Rhydypenau Primary School

Aiming High

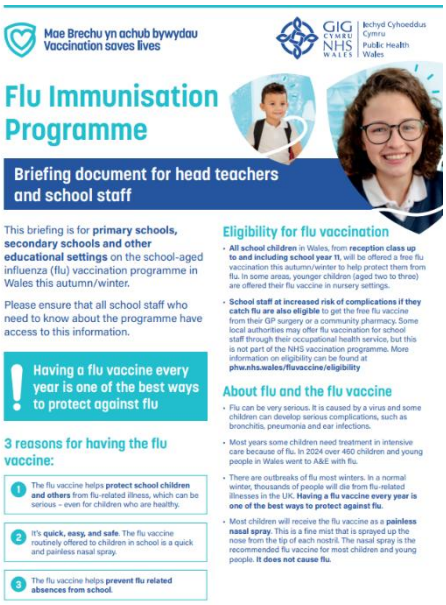
Ysgol Gynradd Rhydypenau

Anelu Yn Uchel

Autumn Term '2026

Weekly News! 18.09.2026

Nasal Flu Immunisation!



Mae Brechu yn achub bywydau
Vaccination saves lives

GIG CYMRU NHS WALES
Iechyd Cyhoeddus Cymru
Public Health Wales

Flu Immunisation Programme

Briefing document for head teachers and school staff

This briefing is for **primary schools, secondary schools and other educational settings** on the school-aged influenza (flu) vaccination programme in Wales this autumn/winter.

Please ensure that all school staff who need to know about the programme have access to this information.

Having a flu vaccine every year is one of the best ways to protect against flu

3 reasons for having the flu vaccine:

1. The flu vaccine helps **protect school children and others** from flu-related illness, which can be serious – even for children who are healthy.
2. It's **quick, easy, and safe**. The flu vaccine routinely offered to children in school is a quick and painless nasal spray.
3. The flu vaccine helps **prevent flu related absences from school**.

Eligibility for flu vaccination

- **All school children** in Wales, from **reception class up to and including school year 11**, will be offered a free flu vaccination this autumn/winter to help protect them from flu. In some areas, younger children (aged two to three) are offered their flu vaccine in nursery settings.
- **School staff at increased risk of complications if they catch flu are also eligible** to get the free flu vaccine from their GP surgery or a community pharmacy. Some local authorities may offer flu vaccination for school staff through their occupational health service, but this is not part of the NHS vaccination programme. More information on eligibility can be found at **phw.nhs.wales/fluvaccine/eligibility**

About flu and the flu vaccine

- Flu can be very serious. It is caused by a virus and some children can develop serious complications, such as bronchitis, pneumonia and ear infections.
- Most years some children need treatment in intensive care because of flu. In 2024 over 460 children and young people in Wales went to A&E with flu.
- There are outbreaks of flu most winters. In a normal winter, thousands of people will die from flu-related illnesses in the UK. **Having a flu vaccine every year is one of the best ways to protect against flu.**
- Most children will receive the flu vaccine as a **painless nasal spray**. This is a fine mist that is sprayed up the nose from the tip of each nostril. The nasal spray is the recommended flu vaccine for most children and young people. **It does not cause flu.**



- A small number of children cannot have the nasal spray because of some pre-existing medical conditions or treatments. The consent form asks parents/guardians questions that will help the team giving the vaccines to identify these children. These children may be offered the flu vaccine by **injection**. The flu injection may be offered in the same school session, or children may be asked to attend a community vaccination centre or their GP surgery to receive the injection.
- The nasal spray vaccine contains small traces of highly purified pork gelatine, which is also used in a range of essential medicines, however, flu injections are gelatine-free. Some faith groups such as the Muslim and Jewish communities have approved the use of non-oral medicines and vaccines that contain gelatine. More information is available here: **phw.nhs.wales/PorkGelatine**
- The nasal spray vaccine is the recommended vaccine for children who can receive it as it offers effective protection. However, those who would prefer their child to have the alternative gelatine free vaccine by injection, should inform the school nurse or immunisation team.
- To find out more about the flu vaccines available, including their contents and possible side effects, go to **medicines.org.uk/emc** (external site). Enter the name of the vaccine in the search box. You can also see the patient leaflet online. You can find the name of the vaccine at **phw.nhs.wales/AboutTheFluVaccine**



Consent packs and flu vaccination information

Consent packs for pupils and their parents or guardians will be supplied to schools before the scheduled school flu vaccination session. This may be paper based or in a digital format.

