foodbank.org.uk/</a> . Highfield Hall Food Bank—Please call in advance of visiting to request a food parcel. Tel: 07470 155225. Email: <a href="mailto:info@highfieldhall.org.uk">info@highfieldhall.org.uk</a> . Closed 24th - 26th December and 31st - 2nd January 2025.	<b>Domestic Abuse Support</b> Birmingham and Solihull Women's Aid—Offering support to women and children affected by domestic violence and abuse, including information and support with refuge and housing options. Their telephone helpline is open 7 days a week 9.15am - 5.15pm and webchat is open Monday to Friday 10am - 4pm. Phone: 0800 800 0028. Website: <a href="http://www.bswaaid.org">www.bswaaid.org</a> . Men's Advice Line—Telephone/webchat emotional support, practical advice and information for men. Mon-Fri 9am-5pm. Call: 0800 801 0327. Email: <a href="mailto:info@mensadvice.org.uk">info@mensadvice.org.uk</a> . Website: <a href="https://mensadvice.org.uk/">https://mensadvice.org.uk/</a> . National Domestic Abuse Helpline—Free 24 hour helpline for women who have experienced domestic abuse. Tel: 0800 200 0247.
<b>Mental Health Support</b> Birmingham Mind—Adults can get support from MIND 7 days a week! Call: 0121 262 3555. Email: <a href="mailto:help@birminghammind.org">help@birminghammind.org</a> . For urgent help, contact Forward Thinking Birmingham on 0300 300 0099. Kooth—An online wellbeing community for young people aged 11–25 years, with forums, guides and counselling available. Website: <a href="http://www.kooth.com/">http://www.kooth.com/</a> . Pause—Mental health call back telephone support for 0-25yrs. Tel: 02078414470. Email: <a href="mailto:ask.beam@childrensociety.org.uk">ask.beam@childrensociety.org.uk</a> . 10am-5pm Mon-Sat, closed Sundays and Bank Holidays. If you are in crisis contact the Access Centre on 0300 300 0099. Samaritans—Offering support 24/7, 365 days of the year. You can get in touch about anything troubling you, no matter how big or small. For the quickest response, it's best to phone on their free phone number. Samaritans also has a free self help app here. Website: <a href="http://www.samaritans.org">www.samaritans.org</a> . Phone: 116 123. Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> . Forward Thinking Birmingham—For urgent help for adults, telephone 0300300099.	<b>Other</b> St Pauls Children's Centre—Call: 0121 464 6349. Springfield Children's Centre—Call: 0121 777 2722 Hall Green Families Early Help Team—SELF-REFERRAL FAMILY CONNECT FORM Parents can self refer into our service whilst nurseries/schools are closed. Household Support Fund Team—CLOSED from 23rd–26th December and 31st December–2nd January. No applications will be processed.

Wishing all of the families and professionals working across Central district a happy Christmas and a safe and healthy 2025!

**OnYourFeet** onyourfeet.biz hello@onyourfeet.biz

**Wellbeing Wednesdays**  
 Free to all parents living in Birmingham

**Starts January 2025!**

- 8th January - Mindset & Motivation!
- 15th January - Stress Management
- 22nd January - Sleep & Relaxation
- 29th January - Nutrition for Busy Lives

**Zoom**  
 Wednesdays in January  
 9.30am - 12.00pm

**Scan QR code or email to register**

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

**OnYourFeet** onyourfeet.biz hello@onyourfeet.biz

**L3 Mental Health First Aid**  
 Free to all parents living in Birmingham

**What will I learn?**

- Understanding the importance of mental health
- Signs & symptoms of distress
- Common mental health conditions
- The importance of own wellbeing
- Creating mentally healthy workplaces

**Zoom**  
 Tuesday 21st & Tuesday 28th January 2025  
 9.00am - 5.00pm

**Scan QR code or email to register**

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

# HEATH MOUNT PRIMARY SCHOOL

## ACADEMIC CALENDAR

### 2024/2025

#### SEPTEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

#### OCTOBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

#### NOVEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

#### DECEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

#### JANUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

#### FEBRUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	1

#### MARCH 2025

SUN	MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

#### APRIL 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

#### MAY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

#### JUNE 2025

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

#### JULY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

#### KEY:



SCHOOL CLOSED: HOLIDAYS



SCHOOL CLOSED: STAFF INSET DAY



SCHOOL OPEN FOR PUPILS

# What Parents & Carers Need to Know about SETTING UP APPS, GAMES AND SOFTWARE

Millions of new phones, tablets, laptops and games consoles will be nestling under Christmas trees this year. However, even if parents and carers have gone to the trouble of setting up these new devices and enabling the safety features, there are still potential hazards in the apps, games and software that children will want to install and use. Knowing what to look for and discussing those risks with your child may help avoid any nasty surprises this Christmas. Here are our top tips for ensuring that unwrapping this year's presents doesn't unleash any unexpected dangers.

