

Emscote Express

Issue 8, March 2025



Welcome back to our pupils and families in the second half of Spring term. On Monday we had our half termly reading champion prize draw, all of the children's reading bookmarks were entered and we had badges presented to readers across EYFS, Year One and Year Two. We now start afresh for this half term. Aim to get your bookmark in the box each week.

During the half term break, our school chickens Speckle, Speedy and Hazel moved to their forever home. They have been relocated to a farm in Kenilworth with acres of land to explore. The update is that they have settled in well and have been laying lots of their lovely sky blue eggs. We are looking forward to developing the field area, to create additional outside space during the coming months.

Next week, Year One and Two will be taking part in Scootability sessions, we are keeping our fingers crossed for some dry weather! We also have some Year Two children heading into Warwick town centre to try their hand at pancake races. The children will be competing against other local schools and we wish them luck.

We will be announcing a whole school homework next week to support school taking part in the Warwick Town Centre Summer Flag Scheme. This is an opportunity for pupils to take part in a Town Centre scheme that sees their work put on display for them to view, be proud of and feel part of the Town. Children will be asked to design a flag based on the theme 'A celebration of Peace and Love'. Our School Council will select their favourite one to represent our school. The winner and their family will be invited to the Ballroom at The Court House, to celebrate their artwork ahead of the flags being unveiled around the Town. There will also be refreshments and a presentation from the Mayor. This will take place on 1st May 2025 from 4pm – 5pm. The flags will be hung across the Town Centre, from the beginning of May, in time for VE & VJ Day Celebrations. As this is in relation to the 80th anniversary of VE and VJ day, this initiative will contribute to our pupils learning about the importance of the day.

Parking

We continue with our aim to make parking around school safe for our pupils and families. We recently met with a local County Councillor to enlist his support and our local PCSO, Sarah Bolger has visited the school to understand the challenges. Please support our community by parking safely and we urge people to consider parking further away and walking where possible. We remain grateful to All Saint's Church for allowing us to use their car park.

A reminder about school uniform expectations.

Children should wear correct uniform **including proper black school shoes**, trainers are not acceptable on days PE is not taking place. Make sure all items of school clothing are named and no items of jewellery or friendship bracelets are worn. Earrings - children should never be wearing anything other than studs to school, so anyone wearing hoops or anything else will be asked to have them removed. Children shouldn't be wearing other jewellery to school, this includes necklaces, rings, bracelets/ friendship bracelets for health and safety reasons (other than those worn for religious purposes). Children should come dressed in sweatshirts, plain dark joggers and trainers for PE days.

Sustrans Big Wheel and Walk

We have some exciting news, we are taking part in Sustran's Big Walk and Wheel, the UK's largest inter-school cycling, walking, wheeling and scooting challenge. The challenge runs from 24 March- 4 April 2025. It's free to take part and we would love everyone to be involved.

What do you need to do? Encourage your child(ren) to walk, use a wheelchair, scoot or cycle to school on as many days as possible during the event. Remember that we have space to store bikes and scooters during the day when children arrive through the main gate.



Why we are taking part? Sustran's Big Walk and Wheel is a great way to build physical activity in children's daily routine which is important for their physical health and mental wellbeing.

Active school runs also help to reduce congestion and air pollution outside the school gate. [A 2021 YouGov study](#) showed nearly half of UK children worry about air pollution near their school. And that children thought active travel was the best away to bring down these pollution levels.

Plus, there are some great prizes to be won every day if we get enough children taking part!

Useful resources

To help you prepare, Sustrans has developed a handy free guide to walking, cycling or scooting to school. It is packed with advice to help you have hassle-free journey to school. [Download your free family guide](#) using this link: For more information about the event go to www.bigwalkandwheel.org.uk.

