



LONGSANDS LINK – 19th November 2021

NASAL FLU VACCINE

The Intrahealth team will be in school again on **Wednesday 1st December** to administer the nasal flu vaccine to those children who were absent (and had previously provided consent), on their last visit to school. If anyone else would like to take advantage of this, and missed the previous deadline, there is a consent form attached to this newsletter, and hard copies are available from the main entrance document holder. Please complete and return your consent form to the school office by **Monday 29th November**. This will be the last opportunity to have the vaccine in school, further pop up clinics will be rolled out from January 2022. If you have any questions or concerns you can contact Intrahealth directly by calling **0333 3583 397**.

BEING ON TIME

Please remember that it is very important that children arrive at school on time to enter school at **8.55am** (Years 1 – 6) and **9.05am** (Reception only), with the rest of their class, and that they are collected on time, at home time each day. Although we appreciate that sometimes traffic and roadwork issues cannot be helped, if you do find yourself experiencing these issues regularly, please try to set off earlier to accommodate this. Thank you.

UNIFORM AND PERSONAL ITEMS

Please ensure that **all items** of uniform, water bottles, shoes, lunch boxes etc have your child's name on them. These do not need to be fancy expensive labels just pen on a label or on the item will be sufficient. It is extremely difficult to get items back to the correct person when there is no name to identify who the item belongs to.

WONDER WEEK

Next week the children will be taking part in our school art wonder week. Look out for photographs on Seesaw showing our skills on Monday 29th November.

PTFA SECOND HAND UNIFORM

Our PTFA have a large selection of good quality second hand uniform items usually for **£1.00** per garment. Please contact them if you require any particular items at **longsandsptfa@gmail.com**

Mrs McKeown's Message

Your children have been taking part in age appropriate sessions to support anti bullying week. Bullying is a strong word, which does need explaining to all children in a way they understand. This ranges from knowing how to be kind and friendly to others to finding out about peer pressure on social media. Friendship, being kind and being respectful of others are all values we promote on a daily basis at Longsands and we feel very strongly about. Treating others with respect and kindness is hard even for some adults to demonstrate. Have a lovely weekend, and keep in touch with myself and class teachers. Please bear in mind class teachers are available during working hours so if there is anything pressing please contact me on

head@longsands.lancsngfl.ac.uk

during other hours.

Mrs McKeown

PTFA AGM

The PTFA AGM will be on **Monday 29th November 2021 at 7.30pm**. Due to ongoing restrictions, this will take place on Zoom again. Please email the PTFA at **longsandsptfa@gmail.com** for the link access by 6.00pm on the day of the meeting. Come along, see what we do, and bring your ideas. We are always looking for new members especially as there are some committee members who only have a few years left of their children being at school. Let's keep our PTFA going.

CONTACT DETAILS

If you have changed address or telephone numbers etc, please do not forget to let school know so that we can update our records. Amendments can be emailed to Mrs Wilds at the school office:
office@longsands.lancsngfl.ac.uk

TEXT MESSAGE REMINDER

Although we have mentioned this previously, for those new parents who may not be aware, you **are able** to reply to text messages sent by school. These are checked periodically throughout the day.

MONDAY 22nd NOVEMBER

- Triathlon Competition at West View Leisure Centre

TUESDAY 23rd NOVEMBER

- Rocksteady Music
- Year 5 & 6 Netball 3.20pm to 4.15pm

WEDNESDAY 24th NOVEMBER

- PNE Gymnastics
- Year 2 PNE Fundamental Movement Skills 3.20pm to 4.20pm
- Year 5 & 6 Football 3.20pm to 4.15pm

THURSDAY 25th NOVEMBER

- Boys Football League Matches at UCLAN 4pm

FRIDAY 26th NOVEMBER

- Year 3 Samba
- Girl's Football 3.20pm



SCHOOL CHRISTMAS LUNCH

This year our school Christmas Lunch will be served on **Wednesday 15th December**.

Menu

Roast Turkey with Chipolata Sausage **or** Roast Quorn Fillet with Vegetarian Sausage

Sage and Onion Stuffing, Roast and Creamy Mashed Potatoes. Seasonal Vegetables and Gravy.

Chocolate Chip Shortbread and Fresh Fruit.

This lunch will replace the scheduled meals for that particular day. If you do not usually have school dinners you may join in the festivities and have a Christmas Dinner. The cost will be **£2.30** and **all orders for this meal need to be made by Wednesday 1st December**, as the kitchen staff need to request the specific food order in advance. Please see your ParentPay account to place your order and make your payment.



Our target attendance at Longsands is **96%**.

