



# Newsletter Friday 27th September 2024

Kingmoor Nursery and Infant School

## Flu Vaccinations

REMINDER: for parents of Reception, Year 1 & Year 2 children if you would like your child to have the flu vaccination in school on Monday 14th October 2024 you will need to give your consent.

Private and Confidential

School-Aged Immunisation Service  
Immunisation Team  
2<sup>nd</sup> Floor  
Capital Building  
Hilltop Heights  
London Road  
Carlisle  
Cumbria  
CA1 2NS

Dear Parent/Carer

**Your child's annual flu vaccination is now due.**

This vaccination programme is in place to help protect your child against flu. The vaccine will help prevent them catching the flu. Vaccinating your child will also help protect vulnerable friends and family by reducing the spread of flu.

The intra-nasal flu vaccine is the most effective protection for your child against flu.

The online consent can be accessed via any online device. Please click on the following link or QR Code which will direct you to an online consent form for you to complete using the following school code

[Flu Vaccination Consent Form](#)



**SCHOOL CODE: CM112230**

**This link will close 3 days prior to the session.**

**Session Date: Monday 14.10.24**

If you decide you do not want your child to receive the flu vaccination, please complete a no consent form. (still use the above link)

If in the past you have refused the intra-nasal flu vaccine due to porcine gelatine content, please follow the guidance on the flu consent form. The intramuscular (IM) flu vaccination can be given in school from year 7 upwards; younger years will be invited to receive it in one of our clinic venues.

Contact the school aged immunisation team if you wish to arrange a clinic appointment.

Please note children in Reception up to and including year 11 and Reception up to and including year 13 in SEND schools are currently eligible to receive the nasal flu vaccine up to the age of 17.

Your child's school will be able to see if you have returned a consent form or not, they will not be able to access any personal information regarding you or your child.

If you have any queries regarding the online consent form or the Flu vaccine please contact the. North Cumbria Integrated Care School Aged Immunisation Service.

Yours sincerely,

North Cumbria Integrated Care School Aged Immunisation Service.

If your child becomes wheezy or has their asthma medication increased after you have completed the on-line form, please inform the immunisation service. For further information see [Protect your child against flu – information for parents and carers of children in primary school or pre-school](#)

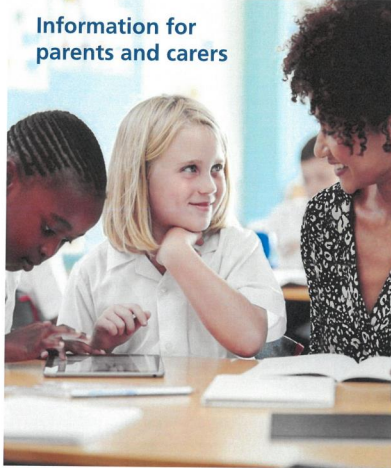




# Protecting your child against flu

Flu immunisation in England

Information for  
parents and carers



**Flu**  **mmunisation**  
Helping to protect children, every winter



# 5 reasons

## to get your child vaccinated

### 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 friends and family

### 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

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Protect your child against flu

Flu vaccine is offered free to:

Children aged 2 or 3 years old (on 31 August before flu vaccinations start in the autumn)



Some school-aged children

Children with a health condition that puts them at greater risk from flu



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

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### How effective is the vaccine?

Flu vaccine is the best protection we have against this unpredictable virus. In the last few years, the protection that children get from vaccination has been consistently higher than for adults.

There are different strains of flu virus and the most likely strains that will cause flu are identified in advance of the flu season. Vaccines are then made to match them as closely as possible – they will usually give some protection even if the match isn't perfect.

Flu viruses can change every year so the vaccine is usually updated each year. And protection from the vaccine may fade with time. For this reason, we recommend that your child is vaccinated against flu again this year, even if vaccinated last year.

### Who will give my child their vaccination?

Children aged 2 and 3 years old (age on 31 August before flu vaccinations start in the autumn) will be given the vaccination at their general practice, usually by the practice nurse.

School-aged children will mainly be offered the vaccination in school, with further opportunities to get vaccinated, potentially at NHS community clinics, for anyone who misses the session at school.

Children who are home educated will be offered the vaccine if they are in an eligible age group. Parents can obtain information about arrangements from their Local Authority Education Department.

