



After School Activities

Jujitsu

In a slight change to our planned after school activities Jujitsu will now take place on a Wednesday afternoon instead of a Monday afternoon. This club will be for Y2 and above. Please see the information sheet below.

Healthy Kidz

Healthy Kidz will offer a multi-sport after school activity from Monday 19 September. This club will focus on the development of fundamental skills across a range of sports. The club will be available for Y1 & Y2 at 1.45/1.50pm and Y3 – Y7 at 2.45/2.50pm. Please see the information below and you can also use this link to sign your child up.

<https://healthy-kidz.com/product/healthy-kidz-afterschools-at-whitehead-ps-term-1-block-1/>

Tennis

Y2 – Y7 children will attend a tennis demonstration in school this Thursday and will bring home sign up leaflets. Tennis is very popular and if you would like your child to attend tennis, I would encourage you to sign up as soon as you receive the leaflet.



Breakfast Club

Breakfast Club has started. It is available each day from 7.45 – 8.45am at a cost of £2.50 per day. As with previous years, Breakfast Club requires a minimum of 20 children per day to make it viable.

Induction & Curriculum Evenings

These evenings will provide you with an opportunity to meet your child's teacher, to receive an outline of the curriculum for the year and to gain an understanding of what homework will look like. As part of these evenings I will also outline the Child Protection policy, training parents who may then wish to come into school as parent helpers or accompany their child's class on a school trip. All parents should gather in the Assembly Hall as outlined below:

Thursday 15 September **7.00pm Y1 / 7.30pm Nursery**

Thursday 22 September **7.00pm Y6 & Y7 / 7.30pm Y4 & Y5 / 8.00pm Y2 & Y3**

Attendance & Illness

Over the last few years due to Covid 19, pupil attendance levels have dropped significantly. It has been wonderful to have a 'normal start' to the school year and I am very hopeful that attendance levels will be much higher than in recent years. While I encourage good attendance it is also important that if your child is ill, that they remain at home. Please inform your child's teacher via Seesaw on the first day of your child's absence outlining why they are absent, **YOU NO LONGER NEED TO PHONE THE SCHOOL OFFICE AS LONG AS YOU INFORM YOUR CHILD'S TEACHER.** I have included an information sheet produced by PHA which outlines whether your child should be in school or not, when they contract various illnesses. With regards to Covid, any child who tests positive, should isolate for 3 days. Again, please inform your child's teacher if your child tests positive. I won't inform parents of every positive case but should there be a significant number of positive cases in a particular class, I will inform the parents of that class.

Flu Vaccinations

Within the next few days your child will bring home information regarding the Flu Vaccination. This will include a form for you to sign, giving permission for your child to receive the vaccination. All forms should be returned by Tuesday 20 September as the forms will be collected on Wednesday 21 September. Flu Vaccinations will take place in school on Thursday 13 & Friday 14 October.

For more information, please see the leaflet below which is also available at:

<https://www.publichealth.hscni.net/publications/protecting-your-child-against-flu-vaccination-your-primary-school-child-english-and-tra>

Seesaw

We will continue to use Seesaw as the main means for parents to communicate with teachers, however the Seesaw App has been updated and some parents have found it difficult to be able to message their child's teacher directly. In order to ensure that you can message directly and privately please follow the steps below:

- Open the Seesaw Family App
- At the top of the screen, click on the two speech bubbles
- Click on Create New, then select New Conversation
- In the Add Recipients bar, type the surname of your child's teacher
- Click on the teacher's name
- Begin typing your message in the box at the bottom, then click send

Hopefully this will resolve any outstanding issues. Seesaw is a great means of communication however can I ask you to bear in mind that during the day, teachers are teaching and won't always check Seesaw. If you have an urgent message, (e.g. you will be late to collect your child or you need to collect your child early), please phone through to Mrs Lowry on 02893353280.

Free School Meals

If you are eligible to make an application for Free School Meals (FSM) don't forget to establish your entitlement and be registered on the Education Authority's (EA) Free School Meals register so your children can receive free school meals. Your child might never take up their entitlement but the number of children registered for Free School Meals can have a huge impact on our school budget.

