



Robert Piggott CE Federation Newsletter

www.robertpiggott.wokingham.sch.uk



Welcome to the first newsletter of the year. Many of you are returning parents and for others it is the start of a new era as your children join our school family. We hope you had enjoyable summers and are now settling into the new school routine.

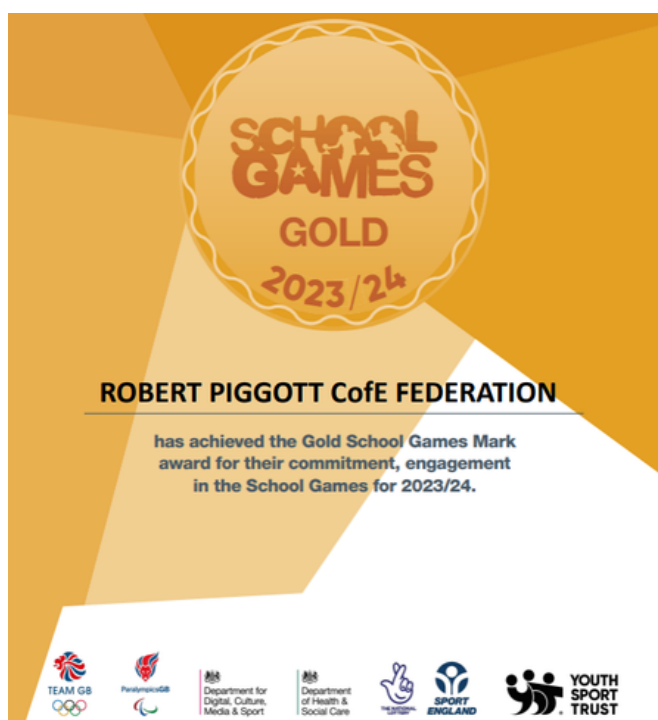
We have now been back at school for two weeks and already so many of our traditions have returned. We have held our first Collective Worship led by Andy Ferguson and Celebration assemblies in both schools. This year we will be concentrating on the values of grace, courage, friendship and on how to maintain a healthy mind, body and spirit. The values are taken from our school vision as explained in our welcome meetings and it was lovely to see so many of you attend despite the weather.

In further news, our new website has been launched and you will find useful information regularly updated on new Phase Pages. Many school clubs will be starting next week and Caterlink our new lunch provider have started providing our school lunches with the Doves' parents joining us this week to experience them. Soon the Phase 2 children will be heading off on their first trip to Rushall Farm to develop their geography field skills which involve the river, waders and hopefully the weather will hold.

On 19th August 2024 rules changed regarding attendance. Penalty fines have increased and inset days/bank holidays will now count towards time off when taking holidays. It is always important that your child is in school. However, should your child be unwell, keep them off as per the Healthy Authority's guidelines included further down the newsletter.

We are in for an exciting and busy term. School dates are on the website calendar so you can make sure you know when events are scheduled. It is going to be a wonderful year and we look forward to watching your children flourish into creative learners.

SCHOOL GAMES GOLD MARK AWARD



We are delighted to announce that thanks to the hard work of the PE Leads and pupils, we have achieved the School Games Gold Mark Award for the 2023/24 academic year. The School Games Mark is a Government-led award scheme launched in 2012, facilitated by the Youth Sport Trust to reward schools for their commitment to the development of competition across their school and into the community, and we are delighted to have been recognised for our success. With a high proportion of young people competing in local inter-school competitions this year, we are extremely proud of our pupils for their dedication to all aspects of school sport, including those young volunteers, leaders and officials who made our competitions possible. As part of our application, we were asked to fulfil criteria in the areas of participation, competition, workforce and clubs, and we are pleased that the hard work of everyone at our school has been rewarded this year. We look forward to applying once again in 2025!

