

# Gospel Oak Weekly Newsletter

## w.e. 26<sup>th</sup> September 2025



### UPCOMING DATES

Wednesday 1<sup>st</sup> October - Live Performance  
Assemblies

Friday 3<sup>rd</sup> October - Shaping Brighter Futures

Tuesday 7<sup>th</sup> October - WBA Rewards Experience

Wednesday 8<sup>th</sup> October - Year 7 Settling in  
Evening

Friday 10<sup>th</sup> October - Futures Fair



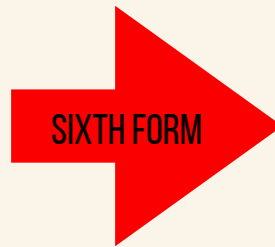
### ASSEMBLY THEMES

Assembly focus this week was European  
Day of Languages, 26<sup>th</sup> September

w.c 29/09 - Misogyny and Incel Culture

w.c 06/10 - World Mental Health Day (10<sup>th</sup>  
October)

Please take the time to talk to your  
daughter and/or son about what they  
have learnt in Assembly.



## MESSAGE FROM MISS MIDDLEHURST, SENIOR VICE PRINCIPAL

It has been lovely to have quite a bit of sunshine this week, and students have been able to make the very most of our extensive school site at break and lunchtime. With lots of students outdoors, this has brought us one or two challenges with 'lost' belongings; for example, a school bag being put to one side whilst a game of football is being played is mistakenly picked up by another student as they go back to class. Staff have worked hard with students to reunite students with their own belongings, but it does lead to very worried students at times, particularly when they have items such as mobile 'phones in their bags. Please talk to your daughter and/or son about making sure they are checking that they are picking up their own belongings, and do please ensure that clothing and bags have a name label on them to support with this.

As you know, there has been a lot of messaging around Free School Meals recently and our change to this entitlement only being available at lunchtime; students have adapted very quickly to this. For all students, both those who receive Free School Meals and those who do not, there is, though, a real need to ensure understanding of how much money they are spending to make sure that they do not go into debt. I have written to parents and carers over the last week or so where students have gone into debt so that you are able to 'top-up' their School Gateway to clear the debts. Students will always be able to have food at school and if there is an issue with the balance on their account, students can speak to Mrs Quirk in the Restaurant who will help them; however, it is important to realise that the food must be paid for. I am working with Aspens, our school caterers, at the moment on the visibility of pricing to ensure that students know what they are spending. There is also work going on behind the scenes, too, at school to identify ways that students and/or their parents and carers can check the balance on School Gateway now that there are no 'Reval' units in school as we have moved away from cash being brought in. Water is available free of charge around school, and I continue to encourage you to make sure your daughter and/or son brings a water bottle to school. A reminder, too, to get in touch with us using [Gospel Oak School - Contact Us](#) if there have been any changes to dietary requirements that we need to know about in school; for example, if an allergy has been diagnosed that you have not informed us about.

Year 11 and 13 students do not need reminding that their mock exams are ever closer; keep checking that they are revising and they are asking their teachers for support if they need more help or are not sure about something. A big focus for us is making sure students do not miss out any questions on exam papers; if you write nothing, you will get nothing. Please keep an eye on homework as it is being completed at home and make sure your daughter and/or son is attempting and really focusing on what they have been asked to do; it should be challenging, and should require them to think hard, just as the mock exams and the summer exams next year will. If it looks to you as if your daughter and/or son has not written enough, they probably haven't; tell them to write more!

Have a lovely weekend.

# YEAR TEAM UPDATES



YEAR 7

## **Year 7 Weekly Update**

Another great week for Year 7!

The energy, enthusiasm, and excellence shown across the board have been:

### **Low Detentions**

The year group continues to have the **lowest number of detentions in the whole school** – due to your focus, and positive behaviour shown both in and out of the classroom.

The Y7 team have expressed how proud they are of the entire year group. Keep setting the standard, Year 7.

### **Open Evening**

Open Evening saw Year 7 out in force! With a huge number of Y7 volunteers, you were seen throughout the building proudly showcasing our amazing school, taking parents / carers on tours, and speaking to visitors. Thank you for being such fantastic ambassadors.

