

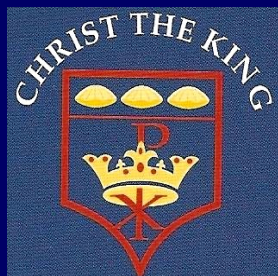


02nd October 2020 No 491

Christ the King Catholic Primary School

"I come to bring you life; life in all its fullness"

John 10:10



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Christ the King Catholic Primary School &
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Christ the King Catholic Primary School



Congratulations
to the children
who celebrated their
First Holy
Communion
on 26th of September
2020

Wiktorja

Angel

Chloe

Weronika

Jescia

Dathan

Michael

Anton



Home Learning



We have now completed our Home Learning Plans which were based on feedback provided by parents.

A code for Home Learning will be sent today and can be used from this evening.

After School Clubs



Clubs will start the week beginning the 6th October

We offer the following clubs on the following days:

Monday: Multi-Sports, Years 5-6, 3.15-4.20pm,

£4 a session (9 sessions). Book through uSports.

Tuesday: Multi-Sports, Years 3-4, 3.15-4.20pm,

£4 a session (9 sessions) . Book through uSports.

Thursday: Multi-Sports, Years 1-2, 3.15-4.20pm, £4 a session (9 sessions). Book through uSports.

All bookings can be made by:

usports.class4kids.co.uk/term/190



Public Health
England

NHS

flu: 5 reasons to vaccinate your child



1. Protect your child. The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

2. Protect you, your family and friends. Vaccinating your child will help protect more vulnerable family and friends

3. No injection needed. The nasal spray is painless and easy to have

4. It's better than having flu. The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record

5. Avoid costs. If your child gets flu, you may have to take time off work or arrange alternative childcare

What should I do?

Contact your child's GP if your child was aged two or three years old (on the 31 August of the current flu season) and you haven't heard from them by early November.

If your child is at primary school or in year 7 of secondary school, the school will send you a leaflet and consent form. Please sign the form and return it.

If your child has a health condition that puts them at greater risk from flu, or lives with someone on the NHS Shielded Patient List, they can get the flu vaccine from their GP.

For more information visit www.nhs.uk/child-flu

**HELP US
HELP YOU**
PROTECT AGAINST FLU

Flu mmunisation
Helping to protect children,
every winter



Public Health
England

NHS

Protecting your child against flu

Flu immunisation in England

Information for parents and carers



Protecting your child against flu – information for parents and carers

Flu vaccine is offered free each year to:

- children aged two or three years old (on 31 August of current flu season)
 - all primary school-aged children
 - all year 7 secondary school-aged children
- and:
- children with a health condition that puts them at greater risk from flu
 - children who live with someone who is on the NHS Shielded Patient List

Further information on which children are eligible each year can be found at:
www.nhs.uk/child-flu

What are the benefits of the vaccine?

Having the vaccine will help protect your child from what can be a very nasty illness in children. Children under the age of five years have the highest rate of hospital admissions due to flu.

It will reduce the chance of others in your family, who could be at greater risk from flu, such as grandparents or those with long term health conditions, getting flu from your child.

This year, helping to protect them against flu is particularly important if COVID-19 is still circulating because people at risk from flu are also vulnerable to the complications of COVID-19.

It can help you avoid having to take time off work or other activities because you are ill or need to look after your sick child.





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How will the vaccine be given?

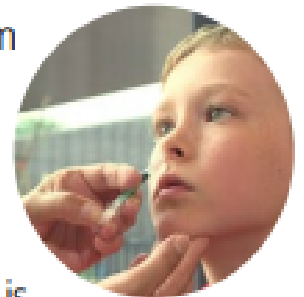
For most children, it is given as a nasal spray.

Can the vaccine cause flu?

No, the vaccine cannot cause flu because the viruses in it have been weakened to prevent this from happening.

So how does the nasal spray work?

The nasal spray contains viruses that have been weakened to prevent them from causing flu but will help your child to build up immunity. When your child comes into contact with these flu viruses, it helps the immune system to fight off the infection. The vaccine is absorbed quickly in the nose so, even if your child sneezes immediately after having had the spray, there's no need to worry that it hasn't worked.



Are there any side-effects of the vaccine?

Children may develop a runny or blocked nose, headache, general tiredness and some loss of appetite. However, these are much less serious than developing flu or complications associated with flu. Serious side-effects are uncommon.





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What about my child who has a health condition?