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### Why should my child have the flu vaccine?

Flu can be a very unpleasant illness in children causing fever, extreme tiredness, aching muscles and joints, stuffy nose, dry cough, and sore throat. Children usually begin to feel better within about a week.

Complications of flu include acute bronchitis, painful ear infections, and pneumonia. Some children may need to go to hospital for treatment, including intensive care.

### 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 5 years have one of the highest rates of hospital admissions due to flu.

It will also 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.

It can help you avoid having to take time off work, or other activities, to look after your sick child or if you become sick yourself.



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### How will the vaccine be given?

For most children, it is given as a nasal spray. If the nasal spray is not suitable for a child, an injection can be given instead, usually into the muscle in the upper arm.

### 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. This means your child will be better able to fight off flu.

The vaccine is absorbed really 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 milder than developing flu or complications associated with flu. Serious side-effects are uncommon.

### Can the vaccine cause flu?

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

### What if my child 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 lung problems, for example, asthma needing regular inhaled or oral steroids
- serious heart conditions
- kidney or liver disease
- diabetes
- 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



### 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 an injected flu vaccine to avoid a delay in protection
- have needed intensive care due to
  - asthma or
  - egg allergic anaphylaxis(Children in these 2 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\*

If your child can't have the nasal flu vaccine they should have the flu vaccine by injection.

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

\*See the website at [www.medicines.org.uk/emc/product/15790/smpc](http://www.medicines.org.uk/emc/product/15790/smpc) for a list of the ingredients of the vaccine

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These children should have a flu vaccination every year from the age of 6 months onwards. Most will have the nasal spray vaccine but it is not recommended for children under the age of 2 years.

Children under 2, and those for whom the nasal spray is not suitable for medical reasons, will be offered a flu vaccine injection.

If your child has any health condition listed on page 8 but is not in one of the age groups being offered the vaccine in school, it is important that you contact your GP 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.

### When will the vaccine be given?

For 2 and 3 year olds, you should receive an invitation for your child to have it at their GP surgery in the autumn or early winter. Alternatively, you can contact them directly to make an appointment.

For school-aged children a vaccination session will be held at school generally during the autumn term. The school aged immunisation team will contact you via the school.

If your child is in an eligible group offered vaccine at school and has a health condition that puts them at increased risk from flu (see page 8), you can ask your child's GP surgery to provide the vaccine if you don't want to wait until the school vaccination session or if this is what you prefer.

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Children who have been vaccinated with the nasal spray should avoid household contact with people with very severely weakened immune systems (for example those who have just had a bone marrow transplant) for around 2 weeks following vaccination.

### **Can the flu vaccine be given to my child at the same time as other vaccines?**

Yes. The flu vaccine can be given at the same time as all the other routine childhood vaccines. The vaccination may be delayed if your child has a fever. Also, if a child has a heavily blocked or runny nose, it might stop the vaccine getting into their system. In this case, their flu vaccination can be postponed until their nasal symptoms have cleared up. Sometimes an injected vaccine may be offered instead.



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

Yes. The nasal vaccine contains traces of a highly processed form of gelatine (porcine gelatine), which is used in a range of many essential medicines. The gelatine helps to keep the weakened vaccine viruses stable so the vaccine is able to work properly.

The nasal vaccine is easy to give and painless. Each child who has the nasal spray vaccine gets the best protection against flu. It is also considered to be the best at reducing the spread of flu. That way children protect one another and others who might be vulnerable to flu. For those who may not accept the use of porcine gelatine in medical products, an injected flu vaccine is available as an alternative. You should discuss your options with your nurse, doctor, or school aged immunisation team.

#### **Where can I get more information?**

Visit [www.nhs.uk/child-flu](http://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.

## Open Evening



Kingmoor Nursery and Infant School

September 2025

Are you looking for a Reception place?

OPEN EVENING  
Wednesday 6th  
November  
6pm



Excellent academic achievements, we focus on every child's well-being and individual development

Excellent transition to Kingmoor Juniors

We work with the English Hub and deliver the highly effective Read Write Inc phonics and early reading approach.