Have a lovely weekend
Mrs Nicol

Dates for the Diary 2025

Mon 3rd March	Scootability Sessions (Maple class)	Please remember to pay at www.eduspot.co.uk
Tues 4th March	Scootability Sessions (Syc/Oak/Chestnut)	Please remember to pay at www.eduspot.co.uk
Tues 4th March	Warwick Pancake Races (pm only)	
Wed 5th March	Reception Year Trip to St John's Museum	Please remember to pay at www.eduspot.co.uk
Thurs 6th March	World Book Day, "Bedtime Story" theme	Children are invited to come into school in their Pyjamas and Dressing Gowns and to bring their favourite bedtime story (please name any books brought in). Children may also bring in slippers to change into (please name and arrive in outdoor shoes for playtimes).
Fri 7th March	Sycamore Sharing Assembly	
Fri 14th March	Cherry Sharing Assembly	
Fri 14th March	School Council Trip to the Houses of Parliament	Please complete permission form and make payment at www.eduspot.co.uk
Fri 21st March	Willow Sharing Assembly	
Thurs 27th March	Oak Sharing Assembly	
Fri 28th March	Chestnut Sharing Assembly	
Wed 2nd April	Easter Church Service	Parents welcome
Fri 4th April	Maple Sharing Assembly	
Fri 4th April	PTA Easter Bingo	4-6pm, Emscote school hall
Mon 14th - Fri 25th April	Easter Holidays	
Mon 28th April	Children return to school	
Mon 5th May	Bank Holiday	
Tues 6th May	Year 1 Impact Workshop 9am and 1.45pm	More information to follow
Wed 7th May	Year 2 Impact Workshop 9am and 1.45pm	More information to follow
Wed 7th May	Year 2 Impact Workshop 9am and 1.45pm	More information to follow
Monday 26th - 30th May	Half Term	
Mon 2nd June	Inset Day	Children not in school
Tues 3rd June	Children return to school	

Warwickshire County Council Road Safety Education Team are running a competition to name their new county fleet cycles. Fleet cycles are available for children to use to access Bikeability cycle training delivered by our cycle training providers. By providing fleet cycles they are aiming to remove barriers to children gaining the skills they need to become the safe cyclists of the future. By naming the cycles they hope to make them engaging for the users, and make it easy for children and their team to identify the different cycles.

- The competition is open to everyone.
- The closing date for entries is 31st March 2025.
- You can suggest a name for one of our cycles per entry.
- All names will be considered by the Road Safety Officers and cycle instructors.

They will share the new names for the 20 cycles once they have been chosen and let the winners know that they are using their name. They will provide a small, age appropriate prize for the winning names. Winners who are under 18 will be contacted via their school or college. Winners over 18 will be contacted via email.

This is the link to the entry form - <https://forms.office.com/e/PHUzdVsqPi>

Competition

TO NAME OUR FLEET CYCLES

For information click the QR code

WARWICKSHIRE
SAFE & ACTIVE
TRAVEL

WCC Road Safety Education Team are running a competition to name our new fleet cycles.

Closing date 31st March 2025.

Fleet cycles are available for children to use to access Bikeability cycle training.

For information click the QR code

STEP OUT - SPEAK UP - HAVE HOPE



FREE Chat, Craft & Companionship for Women 18+

All Saints Church, All Saints Rd,
Warwick, CV34 5NL

Tuesdays,
9.15 - 11am

February 4th & 18th
March 4th & 18th
April 1st & 15th
May 6th & 20th
June 3rd & 17th
July 1st & 8th

Join us in the Coffee Room

Complimentary Light
Refreshments & Activity
E.g. Mindfulness Colouring,
Communal Activities etc

Pre-school children welcome
*(Please bring something to keep little ones
occupied so you can enjoy the session)*

Feel free to pop by

✉ info@womensteppingout.co.uk

www.womensteppingout.co.uk

Registered Charity No 1205138



OFSTED
APPROVED!

SCALLYWAGS OPEN DAY!! 3rd March

Come and see our
Varied, planned activities
to suit all ages and needs.
Large outside area and
use of Green.
Range Of play equipment

Clubs this term
Colouring in club
Play dough club
Pool club
Connect club
Air grab club
(Clubs do change termly)
Also in with your price!



scan our QR code for our
website and also to register

Address

The Contact Centre
(Behind All Saints Church)
All Saints Road Warwick
CV34 5NJ

Contact us

scallywagsKids.co.uk
info@scallywagsKids.co.uk
07834241414



We've worked
alongside
Emscote and
All Saints for
20+ years

ALL SAINTS EMSCOTE

Little Saints



Praise and play,
with stories, singing,
simple crafts, toys & refreshments.
For babies, toddlers & their
parents / carers.