RECEPTION: 96.33%
YEAR 1: 95.39%
YEAR 2: 95.03%
YEAR 3: 94.88%
YEAR 4: 94.57%
YEAR 5: 92.69%
YEAR 6: 96.59%

Pupils of the Week

RECEPTION: ALEX
YEAR 1: THEO
YEAR 2: OLIVIA
YEAR 3: OSCAR
YEAR 4: LUKE
YEAR 5: HARLEY
YEAR 6: JACK

ADMISSIONS TO PRIMARY SCHOOL SEPTEMBER 2022

If you have a child who has their 4th birthday between 1st September 2021 and 31st August 2022, you must now apply for their place in Primary School. You still need to make an application even if they have a brother or sister at your chosen school. Applications should be made online to Lancashire County Council at

APPLY HERE

It is quick and easy to do, and you will receive an email confirmation of your application. The deadline for all September 2022 applications is 11.59pm on **15th January 2022.**

Happy Birthday

ETHAN, MAX, AYAZ AND EILIDH.



Remember to regularly wash your hands, and do regular family lateral flow testing.

SCHOOL LUNCH MENU

WC 22/11/21

WEEK 2

Longsands Values

RECEPTION: ARON
YEAR 1: ALFIE
YEAR 2: HASINI
YEAR 3: SARA
YEAR 4: JAMIE
YEAR 5: SORAYA
YEAR 6: RIDA

Nasal Flu Vaccination and Intramuscular Vaccination Consent Form

Dear Parent/Guardian

As part of the NHS National Immunisation schedule, we are offering nasal flu vaccine in schools. This will be delivered in schools during the winter months.

This year the injectable vaccine will be offered to those that decline the nasal flu vaccine on grounds of objection to porcine gelatin. The injectable vaccine **does not contain** porcine gelatin.

Included with this consent form is the NHS leaflet for you to read if you wish to know more about the vaccination or go to www.intrahealth.co.uk/fluleaflet2021.

Please read and complete the **Green** form for **Yes** to the nasal flu vaccine.

Complete the **Red** form for **No** to the nasal flu vaccine and
Tick the box if you will accept an alternative vaccine (injectable).

Complete **ONE FORM PER CHILD** and return your child's form back to school within one week. If after returning the consent form your child's health changes or your child moves school, please contact our Immunisation team on the telephone number below.

This vaccination is not routinely given in your GP practice unless your child has a pre-existing long term health condition. All children are eligible for the vaccine in School.

A 'yes' or 'no' form must be signed by a parent/guardian. If your child is in years 8 to 11, they may be assessed by a nurse, and if deemed competent may self-consent to the flu vaccine.

Please make us aware of any changes in your child's details to prevent them missing out on the flu vaccine.

Kind regards

Sue Daws
Clinical Immunisation Lead Nurse

Should you have any questions please don't hesitate to contact a member of the team on the phone number listed below.

0333 3583 397

Visit www.intrahealth.co.uk/immssites for details of your local teams

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For Privacy & General Data Protection Regulation (GDPR) please visit:

<https://www.nhsimms.uk/home/privacy>

For more details on the programme please visit:

<https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine/>

NO

Nasal Flu Immunisation Consent Form

Child's details	
Child's Surname:	Date of Birth:
First Name:	NHS Number (if known):
Known as:	
Gender: <input type="checkbox"/> Boy <input type="checkbox"/> Girl <input type="checkbox"/> Other <input type="checkbox"/>	School and year group:
Home Address:	GP Name and Address:
Postcode:	Postcode:
Contact Telephone Number:	I am happy for someone to contact me to find out what I thought of the service?
Parent/Guardian Mobile:	<input type="checkbox"/> No <input type="checkbox"/> Yes

Please give your reasons for not consenting below:

- ☐ Porcine gelatin content
- ☐ Do not agree with vaccinations
- ☐ Do not feel flu is a serious illness
- ☐ Other, please specify

If you have declined on the grounds of objection to the porcine gelatin content, if an alternative injectable vaccination was offered would you consent to the injectable vaccination?

- ☐ No
- ☐ Yes

NO, I DO NOT consent for my child to receive the Flu Vaccination.

Signature of parent/guardian (with parental responsibility):

.....