Children with certain health conditions, even if well managed, are at higher risk of severe complications if they get flu. It is especially important that these children are vaccinated.

These conditions include:

- serious breathing problems, for example, severe asthma needing regular inhaled or oral steroids
- serious heart conditions
- severe kidney or liver disease
- diabetes
- a learning disability
- immunosuppression due to disease or treatment, for example, chemotherapy or radiotherapy treatment for cancer or long-term steroid use
- problems with the spleen, either because the spleen has been removed (asplenia) or doesn't work properly, for example, because of sickle cell or coeliac disease
- your GP may also recommend that your child is vaccinated if they have a condition that affects the nervous system such as cerebral palsy.

These children should have a flu vaccination every year from the age of six months onwards. Most will have the nasal spray vaccine but it should not be given to children under the age of two years.

These children, and those for whom the nasal spray is not suitable for medical reasons, will be offered an injectable flu vaccine.

If your child has any health condition listed on page 7 but is not offered the vaccine in school, it is important that you contact your GP surgery to arrange an appointment.

If you are not sure whether your child needs a flu vaccination or you need more advice, speak to your practice nurse, GP or health visitor.



HM Government

NHS



CATCH IT.



BIN IT.



KILL IT.



Public Health
England

NHS

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

As children with pre-existing medical conditions may be more vulnerable to complications of flu it is especially important that they are vaccinated. Children may not be able to have the nasal vaccine if they:

- are currently wheezy or have been wheezy in the past 72 hours (they should be offered a suitable injected flu vaccine to avoid a delay in protection)
- have needed intensive care due to
 - asthma or
 - egg allergic anaphylaxis

(Children in these two groups are recommended to seek the advice of their specialist and may need to have the nasal vaccine in hospital)

- have a condition, or are on treatment, that severely weakens their immune system or have someone in their household who needs isolation because they are severely immunosuppressed
- are allergic to any other components of the vaccine*

* See the website at www.medicines.org.uk/emc/product/3296/pil for a list of the ingredients of the vaccine





Public Health
England



Today parents will be receiving an email with information on how to register for this year's Flu Vaccine.

All consent must be done online.

If you have any trouble accessing this information please contact Mrs Brophy by phone 01189015434 or email admin@christtheking.reading.sch.uk

The vaccine date is plan for 11th of November 2020

If your child is at high risk from flu due to one or more medical conditions or treatments and can't have the nasal flu vaccine they should have the injected flu vaccine.

If you are unsure whether your child should get the injected vaccine or the nasal vaccine please check with the school immunisation team or the nurse or GP at your surgery.

Children who have been vaccinated with the nasal spray should avoid household contact with people with very severely weakened immune systems for around two weeks following vaccination.

Does the nasal vaccine contain gelatine derived from pigs (porcine gelatine)?

Yes. The nasal vaccine contains a highly processed form of gelatine (porcine gelatine), which is used in a range of many essential medicines. The gelatine helps to keep the vaccine viruses stable so that the vaccine provides the best protection against flu.

The nasal vaccine is offered to children as it is more effective in the programme than the injected vaccine. This is because it is easier to administer and considered better at reducing the spread of flu to others, who may be more vulnerable to the complications of flu.

However, if your child is at high risk from flu due to one or more medical conditions or treatments and can't have the nasal flu vaccine they should have the flu vaccine by injection.

Some people may not accept the use of porcine gelatine in medical products. You should discuss your options with your nurse or doctor.

Where can I get more information?

Visit www.nhs.uk/child-flu for more information. Talk to your GP, practice nurse, your child's school nurse or your health visitor if you have any further questions.

YOU DID IT!
Congratulations

Miss Scott: Steven, Alejandro

Mrs Tumelty: Alex, Melody

Miss Sutton: Simon, Tyler

Miss Nasrallah: Chloe, Emmanuel

Mrs Beukes: Ida, Thomas

Mrs Gooch: Janae, Faith, Violet

Miss Harris: Oscar, Rah-Ma

Mrs Bloom: Eleazer, Aldrich

Mr Cosgrove: Jessica

Reception: Kamari, Klarke, Parker, Gabriel G.

WELL DONE

Nidan: Jonathan,
Sammy, Angel, Aseda

Shodan: Sophia, Lexiss

Godan: Jesse

Sandan: Sahib, Corique

Rokudan: Herbert

Yondan: Jessica

Kudan/Godan: Ibrahim



Gospel

Christ the King Catholic Primary School



*"The stone which the builders rejected has
become the Keystone of the structure"*

Matthew 21:33-46