MY NEW CLASS



Turtle Doves



Barbary Doves



Kingfishers

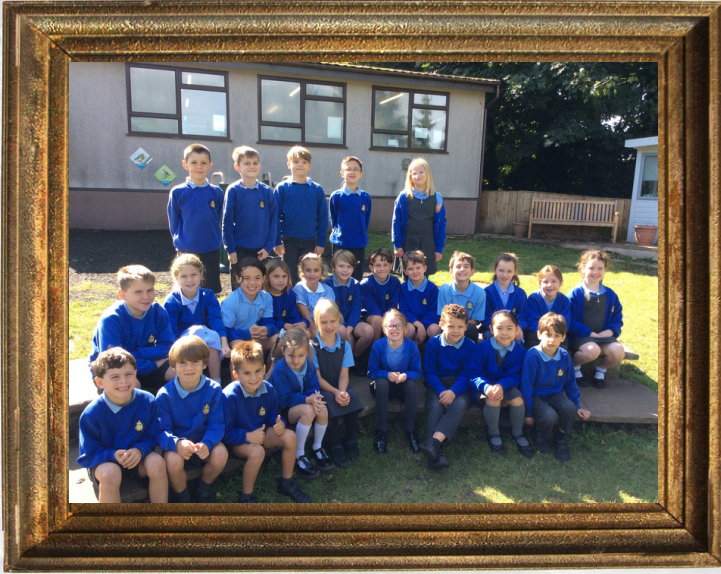


Owls



Woodpeckers

MY NEW CLASS



Ash



Cherry



Hawthorn



Year 5



Year 6

NEW LOOK SCHOOL WEBSITE



ROBERT PIGGOTT CofE SCHOOLS

QUICKLINKS



HOME

OUR SCHOOL

CHILDREN

NEWS

KEY INFORMATION

CONTACT US



The school website has a new look. It can be found at
the usual address
www.robertpiggott.wokingham.sch.uk

S

Stay Safe

Don't give out
your personal
information to
people / places
you don't know.



M

Don't Meet Up

Meeting someone
you have only
been in touch
with online can be
dangerous.
Always check with
an adult you trust.



A

Accepting Files

Accepting emails,
files, pictures or
texts from people
you don't know
can cause
problems.



R

Reliable?

Check information
before you believe
it. Is the person
or website telling
the truth?



T

Tell Someone

Tell an adult if
someone or
something makes
you feel worried
or uncomfortable.

Follow
these SMART
tips to keep
yourself safe
online!

© Teaching Ideas
www.teachingideas.co.uk

SMART tips based on resources from www.thinkuknow.co.uk

SCHOOL LUNCHES

The new Doves joined us this week for their first trial lunch before joining us full time next week.

We were very excited to have been able to invite the parents to join the children this year.

Mrs Woods did a great job for Caterlink preparing lovely meals for them.

Please find below the new menu which now has the dates added on.



Central Autumn Winter Menu 2024 2025	WEEK COMMENCING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	2 September 23 September 14 October 11 November 2 December	NEW Tomato & Vegetable Pasta Mexican Fajitas with Rice Vegetables of the Day Blackberry and Apple Crumble with Custard	Cottage Pie with Gravy NEW Creamy Chickpea and Coconut Curry with Rice Vegetables of the Day Melting Moment Biscuit	CHICKEN SHACK Peri Peri or BBQ Chicken or Quorn with Diced Seasoned Potatoes & Sweetcorn Salsa Vegetables of the Day Fruit Platter	Meatballs in Tomato Sauce with Rice NEW Cheese and Broccoli Pasta with Garlic Bread Vegetables of the Day Carrot and Courgette Cake	Salmon Fishfingers/ Fishfingers with Chips & Tomato Sauce Mexican Bean Roll with Chips & Tomato Sauce Vegetables of the Day Chocolate Orange Cookie
WEEK TWO	9 September 30 September 21 October 18 November 9 December	Classic Cheese and Tomato Pizza Or Rainbow Pizza With Potato Wedges Vegetables of the Day Marble Sponge Cake with Custard	NEW Chicken Pasta Bake with Garlic Bread Chinese Vegetable Curry with Rice Vegetables of the Day Jelly with Mandarins	Sausage and Mash with Gravy Vegan Sausage and Mash with Gravy Vegetables of the Day Fruit Medley	Chicken Tikka Masala with Rice NEW Mild Mexican Chili with Rice Vegetables of the Day Peach Cake	NEW Tuna Pasta Bake or Fishfingers with Chips & Tomato Sauce Cheese and Tomato Quiche with Chips & Tomato Sauce Vegetables of the Day Oaty Cookie
WEEK THREE	16 September 7 September 4 November 25 November 16 December	Macaroni Cheese Plant Balls in Tomato Sauce with Rice Vegetables of the Day Chocolate and Beetroot Brownie	caribbean NEW Mild Caribbean Chicken with Rice and Peas NEW Caribbean Butterbean Stew with Rice and Peas Vegetables of the Day Sticky Toffee Apple Crumble with Custard	Roast of the Day with Stuffing, Roast Potatoes and Gravy Cottage Pie with Gravy Vegetables of the Day Fruit Salad	Spaghetti Bolognese NEW Hot Pot Baked Bean Casserole with Rice Vegetables of the Day NEW Savoury Cheese Scone	Breaded Fish with Chips & Tomato Sauce Cheese and Pepper Omelette with Chips & Tomato Sauce Vegetables of the Day Vanilla Shortbread
MENU KEY	Added Plant Power Wholemeal Vegan					

Available Daily: Fresh Bread – Salad Selection – Fresh Fruit and Yoghurt

ALLERGY INFORMATION:
If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.