Year 7, you have had another amazing week. We need to keep an eye on attendance (it has slipped a little bit!!) and make sure we are resilient when it comes to having the sniffles. You have shown day after day what you're truly capable of. Keep pushing, keep working hard – all of your efforts are being noticed, and you're setting the tone for a fantastic year ahead!

Thank you.

**Mr Wilson and the Year 7 Team**



## ★ Hello Year 8!

We hope you've had a great week so far. Here's your quick update on how things are going and what to look forward to...

### 📅 Attendance Matters!

Last week, we saw a bit of a dip in our attendance — and we know sometimes people are poorly, but we really need to push back and show that Year 8 resilience we're known for. Every day in school really does matter, and the more you're here, the more you're learning and achieving. Let's aim high this week and get those numbers back up!

### 🍰 McMillan Cake Sale Success!

A huge THANK YOU to everyone who baked, bought, and supported our McMillan Cake Sale — it was a brilliant success! Your kindness and generosity will go a long way in supporting a fantastic cause. You should all be very proud of yourselves.

### 📚 Homework is Coming!

Get ready — homework will be coming your way after half term. Now is a great time to start getting organised: check your planners, tidy your folders, and set some good habits. A little preparation now will make a big difference later!

### 🌟 Detentions Are Down!

We are SO proud of how well you've been doing — detentions are decreasing and that's down to your great choices, focus, and positive attitudes. Keep it up and let's keep that downward trend going!

### 💪 Let's Finish Strong!

Let's make this week our best yet. Show up, work hard, support each other, and keep being the amazing year group we know you are.

You've got this!

**Mr Bowser and the Year 8 Team**



## Year 9 Weekly Update – A Week to Remember! ✨

What an incredible week it's been for Year 9! The energy, enthusiasm, and excellence shown across the board have been truly inspiring. Let's dive into the highlights:

### 📉 Record Low Detentions

For the first time since starting in Year 7, the year group has recorded its lowest number of detentions – a huge testament to the maturity, focus, and positive behaviour being shown in and out of the classroom. Both **Mr Marris** and **Mr Johnson** have expressed how proud they are of the entire year group. Keep setting the standard, Year 9!

### 👤 Open Evening Superstars

Last week's Open Evening saw Year 9 out in full force! With a **record number of student volunteers**, they were seen throughout the building proudly **showcasing our amazing school**, guiding tours, and speaking to visitors. Every single helper has been **recognised and rewarded with achievement points** – thank you for being such fantastic ambassadors!

### 📈 Attendance on the Rise

Attendance is looking strong this week with an impressive **92% turnout**, marking a significant improvement on last week's figures. It's brilliant to see such commitment to learning – let's keep it climbing!

### 🌱 ECO Project Launch

**Miss Malkin** kicked off the exciting new **ECO Project**, and the buzz around it has been electric! An enthusiastic **21 students** from Year 9 have already stepped forward to be part of the launch team and help drive the programme forward. Amazing initiative from a truly switched-on year group!

### 💡 Envision Programme Incoming

Behind the scenes, **Mr Marris** has been working hard with his Envision cohort, preparing for their **official launch on 6th October**. This incredible initiative will encourage students to develop **creative, innovative solutions** to real-life challenges within our local community. Watch this space – Year 9 are ready to make an impact!

### 🌍 A Celebration of Languages

This week, **Mrs Brown** led a brilliant assembly on the **importance of languages**, which saw full engagement from the students. The highlight? A surprise performance of **Mr Johnson's Spanish skills**, honed through his dedication to Duolingo – ¡excelente!

### In Summary...

Year 9, you have been **unbelievable** this week. From behaviour and attendance to leadership and creativity, you've shown what you're truly capable of. Keep pushing forward – your efforts are being noticed, and you're setting the tone for a fantastic year ahead! Let's keep the momentum going! 🚀

**Mr Johnson and the Year 9 Team**



Week 4 of Autumn 1 has been another one to celebrate for the Y10 family! We are continuously getting positive comments of how well Y10 have settled into their KS4 studies and this week both Miss Ralph and Mrs Kler have been able to witness this with their own eyes in lessons visits – To say we are proud is an understatement so please keep this up! Attendance still needs to be our priority please Y10 as our figures are up and down at the moment so we must resolve this by following the BASICS and ensuring that every day we are on time and attending – That is the way we are all going to succeed and achieve! 🌟

### **So, where shall we begin?**

As mentioned, this week there are so many great groups that deserve a shout out because of their 10/10 work ethic, their 10/10 effort in all tasks and for settling in to those new subjects so well!

