



St Nicks Weekly News

Friday 27th September 2024

FLU Vaccinations – Thursday 7th November in school

Flu immunisation for pupils in school years Reception - Year 11

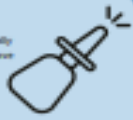
DEAR PARENT/CARER,
The flu vaccine is being offered at your child's school again this Autumn/Winter.

To give consent for your child to have the flu vaccine, please click here: <https://www.east-riding-vaccination.uk/Flu/2024/parental>

Even if you do not wish for your child to have the vaccine, please complete the online form so that we can record your wishes.

THE NASAL FLU VACCINE

- ✔ Protects your child from the flu
- ✔ Protects your family and friends from the flu (especially those who are elderly, young babies, or those who have serious health conditions)
- ✔ Is painless, quick and effective
- ✔ Is free
- ✔ The nasal flu vaccine is very effective at reducing the spread of flu



THE IM FLU VACCINE

We also offer the flu vaccine as an injection, which is **gelatine-free**. Please see our Frequently Asked Questions for more information.



You only need to complete one consent form for each child. If you later change your mind, please call your local team. If your child has this immunisation elsewhere after you have submitted the consent form, you MUST inform Vaccination UK rather than the school.

We understand that you may have questions about the vaccine. For more information, please go to our website, where you can find a list of FAQs, as well as details of our community catch-up clinics. We also have some FAQs enclosed below.

You can also find informational videos on our YouTube channel, including subtitled versions for other languages.

Yours Faithfully,
Flu Local Immunisation Team
Vaccination UK

EAST RIDING
Immunisation Team
Contact Details
flu@east-riding-vaccination.uk
01482 433890
WORKING ON BEHALF OF
NHS
England

USEFUL INFO

- ✔ We try to cater for your child's school colour. If they are absent or unable to be vaccinated at school, you will need to attend one of our community clinics for the vaccine. Details of these can be found on our website or you can contact the team above.
- ✗ PLEASE NOTE the flu vaccine will NOT be available to alternative healthy children after December 13th as all, and to encourage you to return the consent form as soon as possible so your child's school can be able to visit your child's school for a second visit this year.
- ✔ Your consent will remain in place for the entire flu season. If your child receives a third visit, you do not need to complete a second form.

USEFUL LINKS

www.east-riding-vaccination.uk/Flu/2024/
www.youtube.com/@eastridingvacc

PRIVACY POLICY

Our 2024/25 policy can be viewed here: www.east-riding-vaccination.uk/privacy-policy
For a data protection queries, please contact: dp@east-riding-vaccination.uk



ADDITIONAL INFORMATION

*The consent form needs to be signed by a person with parental responsibility which includes:

- Natural guardian
- Father: if married to the mother either when baby is born or enters subsequently
- Unmarried father: if name appears on birth certificate (born 1/1/2002) or legally adopted
- Others: if parental responsibility is legally assigned
- Parental Responsibility Agreements signed, properly witnessed and sent to the registration to Private Registry or the Family Division (High Court)
- Statutory Order granted by the Court

Please note that young people under the age of 16 can give an ethical consent if associated consent is not easily forthcoming.

FREQUENTLY ASKED QUESTIONS

Are there any side effects of the vaccine?

Possible side effects are decreased appetite, headache, a runny or itchy nose, and sometimes a raised temperature. These are common, but they pass quickly and can be treated with paracetamol or Ibuprofen if you feel your child needs it.

Are there any children who shouldn't have the nasal vaccine?

- You should let us know if your child has any of the following:
 - A very severe allergy to eggs, egg proteins, gelatinose or gelatine - it is important for us to know if your child has been admitted to hospital with a condition called anaphylaxis, triggered by these things.
 - Are currently allergic or have been allergic in the past 72 hours, with itchy skin. There is an alternative flu vaccine that we can talk to you about to ensure that your child is protected as soon as possible.
 - Have a condition that severely weakens their immune system.

Also, children who have been vaccinated should avoid close contact with people with very severely weakened immune systems for around two weeks following vaccination. (By severely weakened, are generally those people who are receiving, such as those who have received some types of chemotherapy or people who have had a bone marrow transplant, for example). This is because there's an extremely remote chance that the vaccine virus may be passed to them.

Contact with other healthy children or adults does not need to be limited after having the vaccine.

