

Library books every Friday



This Week's News  
Friday 20th October



healthy snacks to the after-school club, they would be greatly received.

It has been a very busy autumn term. The children have all been amazing and worked so hard.

- ### Diary dates
- 6th** November School open
  - 13th** November world war lunch day. Book via parent pay
  - 21st** November Flu vaccination's
  - 29th** November Christmas fair
  - 11th** December pantomime- Cinderella
  - 12th** December Christmas plays
  - 14th** December Christmas jumper and dinner day

### Money

Any money other than music lessons that you need to send into school for your children please send in an envelope clearly marked with the amount, name and what it is for. Thank you.

### Cinderella

We are very excited to say we are having a pantomime visit the school on the 11th of December. This will be in the afternoon so that our nursery children can enjoy it to.

### Clothing

Please put your child's name on every item of clothing that comes to school. We are trying to keep an eye on the lost items but if they don't have names in the children don't seem to want to claim them. If they have a name in, we can return them every time. Thank you.

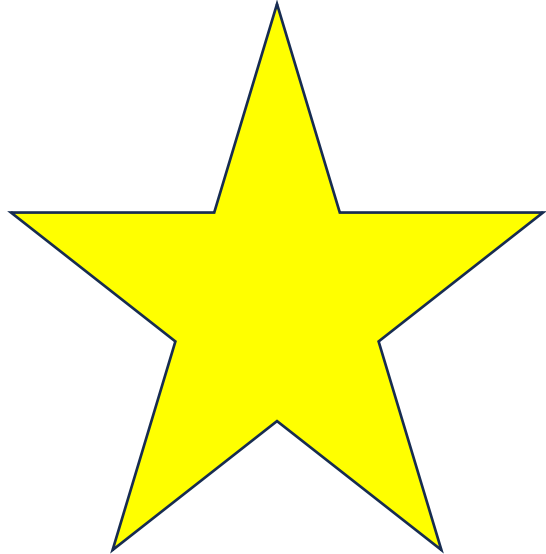
### Healthy snacks

Healthy Snacks  
Please could the children have a healthy snack at playtime. We discourage chocolate bars, cakes and biscuits. We are a healthy school and as an eco-school, the plastic wrappers aren't good for our outdoor area. Thank you.

Some of the autumn buffet that the wonderful Miss Debbie made today



# lestyn



**WE DID OUR BLACK HISTORY MONTH BLOCKET QUIZZES.**

**WE FOUND THE DIFFERENCE BETWEEN PAIRS OF YEARS.**

**WE DID OUR WELSH LOOP CARDS AND BEAT OUR SCORE BY FIFTY SECONDS!**

**WE DID MATHS PUZZLES TO FIND THE DIFFERENCE.**

**WE DID GUIDED READING WITH MRS HUGHES.**

**WE DID A WELSH GAME CALLED ZAP!**

**WE WATCHED A SONG FROM CHITTY CHITTY BANG BANG AND WROTE OUR OWN POEMS ABOUT LEARNING POWERS.**

**WE DID OUR BIG WRITE ABOUT ANYTHING WE WANTED!**

**DOSBARTH DRUDWEN WEEK 8 BY HALLAM AND ELLIE**

PIC•COLLAGE



Dear Parents,

Miss Jesson will officially be leaving Eyton School at the end of term.

Many of you know Miss Jesson very well as she has taught at Eyton School for 30 years.

To mark this, we will have a collection for her in school and get a card that everyone can sign, so you are welcome to contribute if you wish to.

At school we send Miss Jesson all good wishes as she starts this new chapter of her life.