Each consent pack usually contains:

- **A letter (or email), leaflet and consent form**. The letter and leaflet gives pupils and parents/guardians an understanding of the vaccine and its benefits. Information is provided to enable informed consent for children and young people to receive the flu vaccine. Some schools will be asked to send these electronically.
- The leaflet is available in **accessible formats** (usually including Large Print, Easy Read, British Sign Language and Audio). To find these formats parents and guardians should be directed to: **phw.nhs.wales/vaccines/accessible-information**
- **A completed consent form is required before a vaccination is given.** While we recommend that pupils get **agreement from their parents/guardians**, some children in secondary school will be able to legally consent for themselves. This may include some children who are under 16, but only if they are assessed by the person giving the vaccine as being mature enough to fully understand what is being offered. This is called 'Gillick competence'. For more information about this, search consent here: **111.wales.nhs.uk** (external site), or speak to your school nurse or immunisation team.
- Where young people give their own consent, it is still preferred that parents/guardians are involved in the decision making. If the young person is in agreement, the parent/guardian will be informed that the vaccination has been given.
- Schools are asked to allow health professionals to use their clinical judgement in the application of Gillick competency assessment as a means of obtaining self-consent from young people where appropriate.
- Any queries or concerns from parents/guardians about self-consent and the process of Gillick competency assessment should be directed to health board school nurse or immunisation teams.

How consent is collected:

- Your school may be asked to collect **completed paper consent forms** from parent/guardians on behalf of the school nursing or immunisation team, and to follow up on non-returned consent forms.
- Electronic consent forms are sent directly from the parents/guardians to the school nursing or immunisation team.
- Forms should be **returned by the deadline agreed** with the school nurse or immunisation team.

Who will give the vaccine to the children:

- The programme will be delivered by an NHS employed school nursing or immunisation team.
- They will administer the vaccination according to nationally set standards. NHS vaccinators have appropriate qualifications and training, including safeguarding training. They are also fully trained to answer any questions from pupils, teachers, and parents/guardians about the flu vaccine.

How your school can support the flu vaccination programme

The relationship between schools and the NHS school nursing/immunisation team is vital for protecting the health of future generations. The World Health Organization estimates that vaccination prevents up to 5 million deaths globally every year from diseases, including flu.

School support with the flu programme is highly valued and essential.

The following will help to maintain vaccination uptake and minimise disruption to the school:

- Ahead of the day of vaccinations, talk to the school nurse or immunisation team to arrange a suitable location and requirements.
- If requested, provide a complete list of eligible children and young people within the age cohort, including their parents/guardians' contact details.
- It's important to let parents/guardians know which day vaccinations will take place. The consent pack will contain this information. Please ensure the school consent packs are distributed to parents/guardians. Communication (e.g., an email or a text) can be sent to parents/guardians to remind them of the:
  - vaccination date(s); and
  - date they need to return the consent form by.
- Please **reassure** parents and care givers of the **effectiveness and safety** of the flu vaccine.
- Pupils and their parents/guardians many have questions about the vaccine. Let them know that further information is available at: **phw.nhs.wales/fluvaccine**

- Use school social media accounts or school communication channels to share relevant content available from **phw.brandkitapp.com**



- Speak to your school nurse or immunisation team if you have any queries or are aware of any misinformation or disinformation being circulated about the vaccination.

Legislation and guidance are in place to support the administration of vaccination programmes in Wales and to facilitate the sharing of pupil information for the purposes of vaccinations for school aged children.