Starting strong with 10D/Textiles who have this week created some absolutely beautiful pieces of Art work! Miss Ralph was wowed to see chocolate bars, crisps and sweet treats being brought to life through the use of a needle and thread! This class really showed some talent and Mrs Martin cannot praise you enough – Please keep this up as you are all wonderful and we cannot wait to see what more amazing creative pieces you can bring to our family! 🍷

Second great group shout out this week goes to 10B/ Spanish, wow where do I start? Mrs Brown in her own words said “this group are a delight to teach and are a credit to your year group, it just shows what hard work and consistency can do because what an amazing group of students they are!”. You are all absolutely triunfando! (Look at Miss Ralph go!) 🎉

Lastly a great group or should I say GROUPS shout out this week goes to all of the English classes for how they are currently responding to the study of A Christmas Carol! Both Miss Edwards and Mrs Tiso have been going in to Y10 English lessons over this week and commenting on how hard the students are working, how well they are responding to feedback to improve and how much enthusiasm they are putting into the study of the novella – As an English teacher, this makes Miss Ralph’s heart burst with pride so please keep this up! 🌟🌟

A final note from me is that as we look ahead to the rest of our Y10 journey we must mention and make reference to **work experience** that will happen at the end of this academic year. Letters were given to all students this week to take home to start discussing and finding their placements – Please can we urge that this is looked at and prioritised early so that all students have that opportunity to go out into the big wide world and experience a day in the life of what their futures WILL look like! It is so important that we make this happen for all students, so please look into this with and for them and get in touch if you need anything! 🌍

Now, as we look ahead to week 5 of Autumn 1, let’s see what our 10/10 attitude towards learning, our 10/10 mindset towards success and achievement and our 10/10 positivity every single day can get us – Let’s go Y10, TEAM GREEN FOREVER! ❤️

**Miss Ralph and the Year 10 Team**



## YEAR 11

### **Attendance – Our Biggest Priority**

Our attendance has dropped this week to 90% – well below the **96%** minimum we expect. Remember: if you're not here, you can't succeed. Every lesson missed is knowledge, practice and exam prep you can't get back.

Only **11C, 11A, 11F and 11B** managed to hit over **95%** this week – well done to those tutor groups. Everyone else needs to raise the game. Let's see every form pushing above 96% next week.

### **Punctuality & Line-Ups**

Arrive promptly every morning. Even a couple of minutes late builds up to hours of lost learning over the year. Year 11 should be setting the tone for the whole school.

### **Uniform Standards**

Year 11 are role models. That means:

- Blazers on in corridors
- Shirts tucked in
- Lanyards on and around your necks at all times

High standards in uniform show high expectations for yourself.

### **Homework & Daily Habits**

Homework detentions run daily in F3 at lunchtime, head up and complete your work before grabbing food. Remember, your lunchtime detentions are only 20 minutes long. Too many are still leaving work until the last minute. Success comes from **small daily habits** – complete homework and revision every day so it doesn't build up.

### **Key Dates – Lock These In**

These are the milestones that matter most for Year 11:

- **Mock Exams – Monday 13th October:** full preparation starts now. Timetables should already be underway.
- **Sixth Form Open Evening – Thursday 23rd October:** compulsory for all. This is your chance to explore subjects, speak to staff, and start making decisions about next year.
- **Parents' Evening – Thursday 11th December:** a vital check-in ahead of the final push into exam season.

### **Around School**

- A huge **thank you** to everyone who donated, baked, and contributed to our **Macmillan Bake Sale on Friday** – we raised an amazing amount for a brilliant cause.
- Year 11 **prefects** continue to impress with their leadership and reliability on duty.
- **Clubs & Extracurricular:** don't forget to check the schedule outside the office and get involved – balance and wellbeing matter too.

### **Miss Malkin and the Year 11 Team**



Thank you to all the 6th forms that took part in the Year 6 Open evening on Thursday - It was positive to see so many helping with staff supporting subjects and supporting tours.

Students are continuing to work hard in both supervised study and the collaborative learning hub, it is important that students attend these sessions to support with their in class learning.

