



BSM's Weekly Newsletter 9 January 2010

News From The Principal

Swine Flu Vaccination News – I am pleased to report that the Ministry of Health (MOH) is currently vaccinating people free of charge. Our school nurse, Mrs Cath Healey, who leads the front line of our precautions, visited a MOH clinic last Tuesday and was vaccinated with the Focetria H1N1 vaccine (please see the end of this newsletter for information about the vaccine).

Cath said that she visited the MOH North Mawaleh Health Centre to enquire about H1N1 vaccination. Currently the MOH is immunizing anyone who wishes to have the vaccine (child, adult, senior, Omani and expatriate). Cath registered free of charge; an ID card, driving license or passport can be used as a formal means of ID. She was seen by the nurse to have base line observations taken: height, weight, blood pressure and pulse. Cath was then seen by a doctor who took a brief medical history and explained about the vaccine.

Cath was given the Focetria H1N1 vaccine (free of charge) in the form of a single dose via intramuscular injection into her upper arm and was then observed for 30 minutes in the health centre to ensure that she did not develop any adverse reactions (I have added a copy of the Focetria information at the end of this newsletter and there are some restrictions on who is suitable to receive the injection, .e.g. it's unsuitable for those with egg or chicken protein allergies).

Cath said that the health centre staff were attentive, efficient and kind, and she recommends immunisation with the MOH. The majority of MOH health centers in Muscat are open from 07.30 until 9pm.

Finally, Cath said that post immunisation she has localized tenderness at the injection site only; and has not experienced any of the common side effects (please see the end of this newsletter).

I have provided you with this information in order to help you decide if you would like to pursue vaccination for your family.

Important – If you have your children vaccinated then please notify Cath Healey by text on 99432613 so that she can update her medical records and take the vaccination into consideration if she has to treat your children. Thank you.

Swine Flu Summary – Last week we had no confirmed and or suspected cases of swine flu. I'll notify you if we have any cases.

Please keep your children at home if you suspect that they might have a flu-like illness and also keep their brothers and sisters at home. This is very important. You will then need to follow medical advice, especially if your children fall into a high risk category. The Flu Hotlines for Oman are 92466422 and 92466642. Please contact Mrs Cath Healey, our nurse, if your doctor suspects that your child may have swine flu. You can contact her on 99432613.

Good personal hygiene, especially hand washing and respiratory etiquette, are crucial to preventing the spread of the virus. Therefore, please reinforce this at home so that we can work together to disrupt the spread of the virus.

The school's position is to continue with school life as normal but I will contact you if this needs to change.

You can keep up-to-date with progress and advice by monitoring the British Foreign and Commonwealth Office's link: <http://www.fco.gov.uk/en/travelling-and-living-overseas/swine-flu> and/or the WHO's website: www.who.int .

New Climbing Apparatus For Nursery and Reception Children – I'm delighted to report that Nursery and Reception children are enjoying themselves on new climbing apparatus. We now have age-appropriate climbing apparatus on cushioned surfaces available for all children throughout our Primary School.



Swimming: BSM's Marlins Set Records & Win Medals at International Swim Meet in Dubai – Over three days from Friday 18 until Sunday 20 December eight members of BSM's Marlins competed in the 2nd Hamilton Aquatics International Open Swimming Meet in Dubai, and swam against some very strong young swimmers from the UAE, Great Britain, Qatar, Bahrain and Kenya. Our eight Marlins swam in 85 races and gained 49 (58%) personal best times (PBs), 25 school records and 38 Junior Olympic qualifying times. Particularly strong performances were produced by:

Theodore Pender (10GH)	4 gold medals, 4 silver medals, 8 school records, 8 Junior Olympic qualifying times
Olena Kozak-King (11CB)	4 silver medals, 3 bronze medals, 3 school records, 8 Junior Olympic qualifying times
Hannah Kozak-King (10KW)	3 silver medals, 2 bronze medals, 1 school record, 6 Junior Olympic qualifying times
Chloe Barrow (6J)	1 silver medal, 2 bronze medals, 9 school records, 7 Junior Olympic qualifying times
Angus Robbins (5T)	1 bronze medal, 4 school records, 4 Junior Olympic qualifying times
Patrick Pender (10GH)	11 personal best times, 3 Junior Olympic qualifying times
Charise Edmondson (5H)	5 personal best times, 3 Junior Olympic qualifying times
Joshua Edmondson (7JDR)	5 personal best times

Congratulations and well done to all swimmers upon such an outstanding achievement!



Director of Swimming Mr Rogers with BSM Marlin swimmers Patrick Pender (10GH), Chloe Barrow (6J), Angus Robbins (5T), Olena Kozak-King (11CB), Hannah Kozak-King (10KW), Joshua Edmondson (7JDR), Theodore Pender (10GH) and Charise Edmondson (5H)

Security Reminders:

- **ID Badges** – Please ensure that you wear your ID badges whenever you enter our school or, if you forget your badge please sign in and out at security hut by the main entrance to the school. People not wearing badges will be challenged.
- **Car Parks** – Our security guards will only be allowing cars into our car parks if the driver has the correct ID. Please be patient whilst checks are conducted and give yourselves enough time for this to be carried out when you arrive at school.
- **Tag Your Bags** – Please remember to tag your school bags and name your lunch boxes. Failure to do this could result in the scrambling of the emergency services and a full evacuation of the School in response to a false alarm.
- **School Evacuation** – We shall be holding an unannounced full evacuation of the school before the end of June 2010. Therefore, please make sure you know what to do when you receive notification by text and phone call.