Why choose a Caterlink School Meal

Sign-up today!

Please speak to reception.

We have won a number of awards for using **honest, local produce** and pride ourselves on making **fresh and nutritionally balanced** meals.

Behind **every meal** is a team of dedicated **chefs and nutritionists**.

Did you know? Most of our meals are made completely from scratch in-house!

Our pizzas are **homemade** and made using **50/50 wholemeal flour** for extra added fibre! And our **meat products** are **freshly delivered** from our **local butchers**.

We don't add any salt to any of our meals!

We often have **Meat Free Mondays** to support **sustainable eating**. We also have recipes with **Added Plant Power** identified by this logo

Our **desserts** are **handmade** in house.

On average, our meals contain **37% less free sugars** than the government recommendations for school meals.

Many of our desserts contain hidden **wholegrains** and are **sweetened with fruit** so they count toward **one of your child's 5-a-day!**

Per meal, we provide:

- 1 portion of protein
- 1 portion of carbohydrates
- 2 portions of vegetables
- A choice of salad available daily
- Freshly baked bread
- One homemade dessert



We ensure the menu adheres to the **School Food Standards**. That means your child is getting a **well balanced and nutritious meal** through out their school day.

caterlink
feeding the imagination

WHY CHOOSE A CATERLINK SCHOOL MEAL?

95% of our meals are made **FRESH** on site daily

All of our menus are compliant to the **SILVER STANDARD** as a minimum



QUALITY INGREDIENTS

such as **MSC fish, red tractor meat**

Our nutrition team ensure all menus meet the

SCHOOL FOOD STANDARDS for dishes and portion sizes

We have increased our range of **SUSTAINABLE OPTIONS** including our **Added Plant Power** dishes, our **vegan dishes** and through encouraging **meat free days** on menus

We offer a **SALAD BAR** & **FRESHLY BAKED BREAD** for children to help themselves to

Our **DESSERTS** not only contain important nutrients such as **calcium and zinc** but are also in line with guidance on **sugars**. **Fresh fruit and yoghurt** are also offered daily



All of our **PORTION SIZES** are compliant, ensuring that we are not offering children too much or too little food for their **ENERGY** requirements.

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FREQUENTLY ASKED QUESTIONS

What are the School Food Standards?

The School Food Standards were developed by government and are a set of food-based standards to ensure menus are nutritious, balanced and healthy. Examples include offering wholemeal starchy foods, having oily fish on the menu, and limiting pastry. Find out more: www.schoolfoodplan.com

How much sugar are in your desserts?

In line with recommendations to reduce free sugars (free sugars are added sugars – those not naturally found in fruit or milk) and the Children's Food Trust guidance, Caterlink have reduced the sugar content of all desserts to under 6.5g of free sugars per portion. Across our menus the average sugar content per day is 4.5g of free sugars, so you can be sure your child is getting healthy desserts.

Is my child getting enough food?

All recipes are created in line with the School Food Standards recommended portion sizes and are checked by a nutritionist. As well as the main meal, vegetables and dessert, we also offer bread and salad daily for the children to take.

What is MSC fish?

By choosing fish with a Marine Stewardship Council blue label, we can ensure that we are supporting sustainable fisheries and protecting the ocean. All fish on our menu is MSC certified.

What is red tractor meat?

Red tractor ensures that we can trust that all of the meat that we buy and know that it has to meet strict standards such as animal welfare, traceability, food safety and environmental protection. We have a British First Policy and all of our meat products are traceable from farm to fork.

How much salt is in your food?

We work with suppliers to ensure products are in line with the Government Salt Targets. We also don't add salt to our recipes as per the School Food Standards.

What is the Food for Life Served Here award?