Year 13 are preparing for their mocks which will take place in October

We are still currently taking applications for year 12 so contact us on - [sixthformenquiry@gospeloakschool.co.uk](mailto:sixthformenquiry@gospeloakschool.co.uk).

Your sincerely,

Mr Bala  
Director of Post 16

Upcoming events –

23rd Oct – Post 16 Open Evening

# COMMUNITY



## POST 16 OPEN EVENING

### 23RD OCTOBER 2025 6.00PM-8.00PM

Come and see what we have to offer  
Discover new opportunities

An exciting opportunity to engage with the Post 16 teaching staff and explore the subjects on offer

[sixthformenquiry@gospelookschool.co.uk](mailto:sixthformenquiry@gospelookschool.co.uk)  
0121 5561351



## Come and have a cuppa and a chat!

Are you an existing Places of Welcome Coordinator and would like to chat about new opportunities or challenges?

Or are you someone who would like to know more about the Places of Welcome network?

Then drop in for a chat with Carrie and Lesley  
Friday 26th September  
Jubilee Park Centre  
Powis Avenue  
Tipton  
DY4 0RJ  
Anytime between 11:00 - 12:00



## Building Community Partnerships



- Why is it important to build community partnerships?
- How to identify your community partners and how to connect with them
- Hints and tips for success
- Challenges and how to overcome them



**21st October 2025**  
**10:00 - 11:30 am**



<http://www.cognitoforms.com/lichfielddiocese/20251021buildingcommunitypartnershipsthroughplacesofwelcome>

[www.placesofwelcome.org.uk](http://www.placesofwelcome.org.uk)



## CONNECTING COMMUNITIES



What is a Place of Welcome?  
How do I become a Place of Welcome?  
How do I connect with my local community?  
Sign up to this FREE workshop to find out!



**30th September 2025**  
**10:00 - 11:30 am**



<https://www.cognitoforms.com/LichfieldDiocese/ConnectingCommunitiesWithPlacesOfWelcome>

[www.placesofwelcome.org.uk](http://www.placesofwelcome.org.uk)



01902 826 513



NEW

# Community Cuppa

FREE

Tea and Toast



Join us every Friday morning  
9:30am - 11:30am

Drop into  
The Bridge, St Marks  
Road, Tipton,  
DY4 0SL



Whether you're popping in for a quick bite or staying for a chat, everyone is welcome!

[www.murrayhall.co.uk](http://www.murrayhall.co.uk)

BARNARD'S

Sandwell Family Hubs

# Welcome to your Town Sessions!

Are you new to Sandwell?

Are you a new parent? Or new to Family Hubs?

Why not come and find out what services

are available for you and your family in your town!!

Free children's activities  
Meet other professionals in the area for free advice.



## Tipton Family Hub

September 4<sup>th</sup> 1:00- 3:00pm

October 9<sup>th</sup> 1:00-3:00pm

November 13<sup>th</sup> 1:00-3:00pm

December 11<sup>th</sup> 1:00-3:00pm



## Weekly Schedule

### Monday

Coffee Morning  
11 am - 1 pm  
Smethwick Library

Recovery Group  
10:30 pm - 1 pm  
Salop

Welcoming Space Drop in  
9 am - 5 pm  
ILC

### Thursday

Garden Peer Support Group  
10 am - 12 pm  
Barlow

Women's Wellbeing Group  
10 am - 12 pm  
Malthouse

Fibromyalgia & Arthritis Peer Support group  
Fortnightly - 11 am - 1 pm  
Salop

MS Support Group  
2 pm - 3 pm  
Zoom

Drop in & job search support  
2 pm - 5 pm  
Burberry Court Office

### Tuesday

Men's Wellbeing  
10 am - 12 pm  
Malthouse

Coffee Morning  
10 am - 12 pm  
Wednesbury Museum & Art Gallery

Women's Wellbeing  
10:30 am - 12:30 pm  
Salop

Youth Group  
4 pm - 6 pm  
ILC

### Friday

Fishing Group  
10 am - 1 pm  
Cranstoun

Men's Gardening Group  
10:30 pm - 12:30 pm  
Barlow

Job club  
2 pm - 4 pm  
ILC

Welcoming Space Drop in  
9 am - 5 pm  
ILC

### Wednesday

Drop in & job search support  
10 am - 3 pm  
Burberry Court office

Recovery Group  
10:30 am - 12:30 pm  
Malthouse

Coffee Morning  
11:30 am - 1:30 pm  
Oak House Museum

Garden Peer Support Group  
1 pm - 3 pm  
Malthouse

Job club  
2 pm - 4 pm  
ILC

Drop in & job search support  
3:30 pm - 5 pm  
Mecca Bingo

### Other Services

We also offer:  
Advice & Guidance  
Welfare benefits support  
Employment support  
Energy advice  
Health & Wellbeing support  
Volunteer Opportunities  
Social events  
Day trips