Mrs Louise Whitgreave

## **Ceisiadau ar gyfer Mynediad i Ysgolion Uwchradd ym mis Medi 2024**

Dylech fod yn ymwybodol mai'r dyddiad cau ar gyfer ceisiadau i Ysgolion Uwchradd yw 6 Tachwedd 2023. Os nad ydych wedi ymgeisio am le ar gyfer eich plentyn, a wnewch chi wneud hynny drwy ddefnyddio'r gwasanaeth ar-lein ar wefan Cyngor Wrexham os gwelwch yn dda. Fel arall mae ffurflenni cais papur ar gael trwy gysylltu â'r gwasanaeth Derbyniadau Ysgol ar 01978 298991 neu [admissions@wrexham.gov.uk](mailto:admissions@wrexham.gov.uk)

Diolch

## **Applications for Secondary September 2024 Entry**

Please be aware the closing date for Secondary school applications is the 6<sup>th</sup> November 2023. If you have not applied for your child, please do so using the on-line service found on the Wrexham Council website. Alternatively paper applications are available by contacting School Admissions on 01978 298991 or email [admissions@wrexham.gov.uk](mailto:admissions@wrexham.gov.uk)

Thank you

## Information about flu vaccination for children and young people



The flu vaccine for most children is a nasal spray. It will help protect them and the people close to them against flu. It's easy for you to make sure they get it, all you need to do is fill in the consent form and return it to the school.

### Flu is serious

Flu spreads easily, and with society getting back to normal it is likely that flu rates will be higher this year alongside circulating COVID-19. People of any age can get flu, but children have the highest rate of infection, and flu can be serious for them. Complications can include bronchitis, pneumonia and ear infections. Some children get so ill they need to be admitted to hospital.

You can read more about flu and possible complications here: [phw.nhs.wales/flu vaccine](https://phw.nhs.wales/flu vaccine).

### Benefits of the nasal spray flu vaccine for children

Flu vaccine helps protect children from flu and also helps stop them spreading it to family and friends. Some children can still get flu after having the vaccine but the infection is usually milder. The vaccine is a simple painless nasal spray, which gives them better protection than a flu injection. Your child will have their maximum protection starting around two weeks after having their vaccine.

### Flu vaccines are safe

Since 2013 millions of children in the UK have had the nasal spray flu vaccine and it has been shown to be very safe. The flu vaccine cannot cause flu. Like all medicines, the nasal spray flu vaccine may cause side effects for some children. Common side effects include: a runny or blocked nose, a slight temperature, tiredness, a headache, a reduced appetite or aching muscles for a day or two after the vaccine. You can report any side effects online at: [mhra.gov.uk/yellowcard](https://mhra.gov.uk/yellowcard) or via the **Yellow Card** app.

### There are very few reasons for children to miss out on their flu vaccine

It is perfectly safe for your child to have the flu vaccine if they have a cold or minor illness on the day.

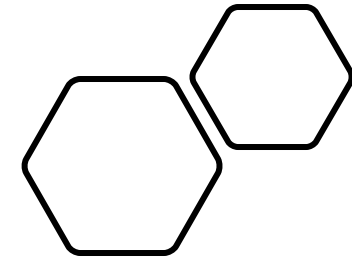
Your child should NOT have the vaccine IF:

- have had a serious allergic reaction to the vaccine or any part of it;
- are on long-term aspirin (salicylate) treatment;
- have needed intensive care following a severe allergic reaction to eggs or egg products;
- have had oral steroids in the past 14 days;
- have a wheezy chest on the day of the vaccination or in the previous three days;
- have increased the use of their asthma inhaler in the last three days;
- have a condition or treatment that weakens their immune system; or
- are in close contact with someone who has a very weakened immune system and needs to be isolated (for example, after a bone marrow transplant).

If your child cannot have the nasal spray because of one of these reasons, they will be offered a flu vaccine injection instead, and the school nurse will advise you on this.

The nasal spray vaccine is best for children, and like some other medicines it contains traces of highly purified porcine gelatine. If this is an issue for them, it doesn't mean your child should miss out, you can request a gelatine-free flu vaccine injection from their GP surgery. For a full list of the vaccine ingredients, visit this website: [medicines.org.uk/emc/](https://medicines.org.uk/emc/) and enter 'Fluenz Tetra' into the search box.