Further information is available at:

<https://www.eani.org.uk/financial-help/free-school-meals-uniform-grants/free-school-meals-uniform-grant-eligibility>.



Gozen Ju-Jitsu Clubs

Experience and Learn Ju-jitsu this year



Ever wanted your child to learn self-defense in the form of martial Arts?



After school lessons for P2 and above on a Wednesday afternoon

Want to improve your child's fitness and confidence?



Classes start on Wednesday 14th September 1.50-3pm.

Classes are paid for monthly.



For more information or to book a place please email:

alisonmcneilly@aol.com

www.jujitsuireland.com



WHITEHEAD PS

*£20 FOR 6 WEEKS COMMENCING
19TH SEPTEMBER 2022*

Monday

P1-P2 Sports Club 1:50PM - 2:50PM

P3-P7 Sports Club 2:50PM - 3:50PM

Book via www.healthy-kidz.com/afterschools

Protecting your child against flu

Vaccination for your school child
from P1 up to and including Year 12



School-based
programme

2022

Protecting your child against flu

The annual flu vaccination programme now includes all children from the age of 2 up to and including the fifth year of secondary school (Year 12).

From the autumn of 2022 the following children will be offered the flu vaccine:

- All pre-school children who are aged two or over on 1 September 2022. These children will be offered the vaccine at their GP's surgery.
- All primary school children and those up to and including fifth year of secondary school (Year 12). These children will be offered the vaccine at school by the school health service.

This leaflet explains the benefits of flu vaccination for your school child.

Flu and COVID-19

COVID-19 is an infectious disease caused by a virus called the coronavirus, and it can be serious for some people. Other viruses such as flu can also cause serious illness and if people got both COVID-19 and flu together they could become extremely unwell. So it is more important than ever that your child gets a flu vaccination every year.

Why is my child being offered the flu vaccine?

Vaccinating your child will help protect them against infection with the flu virus and also reduce further spread to other children and adults. Fluenz Tetra® is the name of the flu vaccine that will be offered to children. This vaccine has been shown to be very effective and so should help reduce the spread of infection.

What is flu like for children?

Children get the same unpleasant symptoms as adults – fever, chills, aching muscles and joints, headache and extreme tiredness. They can also have a stuffy nose, dry cough and sore throat. These symptoms can last between two and seven days. Some children have very high fever, sometimes without classic symptoms, and need to go to hospital for treatment. Complications arising from flu can include bronchitis, pneumonia and painful middle ear infection. In severe cases, which are very rare, flu can lead to disability and even death.

For children with some pre-existing medical conditions getting flu can lead to serious complications.

Why do we need to protect ourselves and our children against flu?

The flu virus spreads quickly and infects adults and children very easily, causing an unpleasant illness that may result in days spent in bed rather than at work, nursery, school or doing usual day-to-day activities.

How does flu spread?

The virus spreads through the air when people cough and sneeze without covering their nose and mouth. Other people then breathe in the virus directly or pick it up by touching surfaces on which it has landed. Because young children don't always cover their noses or mouths when coughing or sneezing they can spread the virus very quickly.

What vaccine will my child receive?

Fluenz Tetra® is the name of the vaccine that will be offered to most children. It has been available in the UK for the past nine years and has been shown to be more effective than other flu vaccines in children aged 2 to 17 years.

How will the vaccine be given?

Unlike most vaccines, Fluenz Tetra® is not injected. It is given as a spray up each nostril. The child can breathe normally while the vaccine is being administered. There is no need to actively inhale or sniff.

For medical reasons a very small number of children will not be able to receive Fluenz Tetra®. They will be given a different flu vaccine by injection instead.

Where will my child get Fluenz Tetra®?

School children up to and including Year 12 will be offered Fluenz Tetra® in school. It will be given by the school nurse.



If your child does not get the vaccine in school, for example if they are not at school on the day that it is offered, then you can contact your GP surgery to get it. This is especially important if your child is in one of the at-risk groups.

My child is in an at-risk group and normally gets the vaccine from their GP. Can they still get it there?

We would encourage them to have it in school along with the other children. If your child does get it from the GP it is very important that you tell the school nurse that he or she has had it and don't give consent for them to get it at school.