T: 0121 558 5555 Option 3

E: [contactifa@idealforall.co.uk](mailto:contactifa@idealforall.co.uk)

@idealforall



IDEAL FOR ALL

Registered charity number 1070112 and company limited by a guarantee number 03196518

## Where to find us

ILC

Independent Living Centre, 100 Oldbury Road, Smethwick, B66 1JE

Malthouse

Malthouse Gardens, 100 Oldbury Road, Smethwick, B66 1JE

Salop

Salop Drive Market Gardens, Salop Drive, Oldbury, B68 9AG

Barlow

Barlow Road Community Gardens, Barlow Road, Wednesbury, WS10 9QA

Wednesbury Museum & Art Gallery

Wednesbury Museum & Art Gallery, Holyhead Road, Town Centre, Wednesbury, WS10 7DF

Smethwick Library

Smethwick Library, 102 High Street, Smethwick, B66 1AA

Oak House Museum

Oak House Museum, Oak Road, West Bromwich, B70 8HJ

Burberry Court Office

Burberry Court Office, Burberry Court, Shakespeare Road, Tipton, DY4 0SG

Mecca Bingo

Mecca Bingo, Dudley St, Wednesbury, WS10 7DR

Cranstoun

Cranstoun Sandwell, 128B Oldbury Road, Smethwick, B66 1JE

T: 0121 558 5555 Option 3

E: [contactifa@idealforall.co.uk](mailto:contactifa@idealforall.co.uk)

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### Coping with Bereavement

As we get older, coping with the loss of a loved one can become very difficult. There is no single "right" or "wrong" way to process loss. Individuals may show a wide range of feelings, including:

- Disbelief or denial, continuing on as if nothing has changed.
- Feelings like anger, panic, shock or emotional numbness.
- Difficulty sleeping, tiredness, loss of appetite, quick change of mood, trouble concentrating, anxiety, or depression.
- Vivid imaginations of seeing or hearing the deceased.
- Feelings of guilt due to perceived failures or inability to prevent the death.

Recognising and allowing these different reactions is an important part of the healing process.

### Things That Can Help

- Talk about your feelings and your loss - it's ok not to feel ok.
- Reach out for support and communicate your needs to others who can help.
- Try to maintain your normal routine as much as possible.
- Take care of yourself - sleep and rest, spend time with family/ friends/ neighbours/ local community groups.
- Be patient - it takes time for things to feel different, bereavement can be like a rollercoaster.
- Be careful, as accidents are more likely during periods of stress.

V1, June 2025



If you are having a medical emergency or you are in a life-threatening situation, please call 999 or attend your local A&E department

"At the beginning all you can feel is the overwhelming sadness. As time passes, even though the sadness remains, it is alongside happy memories and memorable times spent together."

N.I.  
message from Tree of Life, Dying Matters Awareness Week 2024

For some people, the emotions or difficulties related to someone dying may lead to thoughts of self-harm or suicide.

If you are thinking about self-harm or suicide, or you are concerned about someone who may be, please contact SAMARITANS\* on 116 123

\*Available any time, day or night for confidential support.

If you need help to improve your health and well-being or require further information, please contact Healthy Sandwell Team on:

0800 011 4656

0121 569 5100

www.healthysandwell.co.uk



## Bereavement, Grief and Loss

Are you, or someone you know, looking for bereavement, grief or loss support?



If you would like to discuss any feelings around your loss, please read this leaflet or scan the QR code for more information.

If you are having a medical emergency or you are in a life-threatening situation, please call 999 or attend your local A&E department

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V1, June 2025



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Funded by UK Government



Black Country Healthcare  
NHS Foundation Trust

## WorkWell

Together with partners to support the Black Country to start, succeed and stay in work.