Spacious buildings and amazing outdoor spaces

A wide range of opportunities throughout children's primary school journey eg music, sport, outdoor learning

Our teachers are trained in Maths Mastery teaching and we work with the Maths Hub

Kingmoor Nursery and Infant School

## Reception 2025 applications

If your child is due to start Reception in September 2025 please see the poster for more information and make applications following this link: <https://www.gov.uk/schools-admissions>



Parents/carers are responsible for applying for a school place by **15 January 2025**

## Starting School

Children born between  
**1 September 2020**  
and **31 August 2021**  
can start school in **September 2025**

You can apply online at: [www.cumberland.gov.uk](http://www.cumberland.gov.uk)  
or contact: 01228 221582  
or email [school.admissions@cumberland.gov.uk](mailto:school.admissions@cumberland.gov.uk)

[cumberland.gov.uk](http://cumberland.gov.uk)

## Talents & Achievements

At Kingmoor Nursery and Infant school we regularly celebrate children's achievements and successes in school through star of the week, doodle progress, lunchtime awards, alongside stickers and acorns awarded throughout the week in class.

We also value children's successes outside of school and would love to share these with our school community. We acknowledge children's awards/medals/achievements in our weekly Friday Celebration Assembly, on our 'Talents and Achievements' board at school and our weekly newsletter.

If your child would like to share their award/medal/certificate in celebration assembly please send your child to school with it on Friday's.

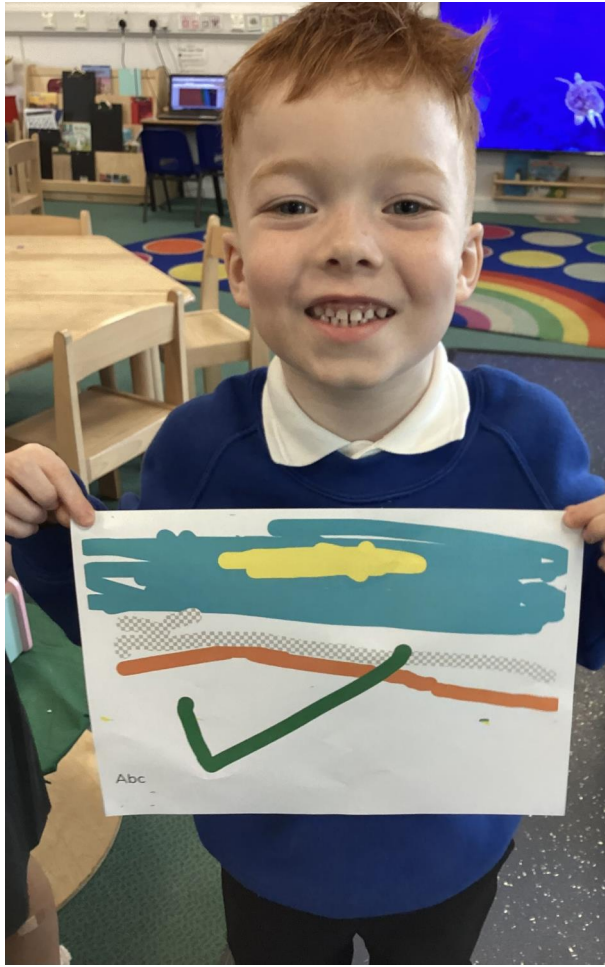
If you would like to share your child's awards/achievements/successes (and they have photo consent) please upload a photo of your child and their award, certificate, medals etc on Tapestry with the title 'My award', or you can a photo of just the award if you prefer. (Please note some these photos may be shared on the newsletter.)

## In Reception this week.....

The children have enjoyed using different craft resources to make their own creations. They explored different ways to join paper, using hole punches and split pins. The children self select their own paint to paint their own pictures.









In Year 1 this week....

We have been learning about greater and less than and improving our maths skills using counting cubes and our maths symbols.





## Attendance

The attendance in school has been good this week and was 97%!

