

# Public health



# Spring toolkit for educational and early years settings 2024

Contact the education public health team: [cfsinfo@eastriding.gov.uk](mailto:cfsinfo@eastriding.gov.uk) or (01482) 392419

## Welcome back...

This is a one-stop-shop for all your health protection and outbreak management support throughout the Spring term. The coming months can be very busy across all settings and we can help to keep staff and students/children healthy – please don't hesitate to get in touch if you have any questions.

*Thank you*



Education public health team  
East Riding of Yorkshire Council

## Spring term public health briefing

Join us for the public health Spring term briefing for all educational settings on:

Friday, 12 January 2024, from 1.30pm to 2.30pm via MS Teams

[CLICK HERE TO ATTEND](#) (no need to pre-book)



This session will provide up-to-date information for educational settings, supporting planning and preparation for Spring infections and outbreaks as well as environmental factors.

## Upcoming webinars

### 1. Managing seasonal infectious diseases 2. Reporting notifiable diseases

Join the public health team for informative and interactive sessions. There is no need to book, just click on the links below to join or you can register on [HERE For Schools](#).

Daytime session 1: Thursday 7 March, 1.30pm to 2.30pm

[CLICK HERE TO JOIN](#)

Twilight session 1: Thursday 7 March, 5.30pm to 6pm

[CLICK HERE TO JOIN](#)



(extra dates below)



EAST RIDING  
OF YORKSHIRE COUNCIL

Daytime session 2: Wednesday 13 March, 1.30pm to 2.30pm

[CLICK HERE TO JOIN](#)

Twilight session 2: Wednesday 13 March, 5.30pm to 6pm

[CLICK HERE TO JOIN](#)



## Immunisations and vaccinations

### Last chance for staff to get a free flu vaccine...

A final call to encourage your staff to get vaccinated against flu this winter! The **free** East Riding of Yorkshire Council flu voucher scheme will be open until midnight on Sunday, 21 January 2024.

**All East Riding maintained school/nursery staff can access a voucher if not otherwise eligible for flu vaccination through the NHS.** The direct link to order flu vouchers can be found here:

<https://consultation.eastriding.gov.uk/s/StaffInfluenzaScheme/>



Alternatively, scan or share the QR code for the staff flu voucher form:



Please continue to promote immunisation as a key intervention to protect and help give children the best start in life: **NHS vaccinations and when to have them**

### MMR

Last term we saw a national campaign to encourage uptake of the measles, mumps and rubella (MMR) vaccination due to rise in cases of measles and lower uptake nationally. Locally we supported the NHS campaign by sending out posters to early years settings, leaflets to primary schools and further resources were uploaded to [HERE For Schools](#). It is important to continue to raise awareness of the two-dose vaccination so please keep promoting this message over the coming term.

Parents and guardians are being asked to ensure their children are fully up-to-date with their MMR vaccinations by checking their vaccine record in their red book (personal child's health record) or with their GP if they are unsure. Children (and adults) need two doses to be fully protected from these highly infectious conditions.

**Please check all new pupils/children joining your setting have had their routine NHS vaccinations.**

The MMR (measles, mumps and rubella) vaccines are particularly important, please refer to the [MMR for All leaflet](#) and [UKHSA Think Measles leaflet](#) and local NHS website: [www.letsgetvaccinated.co.uk](http://www.letsgetvaccinated.co.uk) for more information.

## MenACWY

Year 9 students across East Riding (and Hull) will be eligible for the MenACWY schools' vaccination programme during the Spring term. The single dose vaccine protects against four strains of the meningococcal bacteria – A, C, W and Y – which can cause meningitis and blood poisoning (septicaemia). Children aged 13 to 15 are routinely offered the vaccine in school alongside the 3-in-1 teenage booster (which protects from diphtheria, tetanus and polio). Young people can also ask their GP for the vaccine until their 25th birthday, if they miss it in school or before studying in the UK.

## HPV

Children in Year 8 will be eligible for the HPV vaccine this term, which is now given as a single dose – **uptake is encouraged by boys and girls**. The HPV vaccine helps protect against human papillomavirus which is linked to an increased risk of certain types of cancer. Planning for the in-school HPV vaccination programme is underway and delivery will begin at the end of March.