To find out more or to refer into the service, scan the QR code or click this banner.





# Midlands suicide prevention & awareness webinar

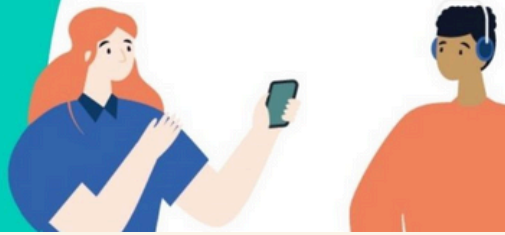
Monday 29<sup>th</sup> September 16:00 - 17:00  
Tuesday 30<sup>th</sup> September 10:00 - 11:00

Talking about suicide can feel overwhelming, but opening up space for honesty and compassion can make all the difference.

We explain support options and resources that are available for suicide prevention and awareness, as well as tips on how to approach conversations about mental health.

 Providing NHS services

To register, scan the QR code or visit:  
[go.kooth.com/mgol](https://go.kooth.com/mgol)



## COULD YOU BE A PARK TENNIS ACTIVATOR?

We Do Tennis is on the lookout for people (of any ability) who love tennis and want to help grow the game at their local park.

### Why get involved?

- LTA Free Park Tennis is a new programme that gives more people the chance to play tennis - offering fun, social tennis activity at a local park court near you.
- Sessions are free for all ages and abilities, running for one hour every Saturday or Sunday at 10am by a team of trained volunteers. A.K.A you!
- Park Tennis Activators work together as a team to help more people get active and discover their love for tennis. Training, equipment (and a hoody!) provided!
- Activator perks on We Do Tennis programmes, such as Annual Passes, discounted coaching and equipment!

### Interested?

### Scan To Apply:

If you're interested in becoming a Park Tennis Activator, please scan the QR code and complete your Expression Of Interest form...



Official equipment partner  
**DUNLOP**  
[wedotennis.co.uk](http://wedotennis.co.uk)



LTA Tennis Foundation

**healthwatch**  
Sandwell

## Experiences of Cancer Services in Sandwell

We want to hear your experience of cancer services in Sandwell.

Do you feel there are improvements to be made?

Share your thoughts on the treatment and care you have received by taking part in our survey.

You can use the link below, scan the QR code, or get in touch with us via phone or email.



<https://engagingcommunities.welcomesyourfeedback.net/o9qha>



07732 683463



[info@healthwatchesandwell.co.uk](mailto:info@healthwatchesandwell.co.uk)

# FLU IMMUNISATION FOR PUPILS IN SCHOOL YEARS RECEPTION - YEAR 11

Prevent your child from being seriously ill this winter!  
Vaccinating is crucial in protecting them and vulnerable friends and family from flu.

## NASAL VACCINE



No needles - just quick, painless, effective flu protection  
(contains gelatine)

OR

## THE INJECTION



We offer a PORK-FREE, GELATINE-FREE injection considered a faith-friendly alternative.

Complete this form, even if you do not want the vaccine.

<https://midlands.schoolvaccination.uk/flu/2025/sandwell>

Secondary School students only: Young people under the age of 16 can give or refuse consent themselves if considered competent to do so by nursing staff.

## CONTACT THE TEAM

✉ [sandwell@v-uk.co.uk](mailto:sandwell@v-uk.co.uk)  
☎ 01215 921 110

Need more information?  
Please see our FAQs sheet attached with this letter.

Or visit our website:



We endeavour to come to your child's school twice. If your child is absent or unable to be vaccinated at school, they can still receive this important vaccine by attending one of our community clinics for the vaccine.

Details of these can be found on our website or you can contact the team above.

Your consent will remain in place for the entire flu season. If your child misses a first visit, you do not need to complete a second form.

LEARN MORE

<https://www.schoolvaccination.uk/flu>  
[www@vaccinationuk.co.uk](mailto:www@vaccinationuk.co.uk)

## PRIVACY POLICY

Our 2024/25 policy can be viewed here: [www.schoolvaccination.uk/privacy-policy](http://www.schoolvaccination.uk/privacy-policy)  
For data protection queries, please contact: [gdpr@vaccinationuk.co.uk](mailto:gdpr@vaccinationuk.co.uk)

Please complete the below link for your child to receive their vaccine:-

<https://midlands.schoolvaccination.uk/flu/2025/sandwell>

## FLU VACCINES: EVERYTHING YOU NEED TO KNOW



Vaccination UK will be coming into Gospel Oak School on Friday 5<sup>th</sup> December 2025 to administer the flu vaccine for a catchup session. Could you please complete the link to accept or decline if you wish for your son / daughter to receive his / her vaccine to update your son / daughters NHS record by midnight on Monday 24<sup>th</sup> November 2025. Please ensure that your son / daughter has no allergies to the vaccine and should you have any queries then please contact Vaccination UK on 0121 592 1110.