## Stars of the Week!

**This half term our Learning power is 'Reflecting'**



Nursery Stars: Casey Noah Ryn Robyn

Lunchtime Award: Isobel M Charlotte T George I Lara C Louis W

Class 1 Star: Jacob

Lunchtime Award: Amelia R

Class 2 Star: Elisse

Lunchtime Award: Mikayla Mc

Class 3 Star: Freya

Lunchtime Award: Belle M

Class 4 Star: Darcey

Lunchtime Award: Erin S

Class 5 Star: Ezra

Lunchtime Award: Blake T

Class 6 Star: Jacob

Lunchtime Award: Ronnie G

Class 7 Star: Jack H

Lunchtime Award: Joshua M

Class 8 Star: Emily

Lunchtime Award: Rosie A

Class 9 Star: Frankie

Lunchtime Award: Montana Bleu L

## Calendar Dates

Monday 7 <sup>th</sup> October	HARVEST SING recorded on Tapestry	
Thursday 10 <sup>th</sup> October	World mental Health day Young Minds wear yellow Donations to young minds	
Monday – Friday 14 <sup>th</sup> – 18 <sup>th</sup> October	5 Day Active Challenge – walk/scoot/cycle to school	
Monday 14 <sup>th</sup> October	Flu Vaccinations in school for Reception, Year 1 & Year 2	
Wednesday 23 <sup>rd</sup> October	Parent’s evening – more information to follow	
Thursday 24 <sup>th</sup> October	Parent’s evening - more information to follow	
Friday 25 <sup>th</sup> October	Last day of term	
Monday 4 <sup>th</sup> November	First day of term	
Wednesday 6 <sup>th</sup> November	OPEN EVENING for new to Reception & Nursery – September 2025	6pm

## Menu for week commencing 30th September 2024

1.	Choice 1	Choice 2	Pudding
Monday	Ham or Cheese & Tomato Pizza served with wedges & baked beans or salad	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Ice Cream Roll or fresh fruit or yoghurt
Tuesday	Sausage (Pork) or Veggie Sausage served with potato waffles, sweetcorn & gravy	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Banana Cake or fresh fruit or yoghurt
Wednesday	Turkey Burger or Quorn Fillet Served with potato puffs & salad	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Iced Gingerbread or Fresh Fruit or yoghurt
Thursday	Beef Pasta Bolognese or Sweet Tomato Pasta served with Garlic Bread & Green Beans	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Marble Sponge or Fresh Fruit or yoghurt
Friday	'Fishy Friday' or Cheese & Egg Flan served with chips, sweetcorn & tomato ketchup	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Anzac Biscuit or Fresh Fruit or yoghurt

## Information



**Spark**  
CARLISLE LOCAL CULTURAL EDUCATION PARTNERSHIP  
sparking imagination and creativity  
for children and young people

# OPEN Day

**SUNDAY 6TH OCTOBER**  
2-4pm

at  
Stanwix Primary School &  
Stanwix Community Centre  
Church Road CA3 9DJ

**- FREE -**

Discover and explore hidden treasures!  
Uncover creative activities for the  
whole family...

Including:  
Roman Relics  
Arts and Crafts  
Music  
Stories and Dressing Up  
Upcycling  
Fantastic Food  
Meet the Alpacas

TULLIE art.co.uk Cumberland Council CDEC



0 – 19 Child and Family support services - Carlisle

## Sensory Processing Workshop

Would you like some information on what sensory processing is and how this can affect your child?

We will be sharing tips and advice on how to manage sensory processing difficulties in our online Introduction to Sensory Processing workshop!

Join us on Zoom on one of the dates below:  
**Tuesday 1<sup>st</sup> October 1.30-2.30pm**  
**Thursday 17<sup>th</sup> October 7.30-8.30pm**



Sensory processing is the system that our bodies use to understand the world using our senses.

- ✓ Sight
- ✓ Sound
- ✓ Touch
- ✓ Taste
- ✓ Smell
- ✓ Proprioception
- ✓ Vestibular
- ✓ Interoception

To book a place or to find out more  
Please contact us by phone or email.

