

Welcome to the end of another week - happy Friday! It seems like Week 2 has already flown by!

Measles

Please see a reminder we have been asked to share with you regarding MMR vaccines following a recent outbreak in South Wales

Why is the MMR vaccine important?

The MMR vaccine protects against three serious infections: measles, mumps and rubella.

Around 9 out of 10 young people have received the MMR vaccine in Wales and are protected against the diseases. For those who haven't had the MMR vaccine, the diseases (especially measles and mumps) still remain a threat to their health.

Why should I get the MMR vaccine?

The MMR vaccine is the safest, most effective way to protect yourself and your child against measles, mumps and rubella. Since the vaccine was introduced in 1988, these infections have become rare in the UK. However, there have been outbreaks of disease, especially measles, when the number of people having the vaccine has dropped.

! The MMR vaccine can protect you and your child from serious illness.

What does the vaccine protect against?

Measles

Measles is caused by a very infectious virus which can lead to serious and possibly life-threatening complications. Nearly everyone who catches it will have a high fever and a rash and will be very unwell. One in every 15 people gets complications, including infection of the lungs (pneumonia) and brain (encephalitis). Measles can kill - in a measles outbreak in Wales in 2013 over 1,200 people were infected, 88 needed hospital treatment and one person died.

Measles is one of the most infectious diseases known. You and your child are vulnerable to this deadly infection unless you are protected by the vaccine.

Mumps

Mumps virus causes painful, swollen glands in the face, neck and jaw, and a fever and headache. Complications include infection of the brain (encephalitis) and the brain covering (meningitis). It can also cause painful swelling of the testicles in males and ovaries in women. Just under half of all males who get mumps-related testicular pain and swelling notice some shrinkage of their testicles.

Rubella

Rubella (German measles) is also a disease caused by a virus spread by coughs and sneezes. In children it is usually mild and can go unnoticed but may cause a brief rash, swollen glands and a sore throat. But catching rubella while pregnant is very serious for the unborn baby. It can seriously damage their sight, hearing, heart and brain. This condition is called congenital rubella syndrome (CRS).

If women get rubella infection in the first three months of pregnancy it causes damage to the unborn baby in nine out of 10 cases. In the five years before the MMR vaccine was introduced, about 43 babies a year in the UK were born with congenital rubella syndrome.

When is the MMR vaccine offered?

The first dose of the MMR vaccine is offered between 12 and 13 months of age. By that age the immunity (protection) a baby had received from their mother against the diseases will have faded. The second dose is given at 3 years and 4 months, at the same time as the 4-in-1 pre-school booster vaccination. Both doses of the MMR vaccine are needed to get the best possible protection. Contact your GP surgery as soon as possible to catch up on any missed MMR vaccinations.



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4-in-1 pre-school booster
vaccination

! You can catch up with missed MMR doses at any age.

Who else should have the vaccine?

! Anyone born after 1970 who has not had two doses of the MMR vaccine should arrange to have it at their GP surgery.

Teenagers and young adults

If you have not had two doses of the MMR vaccine you are at risk of catching the diseases the vaccine protects against. If you have already had one dose you will only need one further dose, no matter how long ago you had your first dose. If you need two doses they can be given one month apart. Contact your GP surgery as soon as possible to catch up on any missed MMR vaccinations.

Women and pregnancy

Rubella can be a very serious infection for unborn babies. If you're planning to have a baby you should have had two doses of the MMR vaccine. As it is a live vaccine, you can't have it when you are pregnant and you should avoid getting pregnant for one month after having the MMR vaccination. If you have not had two doses, contact your GP surgery as soon as possible to catch up on any missed MMR vaccinations.

If you are pregnant or have just had a baby and are not sure if you've had two doses of the MMR vaccine, speak to your midwife or GP at your next appointment.

Older adults

Adults born in the UK before 1970 are very likely to have had measles, mumps and rubella as a child, so will already be protected. If you are not sure whether you have had these infections and are concerned, discuss it with your GP or nurse. Even if you think you have had the vaccines before but aren't sure or have no record of this, it is safe to receive further doses.

Moved to the UK?

If you have moved to live in the UK you may need two doses of the MMR vaccine. Different countries offer different vaccinations and not all may have used the combined MMR vaccine. If you don't have a record of the vaccines you have received or are not sure, discuss this with your GP or nurse. You may also need other routine UK vaccinations.

Are there any reasons why the vaccine should not be given?