Food for Life Served Here is a set of criteria ensuring that food served is healthy, local, seasonal and fresh. We operate all of our schools on their silver standards as a minimum. We were the first education caterer to be awarded the Food For Life award. Find out more: www.foodforlife.org.uk

What are Added Plant Power dishes?

Added plant power dishes are recipes where the protein comes from a mixture of meat and plant-based proteins such as beans, chickpeas, or lentils, such as a chilli con carne with kidney beans in. This makes the dishes more environmentally friendly (a 50% reduction in greenhouse gases), whilst reducing saturated fat content and increasing fibre.

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Attendance

Infant School 96.2%

Junior School 95.2%

Attendance expectation 96%

The attendance for both schools has been improving and with your help and support we could reach the 96% mark by the end of term.

Should your child drop below 90% you will be notified by the School leadership team.

ATTENDANCE

WHAT THE NEW RULES MEAN FOR ME

1

I'm a single parent of one child and we want to go on holiday for a week.

Your holiday will not be authorised and you must talk to the school before you book anything.
Because your child will miss 5 school days you will be given a penalty notice fine.

The fine is £160 but if you pay it in 21 days it will be reduced to £80.

£160



2

FOR EVERY CHILD A PENALTY IS GIVEN.



+ £160 + £160 + £160 + £160

4 children & 1 parent = £640

Reduced to £320 if paid in 21 days

IRREGULAR ATTENDANCE

10 IN 10

5

If your child is absent for 10 or more sessions in 10 weeks and their absences are unauthorised. The school will consider prosecution.

1 Day = 2 Sessions

3

FOR A FAMILY OF TWO PARENTS



+ £160 + £160 + £160 + £160

**4 children & 2 parents =
£1280**

Reduced to £640 if paid in 21 days



4

If in any period of not more than 3 years, your child has a 2nd and 3rd leave of absence or pattern of irregular attendance...

2ND TIME

2 parents and
1 child = £320
2 children = 640
3 children = 960
4 children = 1280

No discount for early payment



3RD TIME

A penalty notice fine will not be given. Instead, your case will be taken to court.

A magistrate can fine each parent
£2500 for each child

**1 parent & 4 children = £10,000
2 parents & 4 children = £20,000**

Guidance on infection control in schools and other childcare settings in Northern Ireland

Prevent the spread of infections by ensuring: routine immunisation, high standards of personal hygiene and practice, particularly handwashing, and maintaining a clean environment. Please contact the Public Health Agency **Health Protection Duty Room on 0300 555 0119** or

visit www.publichealthhscni.net or www.gov.uk/government/organisations/hse-health-security-agency if you would like any further advice or information, including the latest guidance. Children with rashes should be considered infectious and assessed by their doctor.

Rashes and skin infections	Recommended period to be kept away from school, nursery or children's centres	Comments
Atletic's foot	None	Atletic's foot is not a serious condition. Treatment is recommended
Chickenpox*	Until all vesicles have crusted over	See Vulnerable children and female staff - pregnancy
Cold sores, (Herpes simplex)	None	Avoid kissing and contact with the sores. Cold sores are generally mild and self-limiting
Common scabies (scabies)	Four days from onset of rash (as per "Green Book")	Preventable by immunisation (MMV x 2 doses). See Female staff - pregnancy
Hand, foot and mouth	None	Contact the Duty Room to arrange number of children to be affected. Exclusion may be considered in some circumstances
Impetigo	Until lesions are crusted and treated, or 48 hours after commencing antibiotic treatment	Antibiotic treatment speeds healing and reduces the infectious period
Measles*	Four days from onset of rash	Preventable by vaccination (MMV x 2). See Vulnerable children and female staff - pregnancy
Measles virus conjunctivitis	None	Self-limiting condition
Ringworm	Exclusion not usually required	Treatment is required
Rosacea (skin rash)	None	None
Scabies	Child can return after first treatment	Household and close contacts require treatment
Scarlet fever*	Child can return 24 hours after commencing appropriate antibiotic treatment	Antibiotic treatment recommended for the affected child. If more than one child has been in contact PPA Duty Room, SEE: Vulnerable Children and Female Staff - Pregnancy
Staphylococcal (Staph) disease or periorbital (Staph)	None once rash has developed	See Vulnerable children and female staff - pregnancy
Shingles	Exclude only if rash is widespread cannot be covered	Can cause chickenpox in those who are not immune. Have not had chickenpox. It is spread by very close contact and touch. If further information required contact the Duty Room, SEE: Vulnerable Children and Female Staff - Pregnancy
Warts and verrucae	None	Verrucae should be covered in swimming pools, gymnasiums and changing rooms