If you have already given consent and then they get it from their GP make sure you tell the school nurse (not the school) so they don't get it again.

I've heard that Fluenz Tetra® is live. Does this mean my child will get the flu?

No. Fluenz Tetra® contains viruses that have been weakened to prevent it causing flu but help your child build up immunity in the same way as a natural infection (but without the nasty symptoms). For this reason, the live Fluenz Tetra® vaccine is more effective than the injected vaccines, particularly in young children.

Individuals with weakened immune systems, however, may not be able to handle the weakened live viruses in Fluenz Tetra®. Therefore if your child has a weakened immune system it is important to indicate this on the consent form. These children need to be vaccinated, but it should be with the injected vaccine.

Will there be any side effects of Fluenz Tetra®?

Fluenz Tetra® is a very safe vaccine. A runny or stuffed nose is the most common side effect following the nasal spray.

Fluenz Tetra® is absorbed very quickly, so even if your child gets a runny nose or sneezes immediately after the spray, there's no need to worry, because it will still have worked. Full details of the side effects are provided in the Fluenz Tetra® patient information leaflet (see page 10).

Are there any children who shouldn't have Fluenz Tetra®?

- Children whose immune systems are severely weakened due to certain conditions or medical treatments should not have Fluenz Tetra®.

- Also, your child should not have Fluenz Tetra® if he or she has had a severe reaction to a previous dose of the vaccine, or any of the substances included in it. Please list all your child's allergies on the consent form so the nurse can check if he or she can have the vaccine.
- If your child is taking salicylates including acetylsalicylic acid (aspirin) they should not receive Fluenz Tetra®.
- **Fluenz Tetra® is not recommended for children with active wheezing at the time of vaccination or in the previous three days, or who have very severe asthma.**

To help the nurse decide if your child can have Fluenz Tetra® it is very important on the consent form that you give full details of any inhalers, medicines or tablets your child is on, including the name, dose and how often he or she takes them.

If this changes after you have returned the form, but before your child has had the vaccine you should tell the school nurse.

Most of the children with these conditions can still be given the injected vaccine, so you should make sure you include the details of the condition or treatment on the consent form so the appropriate vaccine can be offered.

Also, people with very severely weakened immune systems, for example those needing treatment in isolation units, should avoid close contact with vaccinated children for two weeks because there is a very remote chance the weakened vaccine virus may be passed to them.

My child is allergic to egg. Can they have Fluenz Tetra®?

Most children with egg allergy can get the Fluenz Tetra® vaccine. It is only those who have had the most severe form of allergic reaction – an anaphylactic reaction which required an admission to intensive care - who can't be given it.

Make sure you put any allergy details on the consent form so the nurse can decide what is best for your child.

Will my child be protected for life when they've had Fluenz Tetra®?

No. The flu virus can change every year and a new vaccine has to be made to match it. So next year's vaccine may contain different viruses from this year's vaccine. This is why the vaccine is offered every year.

The vaccine isn't being offered in my child's school until December. Isn't that too late?

The vaccination programme will run from October until December, so some schools won't be visited until December. This is still enough time to make sure your child is protected before we start to see a lot of flu about.

The vaccine is being offered in my child's school just before they sit an important test/examination. Could this affect how they perform?

Only a minority of children have reactions to the vaccine and these are usually mild, such as a runny or stuffy nose. A few children may feel unwell with a bit of a temperature, if this happens then it can be dealt with the same as if they are unwell on the day of the test for any other reason. It is up to you



to decide if your child should have the vaccine but we would recommend it for the protection it will give them.

Does Fluenz Tetra® contain ingredients that come from pork? What does that mean for children from some faith groups?

Fluenz Tetra® vaccine contains a very small amount of gelatine that comes from pork. Gelatine is commonly used in a range of medicines. It is highly purified and used to stabilize the vaccine. A number of religious leaders have stated that it is acceptable to have this in a medicine form. However, it is up to individuals to decide if they find this acceptable for their child. If you don't wish your child to have this vaccine you can request the injected one which doesn't contain pork gelatine – please make sure you clearly state this on the consent form.