Come and join us!
Mondays 9.00am – 11.00am
(Term time only)

Messy MASS

Family-friendly worship with
the children taking part

Includes special set-aside activities for the children
led by our Family Link Worker, Ania, and volunteers

Story, songs, crafts
prayer & refreshments

The Next Messy Mass Dates are:

19 January, 16 February, 16 March,

4th May, 15 June,

NO MESSY MASS during April or July

COME AND SEE!
3rd Sunday of the month

10.30am - 11.30am.

Contact Ania for more details:

07546390555





We're taking part
in the Sustrans
Big Walk and Wheel
2025 challenge.

Join in by walking, wheeling,
scooting or cycling to school
between 24 March-4 April.

- ✓ Be active and feel more energised
- ✓ Help the environment by replacing a car journey
- ✓ Help us win some fantastic prizes

www.BigWalkAndWheel.org.uk

Headline sponsor:

SCHWALBE 

Sustrans is a registered charity no. 106150 (England and Wales) SC039993 (Scotland). © Sustrans 2025

sustrans 
JOIN THE MOVEMENT



Mental Health in Schools Team Tips For Wellness



Relaxation

Relaxation is when our mind and body is free from stress and tension. Research has found that this can help us to think clearly, concentrate, sleep well, feel more confident and even boost our immune system!

Relaxation can look different for everyone, and it can be helpful to try a few different relaxation techniques to see what works best to make you feel happy and rested.

Our Tips for Relaxation:

1- Try some **breathing exercises**, such as finger breathing or square breathing. Breathing exercises are great as you can do them in any place, at any time. Follow the QR code to try rainbow breathing!



Rainbow breathing

2- **Drawing or colouring** can help you to express your feelings and focus on something peaceful. This is a great way to relax your mind!

3- Practice **mindfulness** by taking a break away from any screens and devices. This could be going on a walk or being outside in nature. Try to use as many of your senses as possible, think about what you can see, hear, smell, touch and even taste! You could even try cloud watching to calm your mind.



Calming yoga stretches

4- **Stretch** it out, practice yoga to stretch out your muscles to relax and reduce tension. Try following the QR code for a yoga video!

5- A warm **bath or shower** can be a soothing experience that helps to relax muscles and calm your mind. You could make it extra relaxing with quiet music and bubbles!

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.



Mental Health in Schools Team Tips For Wellness



Gratitude

Gratitude is the act of looking for things that make us feel happy and being thankful for them. For example, saying "thank you" to someone who did an act of kindness such as holding a door open for you, or telling your friend that you're happy they make you laugh and tell you funny jokes.

We can also be thankful to ourselves. We all have different skills and talents which bring us joy. What is yours? It might be skateboarding, cooking, sport or dancing. Whatever your skill or talent is, be thankful for it!

"Joy is the simplest form of gratitude." – Karl Barth

Notice the good in your life - practise gratitude

Look around, can you see something that makes you feel happy? For example, your best friend's smiling face. Listen, can you hear something that makes you feel happy? For example, music that makes you want to dance.

Being thankful for the good things in your life can improve your wellbeing and reduce feelings of frustration. It gives you the chance to reflect on the good things you have accomplished and have a more positive mindset.

Each day this week, try and notice three people/places/things that you are thankful for. Write these down on your phone or a notepad to be able to look back on and appreciate the positive aspects of your week.

Express gratitude

Show your appreciation to someone who did something nice. Say: "It was really kind of you to...", "It really helped me out when you..."

Tell the people in your life how you feel and what they mean to you. This can be as simple as "Mum, good dinner. Thanks!"

Scan the QR code for lots of other ideas around gratitude activities:



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MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.



Pupil Premium Funding

What is Pupil Premium funding?

Pupil Premium funding is additional financial support that is provided by the government and which is allocated to schools to meet the needs of certain pupils. For each pupil that qualifies the school receives a significant sum of money that is used to raise standards in the pupils who are eligible.