Double House Points – Last week I awarded double house points to the following primary children for exceeding their teachers' expectations: Kai Swan (2T) and Sulaiman Al-Riyami (6B) for English. Congratulations and well done!

Student Council Representatives - Each class in KS2 elects student council representatives, who meet every two weeks with Mr. Turley to discuss the issues which are important to the children. The student council reps have an important job, and they take their responsibilities very seriously. We thought it would be nice if we introduced them to a wider audience, so they have written short profiles of themselves. Each week we profile two members of the Student Council. This week it's Tia Aziz and Richard Briggs from 4M:



Tia Aziz is 8 years old and has lived in Oman for 6 years. She has many hobbies, including singing, collecting jewellery, dancing, swimming and drawing. She is a good listener, and feels confident speaking in public. She has many ideas about how to improve our school, and is looking forward to the opportunity to make a difference.

Richard Briggs is 8 years old, and was born in the UK. He enjoys reading, quad-biking, and playing football, where he has won many trophies. He loves being with his friends at school, and wants to help everyone have a successful year.

News From The Board of Governors

A Good Start To The New School Term – The Board thanks staff and parents for enabling such a smooth return to school after the holidays and encourages families and staff to give serious consideration to having the swine-flu vaccination because it will help to safeguard our school community.

Last But Certainly Not Least...

Safeguarding & Absence From School – Please contact us before 8.00am on everyday that your children are absent from school. This ensures that you and we know exactly where they are and why. Thank you.

Low Attendance, Low Performance – That's the conclusion reached by Ofsted after inspecting thousands of schools in the UK. Please try to keep your child's attendance levels up but follow the advice on swine flu first. Thank you.

Tag Your Bags – Please remember to tag your school bags and name your lunch boxes.

Car Parking - Parents are asked to observe the following when using the school's car parks:

- have security passes ready to show the security guards on arrival.
- do not park or stop for extended periods outside of the designated parking bays
- keep speeds to a minimum, no more than 20kph
- remain observant at all times
- pedestrians have priority at all times
- be patient and courteous to other parents, security guards and car parking assistants
- use the pedestrian crossings where provided when on foot
- do not use mobile phones whilst driving
- turn your engines off when leaving your car

Thank you for your co-operation.

Clunk-Click Every Trip – Please make your children wear their seat belts.

Cream-up and Hats On – Please protect your child's skin with sun block and a wide brimmed hat. Thank you for your co-operation.

Have a good week!

Steve Howland MBE
Principal.

Focetria H1N1 Vaccine

What is Focetria?

Focetria is a vaccine. It is a suspension for injection that contains parts ('surface antigens') of the influenza (flu) virus. It contains a flu strain called A/California/7/2009 (H1N1)v like strain (X-181).

What is Focetria used for?

Focetria is a vaccine to protect against 'pandemic' flu. It should only be used for the influenza A (H1N1) pandemic that was officially declared by the World Health Organization on 11 June 2009. A flu pandemic happens when a new strain of flu virus emerges that can spread easily from person to person because people have no immunity (protection) against it. A pandemic can affect most countries and regions around the world. Focetria is given according to official recommendations.

How is Focetria used?

Focetria is given as one dose, injected into the upper arm muscle. A second dose may be given after an interval of at least three weeks; this second dose should be given in children aged from 6 months to 8 years of age and in the elderly (over 60 years of age).

How does Focetria work?

Focetria is a vaccine. Vaccines work by 'teaching' the immune system (the body's natural defences) how to defend itself against a disease. When a person is given the vaccine, the immune system recognises the virus as 'foreign' and makes antibodies against it. The immune system will then be able to produce antibodies more quickly when it is exposed to the virus again. This helps to protect against the disease.

Focetria contains small amounts of 'surface antigens' (proteins on the outer membrane of the virus that the body recognises as foreign) of a virus called A(H1N1)v that is causing the current pandemic. The virus has been first inactivated so that it does not cause any disease. The outer membranes that contain the surface antigens have then been extracted and purified. The vaccine also contains an 'adjuvant' to enhance the immune response.

What is the risk associated with Focetria?

The most common side effects with Focetria (seen in more than 1 patient in 10) are headache, myalgia (muscle pain), reactions at the site of the injection (swelling, pain, hardening and redness), malaise (feeling unwell), sweating, fatigue (tiredness) and shivering.

Focetria **should not** be given to patients who have had an anaphylactic reaction (severe allergic reaction) to any of the components of the vaccine, or to any substances found at very low levels in the vaccine, such as egg or chicken protein, ovalbumin (a protein in egg white), kanamycin or neomycin sulphate (antibiotics), formaldehyde and cetyltrimethylammonium bromide.