Further information is available from supporting the administration and management of childhood vaccination programmes delivered in schools available from **phw.nhs.wales/vaccines/Children-YoungPeople**

The School Nursing Immunisation Team will visit your child's school soon. It's very important to protect your child from flu, to make sure they stay as healthy as possible.

Click on the link or scan the QR code below to fill in and return the online consent form as soon as possible and at least 5 days before the flu school session.

Further information and school dates can be found on the link too.

Flu vaccine in schools: information for parents - Cardiff and Vale University Health Board

NHS recommends that your child has a flu vaccination every year.

We welcome correspondence and phone calls in Welsh. We will respond to correspondence in Welsh without delay.

Yours faithfully,

School Nursing Immunisation Team

Riverside Health Centre

Email: Immunisation.CavuhbSchoolNursing@wales.nhs.uk

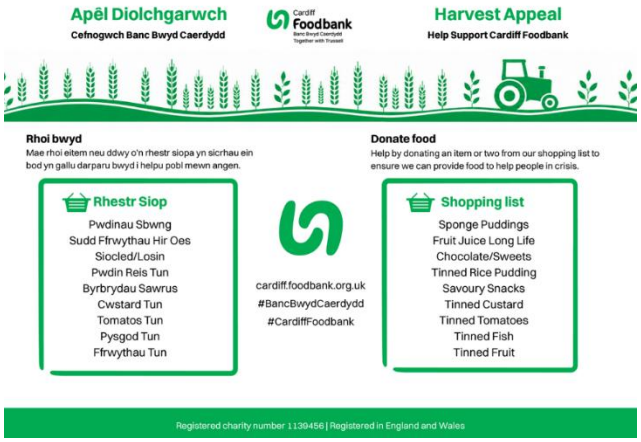
Tel: 02921 847661/664

After you have returned the consent form, please contact the School Nursing Immunisation Team on 02921 847661/664 before the vaccination session if:

- **there are any changes to your child's health, or**
- **their asthma medication is increased, or**
- **they are prescribed oral steroids, or**
- **they become wheezy.**

Harvest Assembly!

Our annual Harvest Festival Assembly is on **Thursday 1st October 2026**. Harvest is a wonderful time for us to pause, reflect, and give thanks for the food we enjoy, while coming together to support those in our local community who are struggling. To ensure we can organize and display our contributions in time, we kindly ask that all donations of non-perishable food items—such as tins, dried goods, and toiletries—be brought into school by **Tuesday 29th September 2026**. Thank you in advance for your generosity and continued support in making a meaningful difference for local families.



Toys and Squishies: Important Reminder for Parents!

We have recently seen an increase in the number of children bringing small toys into school, particularly **squishies** and similar items.

While these toys may be popular, some low-quality or non-certified squishies can contain potentially harmful substances. They can also cause distraction in lessons and may become lost or damaged, leading to upset.

We would therefore like to remind families that **children should not bring toys from home into school** unless specifically requested by a member of staff.

If a child requires a fidget or calming resource to support their learning or wellbeing, the school will provide an appropriate item as needed.

We appreciate your support in helping us maintain a safe and focused learning environment for all pupils.



Breakfast Club!

We would like to thank everyone who has signed up for our new Breakfast Club.

To help us ensure that we have the correct staffing and food provision in place each morning, please let the school know as soon as possible if your child is booked to attend but will not be coming. Changes to attendance can have a significant impact on the number of staff required and the preparation of breakfasts.

We would also like to remind families that the purpose of Breakfast Club is to provide children with a nutritious breakfast before the start of the school day. Therefore, children should not eat breakfast at home before attending the club, as a meal will be provided on arrival.

Thank you for your support and cooperation as we establish this new provision. If you have any questions regarding Breakfast Club, please contact the school office.

Christmas Card Designs!



Today your child will bring home their annual card design sheet! Their drawing can reflect Christmas or any other celebration meaningful to your family's beliefs.

Due to the printing company's tight turnaround schedule, all completed designs must be returned to the class teacher by Friday 25th September. Unfortunately, late submissions cannot be processed under any circumstances and this is out of the school's control.

