Dear Year 1 and 2 Teachers,

To raise awareness of the extension of the Annual Routine Children’s Flu Immunisation Programme we will be running a Poster Competition in September for all children in Key Stage 1 in the Oxford AHSN region of Buckinghamshire, Berkshire, Milton Keynes and Oxfordshire. We would like the children to create a picture of what they would look like with the flu.

Since 2013 this nasal flu spray vaccine has been offered to all children aged 2, 3 and 4 years of age. From this year, it will also be offered to all children in Years 1 and 2 as part of the children’s routine vaccine schedule. Your local health providers will inform families where the vaccine will be available.

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

To support you, please find attached information about the virus and the vaccine, and resources including short films and photos to show on the smart board, and lesson plans. 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 further details and the prize winning presentation date with a CELEBRITY prize giver, read on!

We look forward to seeing the children’s creativity and thank you for supporting this important initiative, which aims to improve the health of your whole community.

Liz Davis
Children’s Network Nurse
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.
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.\footnote{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\footnote{6}.

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Twelve Posters will be chosen to create a Downloadable Calendar for 2016. Children can use this 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 winning school to lead a short assembly, followed by the presentation.

**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 Zone 2 of our special flu webpage. 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’

Guidance

- A4 size
- 2d media
- Must be photocopiable

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

Please make sure the child’s name, year group, school name and contact details are included on the back of the poster

Closing date
23rd October 2015

Winning School Presentation
November 13th 2015

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 Knight’s 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

Liz Davis and Julie Wild
Children’s Network Nurses