For more information about flu visit [phw.nhs.wales/flu vaccine](https://phw.nhs.wales/flu vaccine)





Mae Brechu yn achub bywydau  
Vaccination saves lives



## Flu

### Protect children and young people with a simple nasal spray

Information about the flu vaccination for children and young people in 2023/24



## What if my child has a health condition?

If your child is six months or older and has one of the following health conditions, it is important they have a flu vaccine every year, as they are at greater risk of complications from flu.

- ♥ Diabetes
- ♥ A heart problem
- ♥ A chest complaint or breathing difficulties, including asthma that requires regular steroid inhalers or tablets
- ♥ Kidney disease (from stage 3)
- ♥ Lowered immunity due to disease or treatment (and those in close contact with people in this group)
- ♥ Liver disease
- ♥ A stroke or mini stroke
- ♥ A neurological condition
- ♥ A missing spleen or a problem with their spleen
- ♥ A learning disability
- ♥ Young people with a higher body weight (body mass index of 40 or above)

Children in these groups may get their vaccine at school (up to year 11) or at their GP surgery.

## Five reasons to get your child vaccinated against flu

### 1. Protect your child

The vaccine will help protect your child against serious complications from flu, such as pneumonia.

### 2. Protect you, your family and friends

Vaccinating your child against flu will help protect others especially if they are vulnerable to complications from flu.

### 3. It's a nasal spray

Most children find the nasal spray is quick and painless and are not upset afterwards.

### 4. It's better than having flu

Flu is unpleasant and can be serious for some children. Flu vaccines are safe and have been given to millions of children worldwide.

### 5. Avoid disruption

When children get flu they miss school or important opportunities to develop, and parents may need to take time off work or make other childcare arrangements.



## Where can I get more information?

If you have any questions or want more information, you can visit [111.wales.nhs.uk](http://111.wales.nhs.uk), talk to your doctor or nurse or call NHS 111 Wales on 111.



You can find out more information on vaccines offered in Wales at: [phw.nhs.wales/vaccines](http://phw.nhs.wales/vaccines)

You can find out more about the nasal spray flu vaccine, including its contents and possible side effects, in the patient leaflet at: [medicines.org.uk/emc](http://medicines.org.uk/emc). You will need to enter 'Fluenz Tetra' in the search box. You can also see the patient information leaflet online.

You can report suspected side effects online at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or by downloading the Yellow Card app or calling **0800 731 6789** (Monday to Friday, 9am to 5pm).

A schedule showing which immunisations are routinely offered in Wales is available from: [phw.nhs.wales/CompleteSchedule](http://phw.nhs.wales/CompleteSchedule)

For vaccine information in other formats, such as large print, visit: [phw.nhs.wales/vaccines/accessible-information](http://phw.nhs.wales/vaccines/accessible-information)

To find out how the NHS uses your information, visit: [111.wales.nhs.uk/AboutUs/Yourinformation](http://111.wales.nhs.uk/AboutUs/Yourinformation)



## How does a flu vaccine help?

Having a flu vaccine will help protect your child from flu. Most children and young people have their vaccine as a quick and painless nasal spray.

Protection starts around two weeks after having the vaccine. The vaccine usually offers children good protection against flu.

It also helps reduce the chance of children and young people spreading flu to others who are at greater risk from flu, such as babies, older people, and those with long-term health conditions.

Some people still get flu even after having a flu vaccine, but often with milder symptoms. Flu vaccines do not protect against colds, other respiratory viruses or other winter illnesses.

## Is flu serious?

Flu can be serious for children. Like COVID-19 it is caused by a virus, and some children can develop serious complications such as bronchitis, pneumonia and ear infections. Most years some children in Wales will need treatment in intensive care because of flu.

All children aged two or three years old (age on 31 August 2023), and school children from reception class up to and including year 11, will be offered a nasal spray flu vaccine this autumn or winter.

It is especially important that children and young people aged between six months and 17 years who have a long-term health condition get vaccinated, as they are at a greater risk of complications than other children if they catch flu.

This winter we may see COVID-19 and flu circulating at the same time, so it's very important for your child to get protected against flu.