Date:

YES

Nasal Flu Immunisation Consent Form

Child's details

Child's Surname:		Date of Birth:	
First Name:		NHS Number (if known):	
Known As:			
Gender: Boy <input type="checkbox"/> Girl <input type="checkbox"/> Other <input type="checkbox"/>	School and year group:		
Home Address:	GP Name and Address:		
Postcode:		Postcode:	
Contact Telephone Number:	I am happy for someone to contact me to find out what I thought of the service?		
Parent/Guardian Mobile:	<input type="checkbox"/> No <input type="checkbox"/> Yes		

Important information about this immunisation

Has your child been diagnosed with Asthma? PLEASE CONFIRM	<input type="checkbox"/> No	<input type="checkbox"/> Yes*
Mild Moderate Severe		
Does your child have any long standing medical conditions?	<input type="checkbox"/> No	<input type="checkbox"/> Yes*
Is your child currently undertaking any treatment or on any regular medication? (please list overleaf)	<input type="checkbox"/> No	<input type="checkbox"/> Yes*
Is anyone in your family currently having treatment that severely affects their immune system (only if being kept in isolation)?	<input type="checkbox"/> No	<input type="checkbox"/> Yes*
Has your child ever had a serious allergic reaction that has needed treatment in intensive care?	<input type="checkbox"/> No	<input type="checkbox"/> Yes*

YES, I consent for my child to receive the Flu Vaccination.

Signature of parent/guardian (with parental responsibility):

.....

Date:

If, in the future, there was the option to consent electronically would you be interested in this? ☐ Yes ☐ No

OFFICE USE ONLY

Withdrawn	Absent	Unwell on day	Child Refused	Had at GP	Left school
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Please give further details which our Immunisation Specialists may need:

Admin SIFT	
Initial	Date

Clinical Triage	
Initial	Date

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

GIVEN IN ACCORDANCE WITH CURRENT PGD/PSD					
Date of vaccination	Nasal	I/M Injection		Batch number/ expiry date	Immuniser (please print)
		L	R		
				Signature of school staff identifying child	

10 Ways You Can SHARE KINDNESS ONLINE

Last year, around one in five young people aged 10–15 in England and Wales admitted experiencing online bullying: most commonly being insulted or sworn at, or having hurtful messages sent about them. To someone who's being bullied, the world can seem like a bleak, negative place – but just one kind word can be a ray of hope: a turning point that brightens their day and refreshes their perspective. That's why 'One Kind Word' is the theme of Anti-Bullying Week 2021. We're supporting this year's event by bringing you ten top tips for beating online bullying by replacing it with kindness.

1 PRAISE WHERE IT'S DUE

Sometimes a friend or relative might post online about something they're proud to have achieved: maybe an exam they've passed, a new skill they've learned or a task they've completed. Celebrate their hard work and determination by being kind enough to praise them for it publicly.

2 REACH OUT

It's not always easy to tell what kind of mood someone is in just from what they post online. Simply dropping somebody a message to say 'hi', to ask if they're OK or to tell them that you're thinking of them could totally make their day.

3 RECOMMEND FUN THINGS

If there's something you enjoy doing online – perhaps you play a particular game, or you've found a really cool site – share it with someone you think will enjoy it. Even recommending a film or TV show you think they'll like can bring a little happiness to someone who really needs it.

4 OFFER TO HELP

Sometimes you might see a friend or family member posting a question online or asking for help with something they can't do themselves. Don't just ignore it – if you can help, get in touch. Something that's difficult for them might be no trouble for you!

5 POST POSITIVELY

Lots of people seem to go online purely to complain about things or be negative. Just because you're communicating online (and not face to face) doesn't mean you can't be positive, though! Post about things that make you happy and that you're thankful for. It could brighten someone else's day.

6 SHOW YOUR APPRECIATION

If somebody that you know has done something positive or shown kindness themselves, go online and thank them with a message or a post. Expressing your gratitude costs nothing and showing someone that you appreciate them will really make them feel good.

7 BE UNDERSTANDING

Showing empathy towards others is an act of online kindness which often gets overlooked. If you notice that someone you know is upset, drop them a message. Sometimes people just need someone else to listen to them and understand their situation.

8 SHARE INSPIRATIONAL POSTS

When you see something online that inspires you or makes you feel happy, share it with people you know. A spot-on quotation, a beautiful photo or an uplifting video can lift someone's spirits and help them to feel better about life.

9 THINK BEFORE COMMENTING

Thinking before we act can be just as important as acting in the first place. Taking a second to consider what you're saying in advance could stop you from posting something negative, hurtful or offensive – even if you don't mean to. It's better to post positively or not post at all.

10 LIKE, LOVE AND ENGAGE

If somebody posts something that you like on social media, don't just scroll past – take the time to like it, love it or leave an appreciative comment! Reacting positively to other people's posts might seem like a small gesture but could mean a lot to them.

Meet Our Expert

Carly Page is an experienced technology journalist with more than 10 years of experience in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



National
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Safety®

#WakeUpWednesday



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BE BRIGHT & BE SEEN

this winter



Now that the clocks have gone back and it's getting darker earlier on, it's more important than ever to make sure you can be seen when you're out and about near roads.