**Linking Winter Health and Vaccinations with RSHE Health Education Delivery (Primary)**

Flu vaccinations will commence in schools during the autumn term and will be delivered by the school age immunisation service, Vaccination UK. To assist schools in maximising uptake of the flu vaccination as well as educating and supporting children in understanding how to stay well over winter, the Wolverhampton Public Health Team in conjunction with Vaccination UK have developed a set of resources to support schools in promoting the uptake of flu vaccination and how to stay healthy over winter, to help you to reduce the potential for pupil and staff absences as well as any disruption caused by outbreaks.

**Winter Health and Flu Vaccination Resources**

The “[Bug Busters](https://bugbusterkids.co.uk/index.html)” website provides a wide range of resources to support with RSHE health education delivery including a school age immunisation best practice guide, lesson and assembly plans (including an exciting animation and story book all about winter health), template promotional materials for school websites and text messages for parents /carers as well as all four of our Flu Fighters adventure story books. These resources are available by clicking on the ‘Winter Health and Flu Vaccination Resources’ tile via the following link: [Bug Buster Kids | Schools Resources](https://bugbusterkids.co.uk/school-resources.html).

**The School Age Immunisation Best Practice Guide**

* Provides all the information schools need to ensure clinics run smoothly and achieve maximum uptake with minimal disruption.
* Contains important information on timeframes leading up to onsite vaccination and on the consent process.

**KS1 and KS2 Bug Busters assembly presentation and lesson plans**

* The Bug Busters lesson plan and assembly will educate children about common winter infections including flu, norovirus, the common cold and how to stop the spread of infection​ through good respiratory and hand hygiene and vaccination.
* **We are asking all primary schools to deliver either the assembly or lessons as soon as possible in the first half of the Autumn Term** to prepare children for onsite flu vaccination clinics and to minimise the spread of common winter infections.

**Bug Busters Animation & Story Book**

* The animation will educate children on flu, norovirus and the common cold and can be used as a teaching aid during lesson plans and assemblies to engage children in a fun and interesting way. The animation is available via this link: [Bug Buster Kids | Children](https://bugbusterkids.co.uk/children.html)
* Children will learn about the importance of hand hygiene, how infections spread as well as why the flu vaccination is so important.
* There is also a downloadable story book which can be used as part of an educational session or at home.

**Template Promotional Materials**

* A template flu vaccination **article** to be included on your school website.
* Template **text message** and **social media communications** for your office staff / flu coordinator to use with parents to promote flu vaccination and to support the return of consent forms.
* **Frequently Asked Questions** which can be shared with parents via your website.
* Leaflets about the flu vaccination are available in different community languages by using this link [Flu vaccination for children: leaflets and posters - GOV.UK (www.gov.uk)](https://www.gov.uk/government/publications/flu-vaccination-leaflets-and-posters?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=f23b26ff-8a55-4e05-9507-8d5f3527355a&utm_content=weekly)

For teacher information about how the nasal vaccine is administered, please have a look at this video: [NHS Flu Vaccinations for Children - YouTube](https://www.youtube.com/watch?v=cI2eYPEIcCU)

\*Be aware that a small proportion of the children in school may be given the injectable vaccine due to a pre-existing medical condition or parental decision (due to porcine content), so both nasal and injectable vaccines will be offered on the day.

To accompany and support winter health and flu vaccination, we are encouraging schools to use **the e-Bug resource** [**www.e-bug.eu.**](http://www.e-bug.eu) Please see below for further details about the e-Bug website and links to the recommended key stage resources.

**e-Bug PSHE/RSE Resource**

e-Bug is an educational resource that aims to bring the world of microbes and antibiotics to life for children in the school environment. The resource has been created by Public Health England to improve young people’s knowledge and to foster an interest in science.

e-Bug is a curriculum supplement series (Key Stage 1, 2, 3 and 4) that complies with the new statutory guidance for RSE (Relationships Education, RSE & Health Education, September 2020). Its main aim is to teach young people about microbes, appropriate use of antibiotics, how microbial infections are spread and can be prevented through improved hygiene and vaccine use.