Does my child qualify for this additional support?

You may be eligible to apply for Pupil Premium funding if you receive any of the following...

- Income Support
- Income-Based Job Seeker's Allowance (JSA)
- Income-Related Employment and Support Allowance (ESA)
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for four weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

Or if your child...

- has been looked after (their care is managed by the local authority) for 1 day or more
- was adopted from care on or after 30 December 2005, or left care under a special guardianship order a residence order

Or

- if either parent is in the Armed Forces

Are you an exhausted, **SEN** and/or **EBSA parent carer**?
Running on empty with no time to shout "HELP!" let alone **step off the hamster wheel to rest, relax or recharge?**



I GET IT!

We face a **unique set of challenges** that not everyone understands.

After being on the **brink of burnout** myself I learned **quick, simple and impactful** ways to strengthen my coping skills, **feel more calm, resilient, hopeful and happy** and I'm **on a mission to help YOU** do the same!

The SHARE Project Zoom workshops have been created to give you sustainable **strategies** to help **strengthen** your **coping skills, rebuild your resilience, boost your wellbeing** and **feel like YOU** again!



PARTICIPANT FEEDBACK:

"The SHARE project helped me have a more positive outlook day-to-day and relaxation has helped with my sleep."

"I looked forward to the sessions each week, it gave me time to focus on myself for a change."

"The SHARE Project was a gentle, kind experience. The refocusing was extremely powerful and I felt nurtured by the sessions."



[CLICK HERE](#) for more info and to book your place
or email: hello@ausomemums.com
Evening and daytime sessions available

the mini movers

sporty fun for little ones



**BIRTHDAY PARTIES FOR AGES
2 YEARS - 7 YEARS**

**PARTY
TIME!!**



Themes include:
Superheroes
Princesses
Space
On the farm
Firates
and many more!

www.theminimovers.co.uk

Bubbles

Parachute Fun

Balloons

Obstacle Course

Themed Activities

Party Games

Follow us:



Call: Jo on 07850944690

Email: jo@theminimovers.co.uk

GOGO MAKERS
INSPIRING YOUNG MINDS TO THINK BIG!

EASTER HOLIDAY CAMP
HIPPITY HOP

14TH-25TH APRIL*
(EXCLUDING WEEKENDS & BANK HOLIDAYS)

**AWARD-WINNING
OFSTED APPROVED
HOLIDAY CAMPS**



*BRIAR HILL VENUE OPEN 14TH-17TH APRIL ONLY

MINI's RECEPTION

- GO GO CREATORS
- GO GO GROOVERS
- GO GO ACTIVE
- GO GO EINSTEIN'S

PLUS FREE PLAY
SMALLER GROUPS (RATIO 1:8)

JNR's 5-7 YEARS

- ART
- DANCE
- STEM
- SPORT
- ARCHERY

SNR's 8-12 YEARS

- CRBTIVES
- BATTLE SESSIONS
- SPORTS SKILLS
- SCIENCE LAB
- FUTURE STARS (DANCE)

+ MORE!

ACTIVITIES CAN VARY AT VENUES & ON DAYS

NEW IMPROVED PROGRAM FOR RECEPTION YEARS!!!

WE ARE BACK!

EMSCOTE
INFANT SCHOOL
WARWICK

FINHAM PARK
SECONDARY SCHOOL
COVENTRY

PRIORS FIELD
PRIMARY SCHOOL
KENILWORTH

WE ARE BACK!

