

Dear Parents and Carers,

As we prepare for the new year and following the advice we shared last term, we are keen to make sure everyone makes best use of the opportunities we have to prevent ill health over the coming months. After our experience with Covid and the national concerns at the end of last term about Group A Strep, we all know by now the importance of basic infection prevention measures such as regular hand washing, use of tissues for coughs and sneezes and doing our best not to spread bugs around when we have them.

Vaccination remains one of the most effective ways to prevent a range of infections, and while we have had good take up of vaccines generally here, we know there are still a number of eligible people who haven't yet had their flu vaccination.

As a consequence, we have arranged with the local in-school immunisation provider IntraHealth to offer flu vaccines to all students in Years 7 to 9, and those in Years 10 to 13 who are currently eligible to receive them, but have not yet done so.

Those children in Years 10 to 13 who are eligible will probably have already been contacted by their GP, and have a long-term health condition, as highlighted here

<https://www.gov.uk/government/publications/flu-vaccination-leaflets-and-posters/protect-yourself-against-flu-information-for-those-in-secondary-school>

If they haven't received their flu vaccination from their GP or you think they may have been missed, please email immunisations.eastriding@intrahealth.co.uk so eligibility can be confirmed and vaccination arranged for them.

Please include your child's name, date of birth and a contact number. A member of the IntraHealth team will call you on Tuesday, 3 January 2023, to take telephone consent and arrange your child's vaccination.

The vaccinations will take place at school at the start of the new year. Flu vaccination for those up to the age of 18 is just a quick nasal spray in each nostril. For reference, we can also offer the injectable vaccination for those who require it for religious, medical, or dietary reasons.

If your child has already had the flu vaccine since September 2022, you do not need to contact IntraHealth.

As children can catch and spread flu easily, vaccination will not just help protect them, but also others who are vulnerable to flu, including babies and older people. Those who do get flu and are more at risk can also approach their GP for advice about remedies.

There is more flu advice on the NHS website here: [Child flu vaccine - NHS \(www.nhs.uk\)](https://www.nhs.uk)

If you have any questions or require any further information, please contact IntraHealth on 033 33 583 397 (option 2, then option 1).

We are looking forward to welcoming everyone back to school after Christmas and continuing to follow the simple guidance to:

- Please ensure everyone regularly washes their hands thoroughly with soap and warm water.

- If you are worried and unsure about symptoms you and/or your child are experiencing it is always best to speak to your GP or contact NHS 111.

The health, safety and wellbeing of our students and staff is extremely important to us and we thank you for your continued support.

Yours faithfully,

Richard Williman
Headteacher

Mike McDermott
Associate Director of Public Health East Riding Council