We do not eat pork products. Can my child have a different flu vaccine?

Yes. There is a flu vaccine available, in the form of an injection.

The nasal flu vaccine is the best vaccine for children and young people under 18 years of age as it is more effective at stopping the spread of flu and it is painless, but it does have a highly processed form of gelatine (porcine gelatine), which is used in a range of many medical medicines. The gelatine helps to keep the vaccine strains stable so that the vaccine provides the best protection against flu.

If your faith or beliefs mean you would prefer a vaccine that has no pork (porcine gelatine) in it, please complete the consent for the flu injection only. You do not need to complete a form for both.

Headteachers Message

I hope that you have all had a lovely week despite the grotty weather! This week we were delighted to welcome the Dogs Trust to school who came and worked with children from across school. We are very grateful to them for their support. Next week we have the first of our stay and plays for this academic year and are really looking forward to welcoming you into school. We are also taking part in the NSPCC Kindness Challenge within lessons.

From a staff training perspective we have had our Little Wandle consultant visiting this week supporting us with ensuring that all of the children's needs are being met within phonics lessons. Next week we have our Talk 4 Writing consultant visiting and we are really looking forwards to sharing our progress with her and identifying our next steps.

Have a wonderful weekend and we look forward to seeing you on Monday.

Bikeability Reminder!

If your child has been allocated a space for this training, please be reminded of the dates below. Your child will need to bring their bike to school in full working order on the training days.

A reminder text will be sent out to parents before the training.

Friday 4th Oct

Monday 7th Oct

Thursday 10th Oct

Friday 11th Oct

School Dinner Menu WC – 30/09/2024

Monday	Tuesday	Wednesday	Thursday	Friday
Fully Loaded Pizza Pockets	Italian style minced beef pasta Bolognese	Pork Sausage and Yorkshire Pudding	Chicken nuggets chips, beans/peas	Fillet of Fish
Jacket Potato Baked Beans Sweetcorn	Crusty roll	Mashed Potato Baby Carrots Broccoli	Lemon rainbow muffin	Chunky Chips Garden Peas
Peach Melba	Mixed veg	Chocolate Cookie and Orange Wedge	Milkshake	Chocolate Crunch and Cream & Milkshake
or	Or	or	Fruit	or
Fresh Fruit or Low Fat Yoghurt	Fresh fruit / yoghurt	Fresh Fruit or Low Fat Yoghurt		Fresh Fruit or Low Fat Yoghurt

Dates for your diary

- FS1 stay and play Tuesday 1st October, 11.20am
- FS2 stay and play Tuesday 1st October, 2.30pm
- Bikeability training 4th 7th 10th 11th October
- NSPCC Kindness Challenge – October
- Stay and Maths Key Stage One 8th October 2.15–3.15pm
- Stay and Play Year 3 and 4 – 15th October 2.30–3.25pm
- Parent consultations week commencing 21st October
- School closure day – 25th October
- **Half term holidays, 25th October to 3rd November**
- Flu Vaccinations – 7th November
- Key Stage One Stay and Christmas 5th December
- KS1 performance am 10th December and pm 12th December
- EYFS performance 10.00am 17th December
- **Last day of term 20th December**

Kids Disabled children say we can

Registered Charity No. 275936

East Riding Family Activity Club

FREE Family Activity Events

We've got some awesome activities lined up for families with 3 to 12-year-olds who have special educational needs and disabilities. Brothers and sisters are also welcome to join in on the fun!

This is a family activity, parents or carers are required to attend and are responsible for their children. These activities are supported by our experienced play workers.

**Location : Cottingham
2nd and 4th Thursday of the Month.**

Engaging Activities for Children:

- Lego
- Cooking and Baking
- Crafts
- Games

**Contact Sarah for more information:
Phone: 01482 467540
Email: sarah.proctor@kids.org.uk**



School Census Day – Thursday 3rd October

Please support our school by having a school meal on Thursday 3rd October. School meals are free of charge for pupils in foundation and KS1 or if eligible for benefit based free school meals. If you pay for school meals these are charged at £2.70 and can be paid via your parent pay account.



School menu for Thursday 3rd October

- **Chicken nuggets served with chips, baked beans/ peas**
- **Lemon Rainbow muffin**
- **Milkshake**
- **Fruit**