BRIAR HILL
INFANT SCHOOL
WHITRASH

HEATHCOTE
PRIMARY SCHOOL
WARWICK GATES

10% EARLY BIRD DISCOUNT AVAILABLE
PLUS 10% SIBLINGS DISCOUNT & PAYMENT INSTALMENTS

See website for details. Offers can not be used in conjunction

£34.50

FOR A STANDARD DAYS CARE FROM 9AM - 3.30PM

EARLY 9AM DROP OFF AND LATE 5.30PM PICK UP AVAILABLE WITH A SURPLUS FEE

W: www.gogomakers.co.uk | E: hello@gogomakers.co.uk | T: 01926 935377

WE ACCEPT
CHILD CARE VOUCHERS
& TAX FREE CHILD CARE

OFSTED
REGISTERED



★★★★★
RATED 5 STARS ON GOOGLE



Events for Families

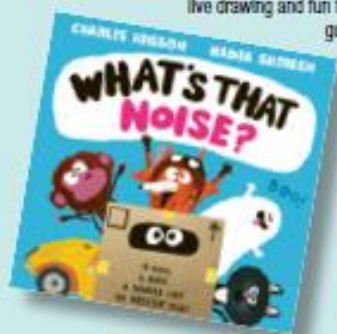
Saturday 10th May

**Nadia Shireen
and Charlie Higson**
What's That Noise?

£8 | 10-11am | Age 4+



Join author, actor and comedian Charlie Higson and award-winning illustrator Nadia Shireen for this fast and funny event based on their brand-new picture book, *What's That Noise?* Laughs, noisy games, live drawing and fun for all the family guaranteed!



Saturday 10th May

Dame Jacqueline Wilson
The Seaside Sleepover

£8 | 10-11am | Age 6+



One of the UK's bestselling children's authors (and a Festival Ambassador) brings you the latest in her hugely popular *Sleepovers* series featuring Daisy and her friends - and Daisy's sister Lily. The summer holidays have finally arrived, and Daisy longs for a proper holiday at the seaside, building sandcastles, eating lots of ice cream and maybe even spotting a mermaid in the sea. Daisy's sister, Lily, wants to come too, but she uses a wheelchair which can make trips to the seaside tricky. Especially with all that sand! Then Scruff arrives in their life...



Box Office: 0333 666 3366 or online at stratfest.co.uk

Saturday 10th May

Bunny vs Monkey Trail

FREE | All day

Can you find mischievous Bunny, Monkey and their friends around the Festival site? Go on a hunt for these beloved characters in this family-friendly trail created especially for us by *Bunny vs Monkey* author and illustrator Jamie Smart.



Saturday 10th May

**Superhero Drop-In and Do
Drawing, craft and games!**

FREE | 11am-1pm | Age 5+

Pop along and get creative with superhero craft and games, plus create your own character with *The Phoenix* comic artist Abby Bulmer.



In partnership with The Phoenix Comic

Saturday 10th May

Maz Evans
Oh What a Knight!

£8 | 11.30am-12.30pm | Age 7+



Embark on a madcap journey with superstar author Maz Evans - from the Maya Underworld, through Ancient Egypt and all the way to Camelot to find Excalibur and save the world. Join in the fun and games and discover ancient myths and Arthurian legend in this hilarious, energetic event.



Box Office: 0333 666 3366 or online at stratfest.co.uk

FREE FLEXIBLE LEARNING COURSES

FOR ADULTS (19+)

**ALL CERTIFICATES ARE FULLY FUNDED AT ZERO COST
& AWARDED BY NCFE (OR NCFE CACHE)**

Study flexibly at a time and location suited to you, all the while progressing towards an accredited qualification.

Assessments will be marked by an allocated tutor, who will then provide you with guidance, support and detailed feedback.

See overleaf for the current list of courses available...



**SCAN
HERE**

to visit our
flexible
learning
webpage



Solihull College
& University Centre

Stratford-upon-Avon
College





**OUR FOOD PANTRY:
FROM 12 TO 2PM**

EVERY WEDNESDAY

FREE, CONFIDENTIAL AND IMPARTIAL ADVICE AND INFORMATION ON A WIDE RANGE OF SUBJECTS SUCH AS HOUSING, BENEFITS, DEBT, EMPLOYMENT, FAMILY AND FUEL POVERTY AMONGST MANY OTHER ISSUES

**APPOINTMENTS:
10 AM AND 11 AM**

**DROP-IN SERVICE:
12 PM - 1 PM**

**citizens
advice**

To book your appointment, contact us or send us an email (packmores@thegapwarwick.org)

**AT THE GAP COMMUNITY CENTRE
39 OAKWOOD GROVE
WARWICK, CV34 5TD**

EMMANUEL CHURCH

MON 14TH - THURS 17TH APRIL 2025

10 TIL 12:15PM

LIFT OFF!
Holiday BIBLE CLUB

EMMANUEL CHURCH, HEATH TERRACE, CV32 5LY
BOOK YOUR SPOT ONLINE AT EMMANUEL-CHURCH.ORG.UK/LIFTOFF

BOOK NOW! Kids EASTER Camp

AGES 7 - 11

£30 per day
Lunch Included!