The e-Bug materials are hosted on a website where all the resources, videos demonstrating the activities and additional activities can be downloaded from the **e-Bug resource** [**www.e-Bug.eu**](http://www.e-Bug.eu)

The resource consists of topics for KS1 and KS2 with individual activities designed to fit into 50 minute classroom slots. Each of these sections contain:

* Creative inquiry-based activities to promote active learning.
* Highlighted learning outcomes which deepen students understanding of the importance of microbes, their spread, treatment and prevention.
* Activities that encourage students to take more responsibility for their own health.
* Activities that highlight the importance of responsible antibiotic use.
* **Highlighted lessons are particularly relevant** **to supporting winter health and flu vaccination.**
* Vaccination lessons will be particularly relevant during the flu vaccination period in the Autumn term; other e-Bug lessons to support pupils’ health and vaccination can be used throughout the school year.

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| **Key Stage 1 Lessons:**  [Key Stage 1 (e-bug.eu)](https://www.e-bug.eu/ks1-teaching-resources) | **Key Stage 2 Lessons:**  [Key Stage 2 (e-bug.eu)](https://www.e-bug.eu/ks2-teaching-resources) |
| Introduction to Microbes | Introduction to Microbes |
| Hand Hygiene | Useful Microbes |
| Respiratory Hygiene | Harmful Microbes |
|  | Hand Hygiene |
|  | Respiratory Hygiene |
|  | Vaccinations |

* An additional resource on hand hygiene for Key Stage 1 is **Kapow** RSHE & PSHE Year 1 Health & Wellbeing, Lesson 5 on hand washing and personal hygiene.
* An additional resource on vaccinations for Key Stage 2 is **Kapow** RSHE & PSHE Year 6 Health & Wellbeing, Lesson 6 on immunisations.

If your school does not have access to Kapow RSHE & PSHE resources, please contact [Amand.evans@wolverhampton.gov.uk](mailto:Amand.evans@wolverhampton.gov.uk)

**Curriculum Links**

These lessons relate to general vaccination information and will inform students of the benefits of vaccines and will cover the RSHE health education curriculum requirements as outlined below.

Within the statutory guidance, it states that “*Teachers should go on to talk about the steps pupils can take to protect and support their own and others’ health and wellbeing, including simple self-care techniques, personal hygiene, prevention of health and wellbeing problems and basic first aid”.*

This is highlighted within section 2 **Physical health and mental wellbeing: Primary - Health & Prevention**

**Pupils should know:**

* about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.
* the facts and science relating to allergies, immunisation and vaccination.

**How Can You Help?**

* Allocate time within PSHE Education / Science lessons or deliver as cross-curricular opportunities the lessons highlighted above for the key stage in which you teach.
* Support this delivery with time to explore the KS1 and KS2 Bug Busters assembly presentation and lesson plans.

**Note to Teachers, Parents & Carers**

The wording in our Flu Fighters and Bug Busters books is intended to stress the importance of good hygiene and having the flu vaccine. They highlight the risk of getting the flu ('infected') and other infections - which can leave people feeling 'really bad' (as in sick - symptoms include a high temperature, aches, tiredness, headache and so on) and 'really sad' (because they are poorly). These terminologies should be explained to young children in the context of reassurance that, by having the vaccine, they will have a strong level of protection against the flu this winter.

**A note about flu and flu vaccination**

Flu (Influenza) is a common infectious viral illness that is easily spread to other people, through coughs and sneezes. Most cases of flu in the UK tend to occur in an 8 to10 week period during winter. The flu virus can also spread rapidly, especially in closed communities like schools. A simple flu vaccine, given on an annual basis reduces the risk of an individual catching flu, as well as spreading the virus to others.

The flu vaccination is delivered via a quick and painless nasal spray. However, for parents/ carers who require a porcine-free alternative, an injectable vaccination is available and this can be requested via the consent form which is available from <https://midlands.schoolvaccination.uk/flu/2024/wolverhampton>

All pupils from reception to Year 11 will receive their vaccine in the school setting except those with certain medical conditions. You can see a clip of the nasal vaccine being delivered using the following link. The video below shows the vaccine being given from 50 seconds onwards [NHS Flu Vaccinations for Children - YouTube](https://www.youtube.com/watch?v=cI2eYPEIcCU)