Resources Available: If your child needs coloured pencils or felt pens to complete their design, please speak to your class teacher, who will gladly provide resources that can be returned once the artwork is finished.

Payment Process: Do not send money to the school. Once designs are submitted, you will receive a unique QR code to order and pay for your items directly with the printing company.

We look forward to seeing all of the wonderful designs by next Friday!

Anxiety Coffee Morning for Parents and Carers!

We are pleased to invite you to an **Anxiety Coffee Morning** on **Thursday 22nd October 2026 at 9:00am**, which will be delivered by the **Local Authority Specialist Team for Emotional Health and Wellbeing**.

This informal session will provide parents and carers with an opportunity to:

- Learn more about anxiety in children and young people.
- Understand how anxiety can present itself at home and in school.
- Explore practical strategies to support children who may be experiencing worries or anxiety.
- Ask questions and access information about additional support available.

The session will also provide an opportunity to meet other parents and carers in a relaxed and supportive environment over a cup of tea or coffee.

Date: Thursday 22nd October 2026

Time: 9:00am

Venue: Rhydypenau Primary School

We hope you will be able to join us for what promises to be an informative and supportive morning.

Thank you for your generosity and support. 💙





Dates for Diary!

Wednesday 23rd September – Year 6 Logos Hope
Thursday 24th September – Reception Nibbles Night
Thursday 1st October – Harvest Assembly
Friday 2nd October – Whole School Photos
Tuesday 6th October – Year 5 Trip Rhondda Heritage Park
Tuesday 6th October – Parents Evening
Wednesday 7th October – Parents Evening
Friday 9th October – Nasal Flu Vaccines
Tuesday 13th October – Year 2 Trip to Albany Road
Friday 16th October – Show Racism the Red Card (Non-uniform)
Thursday 22nd October – PTA Disco
Monday 2nd November – Inset Day
Tuesday 3rd November – Inset Day
Monday 9th November – Odd Sock Day
Wednesday 11th November – Year 4 Recycle and Reuse
Friday 13th November – Children in Need (Non-Uniform)
Thursday 26th November – Christmas Wreath Making
Friday 4th December - Year 6 Crucial Crew
Tuesday 8th December – Nurs PM & Rec Xmas Concert
Tuesday 8th December AM -Year 1 & 2 Xmas Concert
Wednesday 9th December - Nurs AM & Rec Xmas Concert
Wednesday 9th December PM - Year 1 & 2 Xmas Concert
Thursday 10th December – Xmas Dinner Day
Thursday 10th December – Xmas Jumper Day (Non-Uniform)
Monday 14th December PM – Xmas Party for Year 3 & 4
Tuesday 15th December – Xmas Party for Rec, Year 1 & 2
Wednesday 16th December – Christmas Party for Year 5 & 6
Thursday 17th December – Carol Service



Safeguarding!

As part of our commitment to keeping all pupils safe and supported, we regularly share the contact details of our school safeguarding team. If you ever have a concern about a child's wellbeing, please remember you can speak directly to one of our Designated Safeguarding Leads:

- Ms. N Hammond (Executive Headteacher)
- Ms. E Williams (Head of School)
- Mr. C Evered-Davies (Deputy Head of School)
- Mr. A Williams (Business Manager)

External Support Lines:

- **NSPCC:** 020 3188 3616
- **Childline:** 0800 1111

We are always here to support our families, so please do get in touch if you ever need our help.

Useful Links!!

Prospectus: https://www.rhydypenau.co.uk/attachments/download.asp?file=77&type=pdf
Extra-Curricular Activities: https://www.rhydypenau.co.uk/page/?title=Extra+Curricular+Activities&pid=41
Events: https://www.rhydypenau.co.uk/page/?title=Events&pid=42
PE Timetables: https://www.rhydypenau.co.uk/page/?title=P%2EE+Days&pid=153
Staff Roles & Responsibilities: https://www.rhydypenau.co.uk/page/?title=Roles+And+Responsibilities&pid=25