9am - 3pm
Early Drop Off & Late Collection Available

Scan the QR codes below to BOOK NOW!

KMAT Leisure Easter Camp
Monday 14th April 2025

KMAT Leisure Easter Camp
Tuesday 15th April 2025

KMAT Leisure Easter Camp
Wednesday 16th April 2025



In association with

Sainsbury's

Argos

ESPO



Step 1

Visit myschoolfund.org to sign up for free and link to your child's school



Step 2

Register your credit/debit card to your account



Step 3

Spend at participating retailers



Step 4

Start receiving your eGift Cards!

We're part of the My School Fund initiative.

Together we can boost our school's budget, plus your own!

It's completely free to sign up and both you and your child's school will receive eGift Cards to be used at participating retailers based on a percentage of your spend.

Visit myschoolfund.org today!

SCAN FOR INFO



Our service explained

For parents/carers

Connect for Health is a school nurse-led service that supports children, young people and parents/carers. Warwickshire families with a school age child (aged 5-19, or up to 25 for people with SEND) can get in touch with any concerns related to health and wellbeing.

The support we offer includes one-to-one advice, parent/carer workshops on key topics such as sleep and continence, resilience workshops for children, a healthy lifestyles programme, and specialist support such as healthcare plans for children with medical conditions that affect their school day.

Our team also carry out the National Child Measurement Programme and Health Needs Assessments in schools; you'll receive a full description of these initiatives if your child is invited to take part.



What can Connect for Health help with?

- Continence.
- Sleep.
- Behaviour.
- Healthy eating & physical activity.
- Oral health.
- Friendships and relationships.
- Bullying.
- Changing school.
- Parenting.
- Mental health & emotional wellbeing.
- Many other health & wellbeing topics.

If you would like help with any of these topics, please don't hesitate to get in touch using the details below. Our office hours are Monday - Thursday 9 am - 5 pm and 9 - 4.30 on a Friday. If your child is age 11-19, please pass on the details of our ChatHealth text messaging service which they can access for friendly advice from a nurse.

Learn more on our website & download our referral form - scan here or visit compass-uk.org/c4h



C4H

Text Parentline (parents/carers): **07520 619 376**
 Text ChatHealth (young people 11-19): **07507 331 525**
 Call us: **03300 245 204**
 Email us: connectforhealth@compass-uk.org

[@schoolhealthC4H](https://www.instagram.com/schoolhealthC4H)

[@compassc4h](https://www.instagram.com/compassc4h)

[f @c4hwarwickshire](https://www.facebook.com/c4hwarwickshire)