**! Having a flu vaccine every year is one of the best ways to protect against flu.**



For the latest information, visit: [phw.nhs.wales/flu/vaccine](http://phw.nhs.wales/flu/vaccine)

## What type of flu vaccine is given to children and young people?

Most children and young people will get their flu vaccine as a painless nasal spray, as this is the best flu vaccine for them. The vaccine is a fine mist that is sprayed up the nose from the tip of each nostril. It can be given from the age of two. Most children are not upset after receiving a flu nasal spray.

If your child misses their flu vaccine, speak to their school nurse, health visitor, GP or practice nurse about getting the vaccine.

### The nasal spray vaccine can't be given to children and young people who are:

- under two;
- on long-term aspirin (salicylate) treatment;
- taking steroid tablets (currently or in the last two weeks); or
- in close contact with someone who has a severely weakened immune system (for example, after a bone marrow transplant) and is being looked after in a protected environment.

### The nasal spray vaccine can't be given to anyone who has:

- had a severe life-threatening allergic reaction to a flu vaccine (or any ingredient in the vaccine);
- a weakened immune system;
- a wheezy chest on the day of the vaccination or in the previous three days; or
- increased the use of their asthma inhalers in the previous three days.

## Which children and young people can have a free flu vaccine?

All children from the age of two can have a free flu vaccine in 2023/24. This includes:

children who are aged two and three on 31 August 2023;



children in primary school;



children in secondary school years 7 to 11; and



children and young people aged over six months who have a health condition that puts them at greater risk from flu.



## Why do children and most young people need a flu vaccine?

Like COVID-19, flu is caused by a virus that can spread easily to other people. Anyone can get flu, but children have the highest rate of infection and flu can be serious for them.

Most children and young people who can't have the nasal spray vaccine can have a flu vaccine injection at their GP surgery instead.

Children and young people with asthma who need regular oral steroids or have needed intensive-care treatment for their asthma in the past should be referred to a specialist for advice about receiving the nasal spray vaccine. They may need a flu vaccine injection instead.

If your child is having a cochlear implant in the week before their nasal spray vaccination appointment or is due to have the vaccination in the two weeks after having their implant, speak to your health visitor, school nurse, GP or practice nurse for more advice.

## A cold or other minor illness is not a reason to delay a flu vaccination.

If your child is unwell with a high temperature it is best to delay their vaccination until they are feeling better.

If your child cannot avoid contact with someone who has severely weakened immunity, such as someone who has recently had a bone marrow transplant, you should discuss this with your health visitor, school nurse, GP or practice nurse before your child has the nasal spray vaccine. They may decide to offer your child a flu vaccine injection instead.

## Can my child have the vaccine if they have allergies?

Most children can have a flu vaccine if they have allergies. The person giving the vaccine will check to be sure it is safe to give.

Most children and young people who are allergic to egg can receive the vaccine with no problems. The small number of people who have previously needed intensive-care treatment for anaphylaxis (a rare, life-threatening allergic reaction) can be offered a flu vaccine injection instead.

## Can the flu vaccine be given at the same time as other vaccines?

Yes, the flu vaccine can be given at the same time as most other vaccines. Speak to your health visitor, school nurse, GP or practice nurse for more advice.

## Does the nasal spray vaccine contain gelatine?

Yes, it contains small traces of highly purified porcine gelatine, which is also used in a range of essential medicines.

The nasal spray vaccine is the best flu vaccine for children and young people. But flu injections do not contain gelatine, so if you would prefer your child to have the injection instead, contact their GP surgery so they don't miss out.

## Does the nasal spray flu vaccine have any side effects?

For a day or two after vaccination, some children and young people may:



### Children and young people who need a flu vaccine injection may:



**! Flu vaccines are very safe and other reactions are less common. The flu vaccine will not cause flu.**

You can report suspected side effects of the vaccines through the Yellow Card scheme. You can do this online at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or by calling **0800 731 6789** (Monday to Friday, 9am to 5pm).

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