

# HEATH MOUNT PRIMARY SCHOOL



## NEWSLETTER



4TH OCTOBER 2024

Dear Parents/Carers,

During the past few weeks, we have been reading the most amazing applications for the role of Pupil Parliament and Prefects from some of the year 5 and 6 children. The standards of applications were extremely high, and we are all very impressed. As a result, I am delighted to announce this year's team:

### Pupil Parliament:

- Year 1 - Jannat
- Year 1 - Rabwah
- Year 2- Absalat
- Year 2- Isaac
- Year 3 - Abdul-Raheem
- Year 3- Asad
- Year 4- Renad
- Year 4 - Aylah
- Year 5 - Eliza M
- Year 5 - Riley
- Year 6 - Alifa and Ramlah
- Year 6 - Aminah and Aayan

### Prefects:

- Head girl - Durrak
- Head boy - Noah
  
- Zainab
- Huda
- Khansaa
- Rabia
- Anaya
- Gurneet

These are very important roles in the school, and they now have greater responsibility to be fantastic role models for our school and the younger children.

We are looking forward to seeing you all at our first parents' evening this academic year. They will be on Wednesday 23rd October and Thursday 24th October from 3.30pm-5.00pm. You will receive a letter next week with further information.

Thank you for all of your support and co-operation.  
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



A reminder that school closes at 1:00 pm every Friday. Please ensure that you collect your child promptly to avoid a late collection fine.



# 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

## WEEK 3

16/09, 07/10, 04/11, 25/11, 02/12

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).

### MONDAY

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

### THURSDAY

Spicy Beef Pizza with a Sweet Chili Dip  
Margherita Pizza (V)  
Chipped Potatoes  
Veg of the Day  
Lemon Drizzle Cake  
Fresh Fruit/Jelly

### TUESDAY

Chicken Burger  
Vegetable Burger (V)  
Paprika Sauté Potatoes  
Veg of the Day  
Chocolate Concrete with Custard/Fresh Fruit/Jelly

### FRIDAY

Chinese Chicken Curry Served with Steamed Rice  
Vegetable Samosa Served with Steamed Rice & Curry Sauce (V)  
Five Spice Wedges  
Veg of the Day  
Fruit Shortbread  
Fresh Fruit/Jelly

### WEDNESDAY

Roast Beef  
3 Cheese & Roast Vegetable Parsley Pasta Bake (V)  
Crunchy Roasts  
Veg of the Day  
Ice Lolly  
Fresh Fruit/Jelly

### AVAILABLE DAILY

Fresh Salad Cart

Jacket Potato with Fillings

ALL MEALS ARE HALAL



COOMBS



Year 1 – Amirah and Isher Said and Aya

Year 2 - Sarah and Alayna Livia and Abhimanyu

Year 3 - Jaxson and Aisha Zakariyah and Ibrahim

Year 4 – Lina. M and Roshan Mark - Steve and Dema

Year 5 – Maliha and Laibah Noorsin and Awais

Year 6 - Noah and Huda Khansaa and Arez

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	100%
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### Lower Key Stage 2

3A	95.7%
30	95.7%

### Upper Key Stage 2

6JB	95.4%
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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 - Fatima & Isaac
- Year 2 - Absalat & Afnan
- Year 3 - M. Ijaaz
- Year 4 - Zohair
- Year 5 - Zakariyya
- Year 6 - Abbas



Sparkbrook

## Children's Zone

We support children and families live happy healthy lives



Follow @SparkbrookCZ  
Email [scz@greensquareaccord.co.uk](mailto:scz@greensquareaccord.co.uk)  
Visit [www.hallgreencommunities.org.uk/scz](http://www.hallgreencommunities.org.uk/scz)

Sparkbrook Children's Zone is a clinic where children aged 0 to 16 can meet with a children's doctor and nurse, as well as Early Help. To make an appointment contact your GP\* and ask for a Sparkbrook Children's Zone appointment.

- Mondays at **Balsall Heath Centre** – by appointment only
- Wednesdays 9am to 12pm at **Balsall Heath Medical Centre** – drop-in, no appointment necessary.
- Thursdays at **Sparkbrook Medical Centre** – by appointment only

*\*child must be registered at specific GP practises, for more information please see [Sparkbrook Children's Zone – Hall Green Communities](#)*

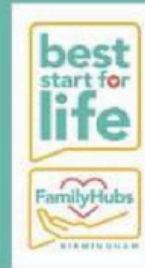
Follow us on @SparkbrookCZ on Facebook, Instagram and X for health messages and upcoming outreach activities!



## Free Parenting Groups and courses

Support for all parents and carers with children from pregnancy to 19 (25 with additional needs) both online and face to face

- Are you expecting a baby?
- Have you recently had a baby?
- Do you want support to better understand your child or teenager's behaviour?



SCAN QR CODE FOR DETAILS ABOUT WHAT'S ON NEAR YOU



OR EMAIL: [FAMILYHUBS@BIRMINGHAM.GOV.UK](mailto:FAMILYHUBS@BIRMINGHAM.GOV.UK)

## EARLY HELP SEND SUPPORT SESSION

10 - 11.30 am

Mon 21st Oct

A free Special Educational Needs and Disabilities (SEND) information and guidance session including: signposting, the start of the process to diagnosis, and a feel good chat with us in Early Help

Moseley Hive  
93A Alcester Road  
Birmingham  
B13 8DD



## COVERING TOPICS INCLUDING:

- ASD Assessment Process - What To Expect
- Diet and Nutrition
- Sensory Processing
- Sleep and Hygiene
- Hypersensitivity and Hyposensitivity
- Typical Behaviours
- EHCP's - What do they mean? How can they help?
- What support is local and available to families?

For more information contact:  
[hallgreen.families@greensquareaccord.co.uk](mailto:hallgreen.families@greensquareaccord.co.uk)  
07570 953519



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.

## INTRODUCING BLACK HISTORY MONTH

### Black History Month

Black History Month takes place in **October** every year and is a **celebration of key figures and events in Black history**. Having begun in the USA, it has been celebrated in the UK since 1987, with the emphasis on celebrating particularly the history and contributions to society of people with an African or Caribbean heritage.

There is a different theme every year, for example in 2021 the theme 'Proud to Be', aimed to recognise the achievements and contributions that Black people make to the UK every day. The 2022 theme, Time for Change: Action Not Words highlights the importance of being an ally and coming together around shared common goals to achieve a better world for everyone.



### REFLECTION

Take a little time to think...find somewhere quiet and give yourself some space...

- Spend some time thinking again about what makes you **proud to be the person you are**. How can you regularly remind yourself of these things?
- What can you say to others to **help them feel proud of themselves** and who they are?
- Think about what you could do if you ever **hear or see racism** at school or in your community.
- How can you challenge this and **be an ally** to others?

## EXPLORING BLACK HISTORY MONTH

### Did you think of these?

- To recognise the contribution and achievements of those with African and Caribbean heritage throughout history.
- To ensure that we hear a diverse range of stories when considering the past.
- To celebrate people's heritage and cultures.
- Because all communities, including schools, should encourage respect for everyone and celebrate diversity and inclusion.
- To think about how we can make the world a more equal place where everyone's rights are respected.
- To learn how to challenge negative stereotypes.
- To ensure that there is time and space for people to discuss more recent events and issues such as Black Lives Matter, the treatment of the Windrush generation and the death of George Floyd.
- Because no one should be treated differently because of who they are.
- To learn about racism and its effects.
- To support people to recognise and challenge discrimination.

### What else did you think of?