Dysentery and vomiting illness	Recommended period to be kept away from school, nursery or children's centres	Comments
Dysentery and/or vomiting	48 hours from last episode of diarrhoea or vomiting	
E. coli O157 (VTEC)*	Should be excluded for 48 hours from the last episode of diarrhoea	For further exclusion is required for young children aged five years and under and those who have difficulty in adhering to hygiene practices
Typical* (oral cavity infection) and enteric fever	Further exclusion may be required for some children until they are no longer vomiting	Children in these categories should be excluded until there is evidence of microbiological clearance. This guidance may also apply to some contacts of cases who may require microbiological clearance
Shigella* (dysentery)		Please consult the Duty Room for further advice
Cryptosporidiosis*	Exclude for 48 hours from the last episode of diarrhoea	Exclusion from swimming is advisable for two weeks after the diarrhoea has settled

Respiratory infections	Recommended period to be kept away from school, nursery or children's centres	Comments
Flu/Influenza	Until recovered	See Vulnerable children
Tuberculosis*	Always consult the Duty Room	Requires prolonged close contact for spread
Whooping cough* (pertussis)	48 hours from commencing antibiotic. 48 hours following commencement of recommended antibiotic therapy or for 14 days from the onset of illness if untreated.	Preventable by vaccination. After treatment, non-infectious coughing may continue for many weeks. The Duty Room will require any contact tracing necessary. Some individuals (at risk with vulnerable groups) (pregnant women, very young unvaccinated babies) should be excluded from work as soon as a diagnosis of pertussis is suspected until 48 hours following commencement of recommended antibiotic therapy or for 21 days following the onset of cough if untreated. Contact duty room for more advice
COVID-19 (coronavirus)	Stay at home and avoid contact with other people until you no longer have a high temperature (if you had one) or until you feel better. www.hse.ie/eng/health/covid19/covid19-respiratory-infections-including-covid-19	See Vulnerable children

Other infections	Recommended period to be kept away from school, nursery or children's centres	Comments
Conjunctivitis	None	If an outbreak/cluster occurs, consult the Duty Room
Dysentery*	Exclusion is essential. Always consult with the Duty Room	Family contacts must be excluded until cleared to return by the Duty Room. Preventable by vaccination. The Duty Room will require any contact tracing necessary
Glandular fever	None	
Head lice	None	Treatment is recommended only in cases where lice have been found
Hepatitis A*	Exclude until seven days after onset of jaundice or seven days after symptoms onset if no jaundice	The Duty Room will advise on any vaccination or other control measure that are needed for close contacts of a single case of hepatitis A and for suspected outbreaks
Hepatitis B*, C, HIV/AIDS	None	Hepatitis B and C and HIV are bloodborne viruses that are not spread through casual contact. For clearing of body fluid spills SEE: Good Hygiene Practice
Measles virus (Measles) (Measles) (Measles)	Until recovered	Some forms of meningococcal disease are preventable by vaccination (see immunisation schedule). There is no reason to exclude siblings or other close contacts of a case. In case of outbreak, it may be necessary to provide antibiotics either without meningococcal vaccination to close contacts. The Duty Room will advise on any action needed
Measles virus (Measles) (Measles) (Measles)	Until recovered	Measles virus (Measles) (Measles) (Measles) is preventable by vaccination. There is no reason to exclude siblings or other close contacts of a case. The Duty Room will give advice on any action needed
Meningitis (Meningitis)	None	Meningitis. There is no reason to exclude siblings and other close contacts of a case. Contact tracing is not required
MRSA	None	Good hygiene, in particular handwashing and environmental cleaning, are important to minimise any danger of spread. If further information is required, contact the Duty Room
Strep*	Exclude child for five days after onset of swelling	Preventable by vaccination (MMV x 2 doses)
Throat infection	None	Treatment is recommended for the child and household contacts
Tonsillitis	None	There are many causes, but most cases are viral infections and do not require antibiotics

* denotes a notifiable disease. It is a statutory requirement that doctors report a notifiable disease to the Director of Public Health as the Duty Room. Outbreaks of a school, nursery or children's centre are notifiable infectious diseases, they should inform the Duty Room.