RISE

Information Sessions for Warwickshire Parents and Carers



Courses available online – via Zoom

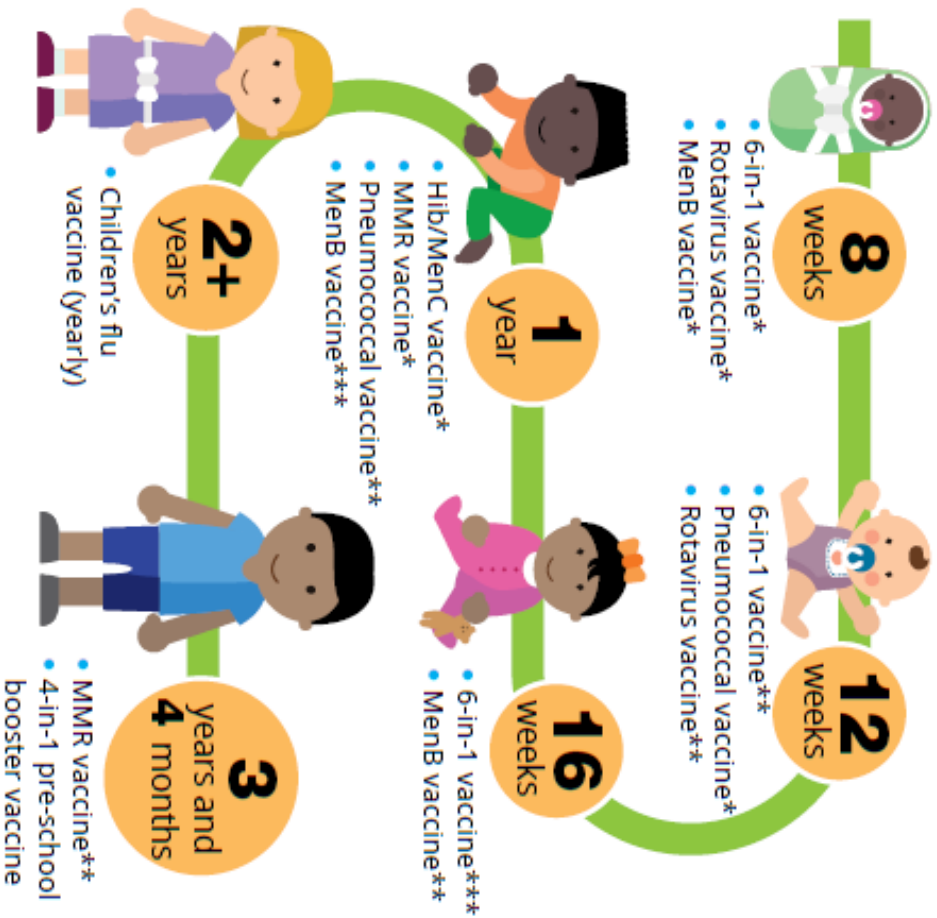
Understanding and Supporting Children and Young People with Emotionally Based School Avoidance
Thursday 26th September 2024, 9:30 am to 11:30 am
Understanding Emotion Regulation in School Aged Children
Thursday 10th October 2024, 9:30 am to 11:30 am
Understanding and Supporting Children aged 3-11 Years with Anxiety
Thursday 24th October 2024, 9:30 am to 11:30 am
Understanding and Supporting Children Aged 12+ Years Anxiety
Thursday 7th November 2024, 9:30 am to 11:30 am
Understanding and Supporting School Aged Children Who Self-harm
Thursday 21st November 2024, 9:30 am to 11:30 am
Understanding Sensory Needs in School Aged Children
Thursday 5th December 2024, 9:30 am to 11:30 am
Understanding Low Mood in Children and Young People
Thursday 9th January 2025, 9:30 am to 11:30 am
Understanding Self-esteem in Children and Young People
Thursday 10th April 2025, 9:30 am to 11:30 am

Places on our sessions are subject to availability. To book your place please email risecommunityoffer@covwarfpt.nhs.uk

Please note: the sessions are available for Warwickshire residents only.



Your child's vaccine schedule



* first dose, **second dose, *** third dose
 6-in-1 protects against diphtheria, tetanus, whooping cough, polio, Hib and hepatitis B
 4-in-1 protects against diphtheria, tetanus, whooping cough and polio

Follow your child's vaccine schedule to protect them against illnesses

Stick this timeline up as a useful reminder



- Childhood illnesses like measles and whooping cough are rising
- These illnesses can make children very sick, leading to hospital stays or lifelong problems
- If your child is not vaccinated, they are not protected
- It's important that vaccines are given on time for the best protection. Some need booster doses later too
- Check your child's red book or speak to your GP practice to see if they have missed any
- You can still catch up on most missed vaccines
- All the childhood vaccinations are free. As children grow up, they will be offered more vaccine appointments, right up until they are teenagers. Some vaccines are offered at school
- Vaccinations offered by the NHS are thoroughly tested to assess how safe and effective they are. All medicines can cause side effects, but vaccines are among the very safest.
- Research from around the world shows that immunisation is the safest way to protect our children's health

Are your child's vaccines up to date?
 Book now at their GP practice