Jennifer on 07816 086 774 or [jennifer.moffat@family-action.org.uk](mailto:jennifer.moffat@family-action.org.uk)

Registered Charity Number:264713

[www.facebook.com/CarlisleSupport](https://www.facebook.com/CarlisleSupport)

Find out more at [cumberland.gov.uk](http://cumberland.gov.uk)



0 – 19 Child and Family support services - Carlisle

## Starting Solids Workshop



### Come and join us!

#### Get information on:

- When to wean baby
- What foods to introduce
- How to wean baby safely
- Healthy eating habits



The next session is on **Wednesday 2nd October 2024, 1.30 to 2.30**

At **Morton Child and Family Support Centre, Wigton Road, Carlisle, CA2 6JP**

This is a **FREE** workshop and babies are welcome:

To find out more or to book onto the workshop contact

Claire on 07816 087 115 or [claire.ford@family-action.org.uk](mailto:claire.ford@family-action.org.uk)

Jennifer on 07816 086 774 or [jennifer.moffat@family-action.org.uk](mailto:jennifer.moffat@family-action.org.uk)

Registered Charity Number:264713

[www.facebook.com/CarlisleSupport](https://www.facebook.com/CarlisleSupport)

Find out more at [cumberland.gov.uk](http://cumberland.gov.uk)



# 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 friends and family

#### 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

Most children have the nasal spray vaccine which is the preferred vaccine. A vaccine injection is also available which does not contain gelatine from pigs (porcine gelatine).

For more information visit [www.nhs.uk/child-flu](http://www.nhs.uk/child-flu)

**Flu** **mmunisation**  
Helping to protect children, every winter

© Crown copyright 2024. Product code: FLU09/24. UK Health Security Agency gateway number: 2024104  
If you want to order more copies of this poster, please visit [healthpublications.gov.uk/Phone.html](http://healthpublications.gov.uk/Phone.html) or call 0300 123 1002

## Vaccination Clinics

The School Aged immunisation team are commissioned to deliver the national immunisation programme of Nasal Flu, Diphtheria Tetanus, Polio, and Men ACWY and HPV and MMR in school. If your child missed the vaccination in school, there is the opportunity to get the vaccine at one of our catch-up clinics as detailed below:

### BY APPOINTMENT ONLY

#### Penrith Area

Penrith Hospital Tuesday – 8<sup>th</sup> October 2024 15.00 – 17.30pm  
Penrith Hospital Tuesday – 19<sup>th</sup> November 2024 15.00 – 17.30pm  
Appleby Children's Centre Wednesday – 27<sup>th</sup> November 2024 15.00 – 17.30pm  
Penrith Hospital Monday – 9<sup>th</sup> December 2024 15.00 - 17.30pm

#### Carlisle

London Community Centre – Tuesday 22<sup>nd</sup> October 2024 15.00 – 17.30pm  
London Community Centre – Tuesday 12<sup>th</sup> November 2024 15.00 – 17.30pm  
London Community Centre – Tuesday 3<sup>rd</sup> December 2024 15.00 – 17.30pm

To make an appointment or for further information, please contact the Immunisation Team: 01228 608046  
Email [ncm-tr.northschoolagedimmunisationteam@nhs.net](mailto:ncm-tr.northschoolagedimmunisationteam@nhs.net)

There is an answerphone in operation if we are unable to take your call. Please leave your name, contact number and child's school details. We will return your call as soon as possible.

Safe, high quality care **every time** Safe, high quality care **every time**



### FOR OUR FUTURE GREAT CUMBRIAN RUNNERS!

#### Family Fun Run: 1 mile

Fully accessible to all. £8 including a medal.

#### 10+ run (time chipped): 3.4 miles

£10 including a medal

**Date:** Sunday 6th October, 9am

**Location:** The Sands Centre



Scan to enter


It isn't about Olympic level athletes aiming for a record time. It's about Mums with prams, Dads with toddlers, groups running together, fancy dress, kid's getting active or even raising money for a well-deserved local cause. All runners get a free photo in the kids and adults run included in the price.

Sign up online at [better.org.uk/gcr](https://better.org.uk/gcr)

Charity partners:



Better is a registered trademark and trading name of GGL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793K Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Island Revenue Charity no. XN43378



The 40<sup>th</sup>  
Great  
Cumbrian  
Run

Running through the city centre  
and beautiful local villages is what  
we love most - and we can't wait  
to welcome you back!

**Half Marathon**  
13.1 miles

**10K**  
6.2 miles

**Date:** Sunday 6th October, 9am

**Start:** at The Sands Centre

**Finish:** at the Sheepmount Stadium  
Finishers medal & t-shirt included!

Sign up online at  
**[better.org.uk/gcr](http://better.org.uk/gcr)**



Scan to enter