Good hygiene practice
Handwashing is one of the most important ways of controlling the spread of infections, especially those that cause diarrhoea and vomiting, and respiratory disease. The recommended method is the use of liquid soap, warm water and paper towels. Always wash hands after using the toilet, before eating or handling food, and after handling animals. Cover all cuts and abrasions with waterproof dressings.

Coughing and sneezing only yourself into others. Children and adults should be encouraged to cover their mouth and nose with tissues. Cough hands after using or disposing of tissues. If tissues are unavailable use the crook of the elbow and not hands. Spitting should be discouraged.

Personal protective equipment (PPE) Disposable gloves and disposable plastic aprons must be worn where there is a risk of splashing or contamination with infectious fluids (for example nappy or poo changing). Goggles should also be available for use if there is a risk of splashing to the face. Correct PPE should be used when handling cleaning chemicals.

Cleaning of the environment (including toys and equipment) should be frequent, thorough and follow national guidance. For example, use colour-coded equipment. Follow Control of Substances Hazardous to Health (COSHH) regulations and correct concentrations of cleaning equipment. Monitor cleaning contracts and ensure cleaners are appropriately trained with access to PPE.

Cleaning of blood and body fluid spillages. All spillages of blood, faeces, saliva, vomit, nasal and eye discharges should be cleaned up immediately (before wear PPE). When spillages occur, clean using a product that combines both a detergent and a disinfectant. Use as per manufacturer's instructions and ensure it is effective against bacteria and viruses and suitable for use on the affected surface. Never use soap for cleaning up blood and body fluid spillages - use disposable paper towels and absorbent liquid waste as described below. A spillage kit should be available for blood spills.

Laundry should be dealt with in a separate dedicated facility. Bedlinen should be washed separately at the hottest wash the fabric will tolerate. Wear PPE when handling soiled linen. Children's soiled clothing should be bagged to go home, never directly to the laundry. See www.hse.ie/eng/health/covid19/covid19-respiratory-infections-including-covid-19

Clinical waste. Always segregate sharps and clinical waste in accordance with local policy. Used nappies, pads, gloves, aprons and soiled dressings should be stored in sealed clinical waste bags in foot-operated bins. All clinical waste must be removed by a registered waste carrier for. All clinical waste bags should be less than four-thirds full and stored in a dedicated, secure area while waiting collection.

Sharps, syringes, should be discarded straight into a sharps bin conforming to BS 7320 and UN 3291 standards. Sharps bins must be kept off the floor (preferably wall-mounted) and out of reach of children.

Sharps injuries and bites
If a sharp is broken or a result of a needle injury or bite, encourage the wound to bleed freely (thoroughly using soap and water). Contact GP or occupational health or go to A&E immediately. Ensure local policy is in place for staff to follow. Contact the Duty Room for advice, if unsure.

Animals
Animals may carry infections, so wash hands after handling animals. Health and Safety Executive for Northern Ireland (HSENI) guidelines for protecting the health and safety of children should be followed.

Animals in school (permanent or visiting). Ensure animals' living quarters are kept clean and away from food areas. Waste should be disposed of regularly, and litter bins not accessible to children. Children should not play with animals unless supervised. Hand hygiene should be supervised after contact with animals and the area where visiting animals have been kept should be thoroughly cleaned after use. Veterinary advice should be sought on animal welfare and animal health issues and the suitability of the animal as a pet. Reptiles are not suitable as pets in schools and nurseries, as all species carry salmonella.

Visits to farms. For more information see <https://www.hse.ie/eng/publications/preventing-or-controlling-if-health-animal-contact-visits-to-farms>

Vulnerable children
Some medical conditions make children vulnerable to infections that could rarely be serious in most children. These include those being treated for leukaemia or other cancers, or high doses of steroids, or with conditions that seriously reduce immunity. Schools, nurseries and children's centres will normally have been made aware of such children. These children are particularly vulnerable to chickenpox, measles, mumps and parvovirus B19 and, if exposed to either of these, the parents should be informed promptly and further medical advice sought. It may be advisable for these children to have additional immunisations, for example pneumococcal and influenza. This guidance is designed to give general advice to schools and childcare settings. Some vulnerable children may need further precautions to be taken, which should be discussed with the parent or carer in conjunction with their medical team and school health. Vulnerable children will have been offered COVID-19 vaccinations and booster vaccinations.

Female staff - pregnancy
If a pregnant woman develops a rash or has direct contact with someone with a potentially infectious rash, this should be investigated by a doctor who can contact the duty room for further advice. The greatest risk to pregnant women from such infections comes from their own children rather than the workplace.