Please note that unless you accept or decline to update your son / daughters NHS record Vaccination UK will continue to contact you.



## FREQUENTLY ASKED QUESTIONS

### CONSENT INFORMATION

The consent form needs to be signed by a person with parental responsibility which includes:

- Mother: automatic
- Father: if married to the mother either when baby is born or marries subsequently
- Unmarried father: if name appears on birth certificate (since 1/12/03) or legally acquired
- Others: if parental responsibility is legally acquired
- Parental Responsibility Agreement: signed, properly witnessed and sent for registration to Principle Registry or the Family Division (High Court)
- Residence Order: granted by the Court

Please note that young people under the age of 16 can give or refuse consent if considered competent to do so by nursing staff.

### Q NATURAL IMMUNITY

While natural immunity from the flu can occur, it's not generally considered better than vaccine-induced immunity. Natural infection carries the risk of severe illness and complications, whereas the flu vaccine offers protection with significantly less risk. Natural immunity can be long-lasting against specific strains, but we know that the flu virus changes (mutates) overtime so natural immunity to one strain might not protect against a different strain that emerges later. Vaccines are a safer and more reliable way to protect against a wider range of flu viruses.

Flu vaccines are updated for each winter to give protection against the strains of flu that are most likely to be going around. For this reason, we strongly recommend that even if your child was vaccinated last year, they should be vaccinated again this year.

### Q MY CHILD NEEDS A DIFFERENT VACCINE

If your child needs another vaccine you can speak to our team or attend one of our community clinics, all information can be found on our website: [www.schoolvaccination.uk/catch-up-clinic](http://www.schoolvaccination.uk/catch-up-clinic)

### Q I HAVE MORE QUESTIONS

We run Q&A webinars which address frequently asked questions and gives parents an opportunity to ask their questions. You can find information and how to join on our website.



### Q WHY ARE CHILDREN BEING OFFERED THE FLU VACCINE?

Flu can make children feel very unwell and can sometimes lead to serious complications like pneumonia or ear infections. Some may even need hospital treatment. It's especially important for children with long-term conditions like asthma or diabetes, as flu can be more dangerous for them.

### Q HOW DOES THE FLU VACCINE FOR CHILDREN WORK?

The nasal spray contains weakened flu viruses that help your child build protection without causing illness. Because flu strains change each year, the vaccine needs to be given annually. Most children only need one dose.

### Q IS THE FLU VACCINE SAFE FOR CHILDREN?

Yes, it has a very good safety record and has been used for over 10 years in countries like the US without any major concerns. All vaccines available in United Kingdom must pass strict safety testing before being approved for use. The Medicines and Healthcare Products Regulatory Agency (MHRA) only approve vaccines that have gone through rigorous safety testing measures. The regulators continually monitor them all the time.

### Q SHOULD ANYONE NOT HAVE THE VACCINE?

Let us know if your child:

- Has a severe allergy to eggs, gelatine, or certain antibiotics
- Has recently had severe asthma symptoms or is wheezy on the day
- Has a seriously weakened immune system

Also, after vaccination, children should avoid close contact with people who have very weak immune systems for about two weeks—everyone else is fine to be around.

### Q ARE THERE ANY SIDE EFFECTS?

Side effects from the nasal spray are usually mild and short-lived. These may include a runny or blocked nose, headache, reduced appetite, or a slight temperature. Paracetamol or ibuprofen can help if needed.

### Q WE DO NOT EAT PORK PRODUCTS. CAN MY CHILD HAVE A DIFFERENT FLU VACCINE?

Yes. There is an injectable flu vaccine is available that contains no pork (porcine gelatine).

While the nasal spray is generally more effective and painless, we respect your preferences. Just complete the consent form for the injection—no need to fill out both.