

HEATH MOUNT PRIMARY SCHOOL



NEWSLETTER



27TH SEPTEMBER 2024

Dear Parents and Carers,

Thank you for your support with getting children into school on time this week - this punctual start to the day makes sure that children are in and ready to learn promptly.

We have been really pleased with how the children have come to school in their uniform and with school shoes. Thankyou to all parents for your support with this.

Finally, I would like to take this opportunity to thank you all for your support and kind words over the last few weeks. It is lovely talking to you in the playground at the beginning and end of the day.

As always if you have any questions or queries, please contact the school office using the enquiry email.

enquiry@heathmount.excelsiormat.org

Have a lovely weekend.

Miss Cross

Head of School

DATES FOR YOUR DIARY

- Wednesday 2nd October - Year 2 Carbon Monoxide Workshop (Children Only)
- Thursday 3rd October - Year 3 Carbon Monoxide Workshop (Children Only)
- Monday 7th October - Year 5 Carbon Monoxide Workshop (Children Only)
- Tuesday 8th October - Year 6 Carbon Monoxide Workshop (Children Only)
- Wednesday 9th October - EYFS Parent & Child Workshop - 9:30 am
- Wednesday 9th October - Year 1 and Year 2 Parents Read and Write Information Meeting at 2:00pm
- Wednesday 16th October - Reception Open Day for September 2025 intake at 9:15 am and 5:00 pm
- Friday 18th October - Whole School Flu Immunisations
- Monday 21st October - SEND Parents' Coffee Morning at 9:00 am
- Wednesday 23rd October - Parents' Road Safety Coffee Morning with Police Community Officers - at 9:00 AM
- Wednesday 23rd October - Parents' Evening
- Thursday 24th October - Parents' Evening
- 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

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

After School Clubs – Autumn 2024



| DAY | CLUB | YEAR GROUPS | TIME |
|-----------|-------------------|-----------------|-----------|
| Monday | Football Club | Year 5 - Year 6 | 3:20-4:20 |
| Tuesday | Multi-Sports Club | Year 1 – Year 2 | 3:20-4:20 |
| Wednesday | Football Club | Year 3 – Year 4 | 3:20-4:20 |
| Thursday | Cricket Club | Year 5 – Year 6 | 3:20-4:20 |



Getting to school on time really matters. Did you know...

| If in a school year, you are late every day by... | You would have lost approximately... | or you would have missed approximately... |
|---|--------------------------------------|---|
| 5 Minutes | 3.5 Days from School | 18 Lessons |
| 10 Minutes | 7 Days from School | 35 Lessons |
| 15 Minutes | 10 Days from School | 50 Lessons |
| 20 Minutes | 14.5 Days from School | 73 Lessons |
| 30 Minutes | 22 Days from School | 110 Lessons |

You should not take holidays during term time. Please be punctual to maintain attendance. Remember Absence = Lost Opportunity

Stay in touch:



enquiry@heathmount.excelsiormat.org



0121 464 1691



www.heathmount@excelsiormat.org

WORLD SPACE DAY

JOIN US FOR A TASTY SCHOOL LUNCH AND A CHOICE OF TERRESTRIAL TREATS

MENU

ICE LOLLY ROCKETS
 GALAXY BUTTON MUFFIN WITH COSMIC DUST
 MARS BAR MOUSSE WITH RAINBOW DROPS

AND THE CHANCE TO WIN A SPACE THEMED PRIZE

THURSDAY
3RD OCTOBER

HEATH MOUNT PRIMARY MENU

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

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

WEDNESDAY
 Shepherds Pie
 Vegetable Casserole (V)
 Battered Fish
 Rosemary Diced Potatoes
 Veg of the Day
 Chocolate Chip Cookie
 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

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

AVAILABLE DAILY
 Fresh Salad Cart
 Jacket Potato with Fillings

ALL MEALS ARE HALAL

VEGETARIAN

STAY HYDRATED

COOMBS

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)

HOT CHOCOLATE FRIDAY

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

- Year 1 - Eyad
- Year 2 – Abhimanyu
- Year 3 – Muna
- Year 4 – Ajwa
- Year 5 – Eliza
- Year 6 - Kayla

WELL DONE!