- Chickenpox can affect the pregnancy if a woman has not already had the infection. Report exposure to measles and GP at any stage of pregnancy. The GP and antenatal team will arrange clinical tests to check for immunity. Shingles is caused by the same virus as chickenpox, so anyone who has not had chickenpox is potentially vulnerable to the infection if they have close contact with a case of shingles.
- German measles (rubella). If a pregnant woman comes into contact with German measles she should inform her GP and antenatal team immediately to ensure investigation. The infection may affect the developing baby. If the woman is not immune and is exposed to early pregnancy.
- Disputed throat disease (dysentery or parvovirus B19) can occasionally affect an unborn child. If suspected early in pregnancy (before 20 weeks), antenatal team is giving antenatal care on this must be investigated promptly.
- Measles during pregnancy can result in early delivery or malformations of the baby. If a pregnant woman is exposed she should immediately inform her GP or giving antenatal care to ensure investigation.
- All female staff born after 1970 meeting with young children are advised to ensure they have had two doses of MMR vaccine.

* These advice also applies to pregnant students.

Immunisations
Immunisation status should always be checked at school entry and at the time of any vaccination. Parents should be encouraged to have their child immunised and any immunisation missed or further catch-up doses organised through the child's GP.

For the most up-to-date immunisation advice and current schedule visit www.publichealthhscni.net or the school health service can advise on the latest national immunisation schedule.

Routine childhood immunisation programmes

When to immunise	What are vaccine protects against	How it is given
2 months old	Diphtheria, tetanus, pertussis (whooping cough), polio, Hib and hepatitis B (in 1)	One injection
	Rotavirus	Orally
	Meningococcal B infection	One injection
3 months old	Diphtheria, tetanus, pertussis, polio, Hib and hepatitis B (in 1)	One injection
	Pneumococcal infection	One injection
	Rotavirus	Orally
4 months old	Diphtheria, tetanus, pertussis, polio, Hib and hepatitis B (in 1)	One injection
	Meningococcal B infection	One injection
Just after the first birthday	Measles, mumps and rubella	One injection
	Pneumococcal infection	One injection
	Hib and meningococcal C infection	One injection
	Meningococcal B infection	One injection
Every year from 2 years old up to and including 16	Influenza	Nasal spray or injection
3 years and 4 months old	Diphtheria, tetanus, pertussis and polio	One injection
	Measles, mumps and rubella	One injection
6 to 13 years old	Conditions caused by human papillomavirus (including cervical cancer in girls) and warts of the mouth, throat, anus and genital area (boys and girls)	One injection
14 to 16 years old	Tetanus, diphtheria and polio	One injection
	Meningococcal ACWY	One injection

This is the Immunisation Schedule as of September 2023. Children who present with certain risk factors may require additional immunisations. Always consult the most updated version of the "Green Book" for the latest immunisation schedule on www.gov.uk/government/publications/immunisation-schedule-infectious-diseases-the-green-book-the-green-book

Staff Immunisations. All staff should undergo a full occupational health check prior to employment; this includes ensuring they are up to date with immunisations including two doses of MMR.

Original material was produced by the Health Protection Agency and this version adapted by the Public Health Agency
12-12 Lonsdale Street, Belfast, BT2 8BL
Tel 0300 555 0114
www.publichealthhscni.net





★BAG2SCHOOL UNWANTED CLOTHES COLLECTION★

Raising Money for the Robert Piggott Primary School

NEXT COLLECTION:

★WEDNESDAY 25TH SEPTEMBER★

WARGRAVE RECREATION GROUND CAR PARK

Drop off from 8am, Collection 9am

A space will be cordoned off for our collection. Please make sure items are all bagged and tied up. I will be there from 8am, please only drop your bags off from this time onwards.

Please get in touch if you can't make this time.

Absolutely no pillows, cushions or duvets. No books or plastic toys or bric a brac. Please read the list below for full details

These items are taken out and sadly put in the bin.



NEWBURY SHOW 2024

Newbury Showground, RG18 9QZ

Sept 21st-22nd



RAMSBURY

[BOOK A TRADE STAND](#)

THE NEWBURY
& DISTRICT
AGRICULTURAL
SOCIETY



TAKE ON THE BIG BLUE BIKE RIDE

Sunday 8 September 2024

Use code
LOCALRIDE to claim
£5 off the reg fee.

Pedal 40 or 65-miles
from Windsor and
fundraise to help
save men's lives.