## TAKE NOTE OF AGE RATINGS

Back when most games were bought in shops, checking the age rating was easy: it was on the front of the box. Now that most games are downloaded, it's tougher – but not impossible. All reputable download stores show a game's age rating at the point of purchase, and you can check the suitability of a specific title your child wants to play at [videostandards.org.uk/RatingBoard/games](http://videostandards.org.uk/RatingBoard/games).

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## 'FREE' ISN'T ALWAYS FREE

The games market has changed radically in recent years. Many titles are free to download, but then tempt players to pay for cosmetic items (as in Fortnite) or to unlock additional content. There can be huge peer pressure for children to pay for these items. Agree a budget for in-game purchases before the game is downloaded, and make sure children can't authorise in-game purchases by themselves.

## DISABLE IN-APP PURCHASING

It's not wise to leave children with devices that can make in-app purchases without your permission. Ideally, set up computers, consoles and phones so child accounts need an adult's authorisation to buy anything. On shared devices (like iPads, which don't allow user accounts), check the settings to ensure that in-app purchasing requires the account holder's password, fingerprint or face ID.

## APPS ARE AGE RATED, TOO

Like games, apps in the major stores have age ratings, too – so you can see in advance whether an app's appropriate for your child. Additionally, phones' parental control settings allow you to set age limits, preventing young ones from downloading unsuitable apps themselves. These ratings aren't infallible, however: we've seen TV apps featuring adult shows with an age rating of 3, for example.

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## CONSIDER STORAGE

Most apps and games will tell you in the online store how much space they need on a device. Check this carefully – especially with games, which can run into hundreds of megabytes and beyond. If you don't have enough free storage on a device to run the game or app, you won't get a refund from the store. You can normally check a device's available storage space through the settings menu.

## LEGAL APPS THAT BREAK THE LAW

There are many apps that are perfectly legal but enable illegal activity – streaming apps which let people watch football matches, say, without paying for Sky or BT Sport. Prosecution for using such apps is rare, but they can lead to risky behaviour like viewing rogue streams on sites teeming with malicious links. Watch for children installing unusual apps with 'TV', 'stream' or 'sport' in the name.

## IN-APP REGISTRATION

It's common for apps and games to ask users to register: entering personal details like email address, date of birth and other information you might not want your child to divulge. Ask them to get your permission before giving any personal info to an app – and consider using your details rather than the child's, so they're not targeted by marketing spam or put at risk of having their data stolen.

HELLO  
OSCAR

## CHECK THE SPECS

To avoid let-downs, check a game's specs before buying – especially for PC or Mac, where games often need a particular graphics chip or processor to work. Sites like [systemrequirementslab.com](http://systemrequirementslab.com) can scan your computer to see if it will run certain games properly. On consoles, make sure you're buying the right version: some newer Xbox or PlayStation games won't play on older consoles.

## MONITOR IN-GAME COMMS

Voice chat with friends is part of the fun of modern gaming – but danger lurks here too. Many titles have open chat systems, meaning that children could speak to strangers or hear adult language and verbal abuse when games get particularly competitive. Using a shared family area (as opposed to alone in bedrooms) for online gaming is a good way to keep an occasional ear on what's being said.

## BE WARY OF GIFTS

Titles like Roblox, Minecraft and Fortnite have in-game currencies, which can be earned through progress in the game – but can also be bought with real money. A common scam is for a young player to be offered currency if they click a link, visit a certain site or contact another user directly. Warn your child about such offers; they should show you if they're in any doubt over an in-game gift.

## WATCH OUT FOR IMITATORS

Even in the official stores, untrustworthy rogue apps can slip through the net. Common tricks are apps or games that have a slightly different name to the genuine article (Fortnight rather than Fortnite, for instance) or use logos which deliberately look very similar to the official app. To avoid downloading these imitations, read the app's description and check who the publisher is listed as.

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TOK TAK

## STAY UPDATED

Most games and apps are subject to regular updates, which not only offer new content and features but also provide critical security improvements. Children tend to ignore such updates – usually because they don't understand why they're important, or they simply want to get straight on with gaming. Check your child's devices periodically to make sure these updates are being installed.

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