Dear Years 1 and 2 Teachers,

This September, we will be running a Poster Competition through schools, for all children in Key Stage 1 in the Oxford AHSN regions of Buckinghamshire, Berkshire, Milton Keynes and Oxfordshire.

This is to raise awareness of the extension of the Annual Routine Children’s Flu Immunisation Programme. The vaccine will continue to be offered to all children aged 2, 3 and 4 years of age at their GP’s annually. From this year, it will be included in the children’s vaccine schedule, as an annual vaccine, for those enrolled in School Years 1 and 2. Your local health providers will inform families where they need to go to get their vaccine.

You are the main professionals engaging with this age group, therefore, we believe that you are best placed to pass on information to children and their families. The Poster Competition has been created as a fun way of reinforcing learning about this important health intervention.

I have attached information about the virus and the vaccine, and resources including Lesson Plans and Films that can guide staff and support your key learning outcomes and aid knowledge for the competition, and help aid creativity! These have been reviewed and endorsed by the Personal Social and Health Education Association (PSHE) and are supported by the School and Public Health Nurse Association (SAPHNA).

For details, prize winning presentation, contact details and the CELEBRITY prize giver read on!

We look forward to seeing the creativity of our regions children.

Liz Davis
Children’s Network Nurse

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**Childhood Flu Facts**

- Children are the most likely to get the flu
- Hospitalisation and GP consultations rates among children are high
- Children are most likely to spread the flu
- Children are infectious for longer
- Children can pass the virus to people at high-risk of complications

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Some schools have been ‘Pilots’ for the last two years to help determine the best approach to implement extending programme for school-aged children. Below is feedback from two head teachers:

“One of the pupils said- “It’s not a jab, it’s an imm-un-isation!” –I realised, being involved in the flu pilot was contributing to the children’s learning. It was also a good opportunity for us to dispel some of the common myths about flu and the vaccination.”

“We’re very big on attendance here… The winter term is a particularly long term for us … we can usually expect there to be a wave of flu-like-illness when it’s least welcome, around the time we have our Christmas nativity events! But last winter was different, and whilst I can’t say for sure that it was down to the flu immunisation, there was a notable reduction in sickness levels around this time.”

Reducing Flu in schools means:

- School absence records (assessed by Ofsted) are much improved
- Less family stress, as parents would not need to juggle work and carers’ leave
- Reduced staff sickness
- Reduced cost of staff cover

One study showed that for every 10 children who miss school for an influenza-related illness, 8 household members will subsequently become ill.

In Pilot Areas

There were fewer GP consultations and A&E attendances for ‘influenza like’ and respiratory illness

- Fewer people tested positive for flu in primary care.


Liz Davis and Julie Wild
Children’s Network Nurses
This children’s flu vaccine has been used in North America for 10 years. It is delivered as a painless squirt, in each nostril. It works even better than the injected flu vaccine with fewer side effects. The main side effect is that vaccinated children may have a runny nose for a short time.\(^5\)

The flu virus changes all the time. Certain strains predominate and are responsible for a large number of cases of flu, while other strains account for a smaller number. For this reason the vaccine is given every year, to cover for the likely emerging strain.\(^6\)

Twelve Posters will be chosen to create a Downloadable Calendar for 2016. Children can give these to educate families and friends helping raise awareness of the children’s flu programme and their learning about viruses and how to protect themselves and others.

We would like to come to the Overall winners’ school. We have a little interactive presentation for the school. We will ask Years 1 and 2 to help further sharing their learning in a full school assembly.

MOST EXCITINGLY… The FANTASTIC Dr Ranj from CBeebies Get Well Soon will be presenting the winner with a memento of their hard work.

Dr Ranj is an NHS doctor specialising in the care of children, young people and families, and a TV personality! He features in an excellent film about the programme in our Resource zones for Parents and Children and Education and Community Staff. We are delighted that he is generously giving his own time to raise awareness for this very important programme.
Poster Competition

‘This is what I would look like with the Flu’

Please choose your favourite 10 pictures from your pupils in Years 1 and 2

Please can you make sure your school details are included on the back of the Posters

Please send entries to:

Liz Davis
Children’s Network Nurse
Children’s Network
Oxford Academic Health Science Network
Magdalen Centre North, Robert Robinson Avenue
Oxford Science Park OX4 4GA
OR
elizabeth.davis@ouh.nhs.uk

Resources:
Oxford AHSN resource page (links to flu resources)

NHS Choices

Astra Zeneca Lesson Plan (scroll down for age appropriate Lesson plans)
- http://www.sharegoodtimesnotflu.co.uk/school-toolkit.html

Astra Zeneca films
- All for one and one for all: Protecting your child, family and community from flu:
  http://www.sharegoodtimesnotflu.co.uk/why-vaccinate.html
- A Knights Tale: How to train your body to Fight the Flu
  http://www.sharegoodtimesnotflu.co.uk/vaccination-info.html
- Dr Ranj: What every parent needs to know about flu
  https://www.youtube.com/watch?v=jl9hSBd2owM

References
2. https://www.gov.uk/government/case-studies/flu-vaccination-at-hemington-primary-
3. Frances Neil-Pye, June 2015, vol 10 (5) Affects on children’s learning as unfamiliar staff cover lessons (At the chalkface: Engaging At the chalkface: British Journal of School Nursing

Children’s Network Nurses