**PROSTATE
CANCER UK**



FIND OUT MORE:
[prostatecanceruk
.org/charitycycle](https://prostatecanceruk.org/charitycycle)

7339 Prostate Cancer UK is a registered charity in England and Wales (1005541) and in Scotland (SC039332). Registered company 02653887.



TISKA

TRADITIONAL INTERNATIONAL
SHOTOKAN KARATE

A FUN & FRIENDLY COMMUNITY FOR CHILDREN,
ADULTS & FAMILIES WITH AMAZING BENEFITS:
BUILD CONFIDENCE, RESILIENCE, GAIN FOCUS,
IMPROVE SELF DISCIPLINE WHILST
IMPROVING FITNESS & LEARNING SELF-DEFENCE



2 WEEK FREE TRIAL

LOCATED IN

The Henley Centre
Gillotts Lane
HENLEY

SESSIONS

Sunday 15th September 2024
11:15am
then every Sunday thereafter

CONTACT US

SENSEI SEHMBI

07960699762
n_sehmbi@hotmail.co.uk
[@tiskakarate_senseisehmbi](https://www.instagram.com/tiskakarate_senseisehmbi)
TISKA Karate Henley



SCAN FOR OUR WEBSITE

Waking up to Healthy Sleep

Online Course for parents / carers who have a child or young person with a disability (or on the pathway for an autism assessment) aged 3 -18 who live in the Wokingham Borough

*Please note parents / carers with a child or young person who does not have a disability may attend this course if capacity allows

Is your child experiencing sleep problems?
We can support you to improve their sleep routine.

Dates: Wednesday 13th, 20th & 27th November 24
Time: 10-11.30am

This will be delivered via Microsoft Teams so please download the app prior to the first session

To book or for more information, please contact us via:

Email – First@wokingham.gov.uk

Our training is delivered by practitioners trained by The Sleep Charity & Southampton University Hospital Sleep Disorder Service

This is an interactive course and attendees are required to participate and attend all 3 sessions which include:

- Understanding sleep cycles
- Causes of sleep issues
- Establishing appropriate routines
- Identifying and managing sleep problems
- Positive bedtimes



Waking up to Healthy Sleep



Changing Behaviour, Changes Behaviour

An opportunity to explore different ways of thinking about behaviour

We can offer advice & strategies to support your child

Online course for parents / carers who have a child or young person with a disability (or on the pathway for an autism assessment) aged 3 -18 who live in the Wokingham Borough

Join us for Changing Behaviour, Changes Behaviour

Dates: Tuesday 24th Sept & Tuesday 1st & 8th October 24
Time: 6.30-8pm

This will be delivered via Microsoft Teams so please download the app prior to the session.

To book or for more information, please contact us via:

Email – First@wokingham.gov.uk

This workshop will be delivered by:
Simone Hall and Helen Tracey

Therapeutic Thinking & Foundations for Attachment Practitioners

The sessions will include:

1. Behaviour & communication, identifying triggers & causes, the upstairs & downstairs brain & The Window of Tolerance
2. Getting on better, the behaviour wave, positive handling plans & how you respond
3. CALM stance, sensory avoidant & seeking behaviours, rewards, activities, resources & self-care



ADULT EDUCATION COURSES



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- Building your confidence to get back into work or volunteering
- Building resilience in your child
- Excel for Beginners
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- Fun with Time
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- Help with your maths
- Introduction to working in care or the NHS
- Maths for the workplace
- Money Management
- Settling into Secondary School
- Terrific Timestables
- Understanding Teenage Anxiety
- Word for Work



To find out more and to enrol visit:

www.webenrol.com/wokingham

adulteducation@wokingham.gov.uk
0118 974 3797

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WE BELIEVE EVERYONE SHOULD HAVE FUN LEARNING MUSIC AND NOW YOUR CHILD HAS A CHANCE TO ROCK ON THE GUITAR, UKULELE, PIANO, KEYS OR DRUM KIT FOR 121 LESSONS OR IN A SMALL GROUP CONTACT US DIRECT FOR MORE INFO

OUR AWARD WINNING ACADEMY RUN WEEKLY LESSONS IN SCHOOL TIME. LEARN SONGS BY ED SHEERAN, TAYLOR SWIFT, METALLICA, AND MORE. ALL TAILOR MADE FOR YOUR LITTLE ROCK STAR TO ENJOY MUSIC LESSONS AT THEIR PACE

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