Vaccination UK, the new schools' immunisation provider for East Riding and Hull, will be in touch to organise visiting your school for these immunisations. A key focus of public health is to increase education, awareness and uptake through parental consent and engagement. This will include:

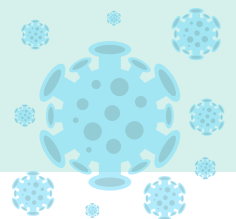
- Immunisation education through assemblies or tutor group sessions by healthcare professionals
- Promotional resources targeted at pupils to display around the school which can be printed
- Promotional leaflets for parents to educate and promote the importance of immunisation and its benefits to support consent
- The offer of healthcare professionals attending pupil/parent consultation events and providing Q&A and/or information sessions.

For specific enquiries around these immunisations, please visit [www.schoolvaccination.uk](http://www.schoolvaccination.uk) – contact Vaccination UK via email: [hullandeastriding@v-uk.co.uk](mailto:hullandeastriding@v-uk.co.uk) or call: (01482 453690).

## Anticipated Spring infections

As the weather continues to stay cold, respiratory illness such as COVID-19 and flu will increase. Diarrhoea and vomiting (D&V) cases are also likely to rise. It is important that schools and early years follow the latest guidance to protect their settings.

You will find key information regularly updated on the GOV.UK website [here](#).



# Infection prevention and control (IPC) advice

As always settings should encourage the key basic IPC messages to all those attending their setting and also when out in the community visiting higher-risk settings, such as care homes. It's important to consider our more vulnerable residents if children are showing symptoms before visits. Enhanced or specific infection prevention and control advice can be sought by our specialist IPC nurses. Please get in touch with our team if this is something you require.

Awareness of symptoms and promoting regular handwashing with soap and warm water is the best way to keep germs at bay. Hand gels do not kill norovirus. The latest NHS guidance is [here](#).



## Health improvement links

### CYP (Children and Young People) Lifestyle Survey Project – primary and secondary schools

After a positive discussion with the Secondary Heads' forum, public health is planning to launch a series of questionnaires throughout the rest of the academic year, to help build an understanding of the current physical, social and emotional health and wellbeing of our pupils in East Riding.

The result of the survey will enable the local authority to identify any unmet health needs and will inform public health's joint strategic needs assessment in the future. Our ambition is that the surveys will be completed by Year 6, 8, 10 and 12 in all schools. If any school would like to discuss this further or identify any themes of interest for the surveys, please contact [annabel.jordan@eastriding.gov.uk](mailto:annabel.jordan@eastriding.gov.uk).

### Young Healthy Minds website – Key Stage 2 to Post-16

Young Healthy Minds is an interactive webpage designed and developed in response to recommendations from a CYP digital review undertaken in 2022. Young Healthy Minds launched in May 2023 to sit alongside the council's existing Healthy Minds website, to enhance the mental health online offer for children and young people in East Riding. Co-production has taken place and been led by Community Vision – providing vital information, education and signposting for all things mental health for parents, carers and professionals with a host of useful service information, self-help tools, videos and crisis support available. This is an ongoing piece of work which will continue to be co-produced to meet the needs of children and young people in East Riding.

Website: [www.eastridinghealthandwellbeing.co.uk/healthy-minds/young-healthy-minds/](http://www.eastridinghealthandwellbeing.co.uk/healthy-minds/young-healthy-minds/)



## Vaping – Key Stage 3 through to Post-16

Public health is currently working with the East Riding stop smoking and [Healthier Futures](#) programme partner, [Xyla Health](#) and [Wellbeing](#) to provide free educational resources and support on vaping to secondary schools. If your school would like to find out more about the planned resources and support, please complete the form below to register your interest and requirements:

<https://eastriding.typeform.com/to/qiD9M72V>



National support is also available via the NHS Better Health website:

<https://www.nhs.uk/better-health/quit-smoking/vaping-to-quit-smoking/>

## Better Health Start for Life – new year campaign (early years)

On Monday, 15 January, Better Health Start for Life and the Department for Education will launch a new home-learning environment campaign 'Little Moments Together'. The campaign will aim to improve children's language and communication skills and ultimately increase levels of school readiness in reception-aged children. Building on the successes and learnings of the Chat, Play, Read campaign, the updated messaging will inform, motivate and empower parents to improve the quality of the home learning environment for their children. The main campaign, along with partner activity, will launch on Monday, 15 January if you wish to share with parents/carers. Head to the Better Health website or scan the QR code:

