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

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, 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.

**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)

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 updated statutory guidance for RSE (Relationships Education, RSE & Health Education, July 2025). 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 KS3 & KS4 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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| KS3 e-bug lessons [Key Stage 3 (e-bug.eu)](https://www.e-bug.eu/ks3-teaching-resources) |
| Introduction to Microbes |
| Useful Microbes |
| Harmful Microbes |
| Hand Hygiene |
| Respiratory Hygiene |
| Vaccinations |
| Antibiotic Use and Antimicrobial Resistance |

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| KS4 e-bug lessons [Key Stage 4 (e-bug.eu)](https://www.e-bug.eu/ks4-teaching-resources) |
| Introduction to Microbes |
| Useful Microbes |
| Harmful Microbes |
| Hand & Respiratory Hygiene |
| Vaccinations |
| Antibiotic Use and Antimicrobial Resistance |

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. Teachers should be mindful that the guidance states **the introduction of topics relating to vaccination and immunisation should be aligned with when vaccinations are offered to pupils.**

**Curriculum Links**

Health protection and prevention, and understanding the healthcare system

**Curriculum content:**

* Personal hygiene, germs and how they are spread, including bacteria and viruses, treatment and prevention of infection, and about antibiotics.
* The facts and scientific evidence relating to vaccination, immunisation and antimicrobial resistance.

**The e-Bug materials also contribute to:**

* PSHE association - Core Theme 3 Living in the Wider World
* Science – Working Scientifically
* Literacy

**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. **Ensure lessons and delivery coincide with when vaccines will be administered in school.**

**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/2025/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)