Star of the Week

Year 1 – Mikhail and Aileen
 Yusuf and Abdullah

Year 2 - Livia and Inaaya
 Alayna and Miriam

Year 3 – Leyanna and Yousaf
 Abeeha and Amelia

Year 4 – Taha and Saad
 Ayesha and Rayyan

Year 5 – Ensi and Yusuf
 Sepehr and Khaseena

Year 6 – Burhan and Hooda
 M.Abdulahq and Durrah

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 & KS1 | |
| 1PB | 99.2% |
| Lower Key Stage 2 | |
| 3O | 94.8% |
| Upper Key Stage 2 | |
| 5S | 97.8% |

Be an attendance HERO
 Here Everyday Ready Ontime

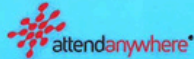
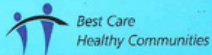
SCHOOL NURSE VIRTUAL DROP-IN CLINIC

Every
Tuesday
and
Thursday
from
4:30-5:30pm

Your School Nurse is here to help you feel healthy, happy and safe during your school years and to get the best from your education.

Join the link and talk to a School Nurse. We provide a confidential and friendly service.

<https://nhs.vc/BCHC/C-F/Schl-Nurse/Drop-In>



Settling into Reception Support with Dr Fran Dutton



Come and join us for a session with Dr Fran Dutton who will give parents/carers top tips to ensure your child is healthy and happy to ensure they can make friends and learn!



Location: Heath Mount Primary School
Time: 17th October 9am-10am



The Birmingham Parent Carer Forum (BPCF) recently launched its new website. Please scan on the QR Code below for helpful information and access to their website.

Communication and Autism



Autumn Term 2024 CAT PAC – Primary School Age
SOUTH Rednal Hill Juniors school – B45 8QY

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.

- The course has been designed for parents who want to increase their understanding of autism.
- The sessions will take place at Rednal Hill Junior School

AUTUMN TERM 2024

| | |
|---|--|
| Session 1 – An introduction to Autism | Tuesday 8 th October 9.30-11.30am |
| Session 2 – Communication and Interaction | Tuesday 15 th October 9.30-11.30am |
| Session 3 – Sensory differences | Tuesday 22 nd October 9.30-11.30am |
| HALF TERM | |
| Session 4 – Eating, sleeping, personal care | Tuesday 5 th November 9.30-11.30am |
| Session 5 – Autism and Anxiety | Tuesday 12 th November 9.30-11.30am |
| Session 6 – Parent/ carer choice & signposting services | Tuesday 19 th November 9.30-11.30am |

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

Autumn 2024 Primary CAT PAC – Rednal Hill 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.
- Please email A2EGeneral@birmingham.gov.uk to reserve a place.

You will receive an email response to confirm your place or to tell you that the course is full.

Yours sincerely,

Katie Price, Lisa Walmsley and Wendy Bantock.



Our new website is now live!

There you'll be able to find all the latest information about the forum and the work we are doing. We will be updating the site regularly so make sure you check back.

Use the QR Code to check it out!



Rights Respecting Article

We are actively promoting children's rights and ensuring they know them.
Please see an 'Article of the Week' below for you to share with your child.

MAKING RIGHTS HAPPEN

Making Rights Happen: Articles 1, 4 and 41

The Convention on the Rights of the Child brings together a range of rights that all children aged under 18 are entitled to, no matter who they are or where they are born. These rights ensure that all children are given the support they need to develop and reach their potential and are protected from harm. Governments across the world have signed up to the CRC and have promised to make the rights within the CRC a reality for children in their country and a number of articles specifically mention what governments must do to make rights happen.

Article 1 makes clear that everyone under the age of 18 has all the rights in the Convention.

Article 4 states that governments must do all they can to make sure every child can enjoy their rights by creating systems and passing laws that promote and protect children's rights.

Article 41 states that if a country has laws and standards that go further than the present Convention, then the country must keep these laws.

This Article of the Week will support you to explore these rights in more detail and consider what must be done to make rights happen for all children.

EXPLORING ARTICLES 1, 4 & 41

Did you think of these?

- Every child must be registered with a name at birth.
- There are parks and play areas provided.
- We have education and health care systems.
- Some people's job is to protect children.
- The school curriculum includes learning about the CRC (in some parts of the UK).
- Children are given protection when they need it.
- Most schools have ways of listening to children's views and opinions.
- There are Children's Commissioners whose job it is to make sure children are listened to.
- Social care services and the police work to keep all children protected.
- In Scotland, the CRC is being incorporated into law.
- Many schools are UNICEF UK Rights Respecting Schools and children learn about their rights.
- There are laws which include some rights from the CRC, such as equalities legislation and the Children Act.

What else did you think of?