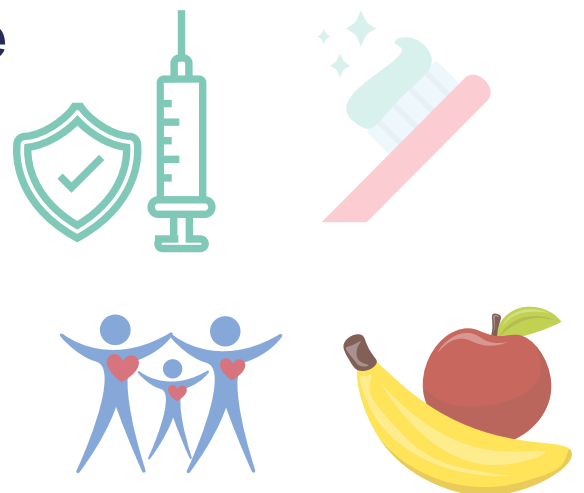


<https://www.nhs.uk/start-for-life/>



## Healthy Schools Award update

Thank you to the schools who expressed an interest in the Healthy Schools Award Scheme pilot at the start of the academic year. These settings are now on their way to achieving their targets having completed an initial audit. We will now be looking for our next cohort to start the pilot, therefore if your school is interested, please email an expression of interest to [cfsinfo@eastriding.gov.uk](mailto:cfsinfo@eastriding.gov.uk) with Healthy Schools Award in the subject line.



## Health promotion for settings and the community

[HERE For Schools](https://www.hereforschools.co.uk/): <https://www.hereforschools.co.uk/> or the [PHE Campaign Resource Centre](https://campaignresources.dhsc.gov.uk/): <https://campaignresources.dhsc.gov.uk/> are great resources for approved signage and posters within your setting.

# Health promotion campaigns and awareness dates

**National Obesity Awareness Week** 10 – 16 January

**Young Carers Action Day** Wednesday, 13 March

**Time to Talk Day** Thursday, 1 February

**Eating Disorders Awareness Week**

25 February – 2 March

**Children's Mental Health Awareness Week**

6 – 12 February

**International Women's Day** Friday, 8 March

**Nutrition and Hydration Week**

11 – 17 March

**National No-smoking Day**

Wednesday, 13 March

**Red Nose Day** Friday, 15 March

**World Oral Health Day** Wednesday, 20 March

## Reporting notifiable diseases

- Please continue to report infectious and notifiable diseases through the council's reporting system. Reporting on a daily basis as soon as you are informed is key to providing timely support as well as enabling you to reduce transmission, maintain face-to-face education and protect staff.
- Tonsillitis does not need to be recorded as it is not contagious and most of the infections that cause it are colds and flu. Support documents are available by logging into [HERE for Schools](#).
- All documents are grouped by disease and include parent and staff notification letters, infection prevention and control (IPC) information, plus specific disease advice.
- If you do not have a [HERE For Schools](#) login, please sign-up via the website.
- When we receive notification of an infectious or notifiable disease from your setting via the electronic reporting system, the team will analyse and assess the level of risk in relation to the disease and contact you if required.
- Please follow the advice provided in the e-mail or telephone call and utilise the resources on [HERE For Schools](#) to minimise spread. If you require extra users or there has been a change in staff, please contact the team [cfsinfo@eastriding.gov.uk](mailto:cfsinfo@eastriding.gov.uk).

[The Education Public Health Team | Here for Schools](#) website is regularly updated with new information, guidance and advice, healthcare promotions and teaching and learning resources for all education settings from early years through to post-16 providers, so please make use of the website. Any major developments will also be communicated via the Headteachers' Bulletin, School Business Managers' Newsletter, termly public health briefings, termly toolkits and webinars.

### Need more information or advice?



Please contact the education public health team via:  
email [cfsinfo@eastriding.gov.uk](mailto:cfsinfo@eastriding.gov.uk) or call (01482) 392419.  
Local support is available 8am to 5pm, Monday to Friday.



**If you require out of hours support, please contact your local UK Health Security Agency (UKHSA) health protection team on (0151) 909 1219.**