There are very few reasons why the MMR vaccine cannot be given. If you or your child are ill with a fever on the day the vaccination is due, delay the appointment until you are better. If you or your child have a minor illness without a fever, such as a cold, the vaccination should be given as normal.

The vaccine should not be given to anyone who has had a severe (life-threatening) reaction to a previous dose of the vaccine or any ingredient in the vaccine.

The MMR vaccine should not be given to pregnant women or people who have a weakened immune system (are 'immunosuppressed') due to treatment or a disease.

Before receiving the MMR vaccine, you should tell the GP or nurse if you or your child:

- is immunosuppressed due to treatment for a serious condition, such as a transplant or cancer, or is taking high levels of steroids or medications that significantly affect the immune system;
- has a condition that affects the immune system; or
- has had convulsions (fits) not associated with fever.

You should also tell them if you are pregnant.

Can the vaccine be given to someone with allergies?

Yes. Asthma, eczema, food intolerances and egg allergies do not prevent someone from having the MMR vaccine.

Can the vaccine be given before 12 months of age?

Not usually, because immunity passed on from the mother can make the MMR vaccine less effective. Sometimes the vaccine may be offered to children from six months of age, for example before travel to areas where measles is circulating or during an outbreak. Any child who is given the MMR vaccine before the age of 12 months should still receive two further routine doses.

! If you or your child has missed any MMR vaccinations, it's important to catch up as soon as possible. Talk to your GP or nurse.



Is there gelatine in the MMR vaccine?

Gelatine is a substance used in a wide variety of foods and medicines, including vaccines. In the UK we currently use two MMR vaccines, called MMRvaxPro and Priorix. MMRvaxPro contains porcine (pork) gelatine. Priorix does not contain gelatine. Please speak to your GP or nurse if you need a vaccine that does not contain gelatine.

How will I know when the vaccinations are due?

An appointment will be sent to your home address when the vaccine is due. Most GP surgeries and health centres run vaccination clinics for children. If you change your address, please let your GP surgery know.

What happens at the appointment?

Your GP or nurse will explain about the vaccination and answer any questions you have. The vaccine is usually given as an injection in the upper arm.

What if I miss the appointment?

You should cancel an appointment beforehand if you can't make it. If you do miss the appointment or have to delay the vaccination, make a new appointment as soon as possible.

What are the side effects of the MMR vaccine?

Millions of doses of the MMR vaccine have been given worldwide for over 30 years. The vaccine has a very good safety record.

! Side effects are usually mild and are less common after the second dose.

People can sometimes get a sore arm where the injection was given. Some may develop a small lump where the needle was put in, and the area around it might also be slightly hot and red. This is normal and may last some weeks. It does not need any treatment.

The vaccine contains weakened types of live measles, mumps and rubella viruses. Because the viruses are weakened, people who have had the vaccine cannot infect other people. The three different viruses in the vaccine act at different times and may produce the following side effects after the first dose.

- Around six to 10 days after the vaccination, as the measles part of the vaccine starts to work, about one in 10 people may develop a fever and some develop a measles-like rash and a loss of appetite. Symptoms usually last two to three days.
- About three weeks after the vaccination, 1 in 50 people may get mumps-like symptoms (fever and swollen glands) after their vaccination as the mumps part of the vaccine starts to work.
- Rarely, one in every 1000 young children may have a fit caused by a fever following the vaccination. This fit is also called a febrile convulsion. However, if a young child who has not been vaccinated gets measles, they are five times more likely to have a fit.
- Very rarely, about 1 in 10,000 people may get a rash of small bruise-like spots in the six weeks after the vaccination. If this happens get advice from your GP.



Less than one in a million people develop encephalitis (swelling of the brain) after the MMR vaccine, but there is very little evidence that it is actually caused by the vaccine. However, if someone catches measles, the risk of developing encephalitis is over 100 times higher.

Less than one in a million people can have a severe reaction soon after vaccination, which causes breathing difficulties and may cause them to collapse. This is called an anaphylactic reaction and it can also happen with other medicines and food. These reactions are extremely rare and doctors and nurses are trained to manage them. People who have an anaphylactic reaction can be successfully treated and usually recover within a few hours.

If you or your child has a fever and feels unwell after the vaccination, you or they can take paracetamol or ibuprofen. Read the instructions on the packet carefully and take the correct dose for your or your child's age. We don't recommend taking these medicines beforehand to prevent a fever from developing.

! Remember – children under 16 should not take medicines that contain aspirin.

You can report suspected side effects of vaccines and medicines through the Yellow Card scheme. You can do this online at www.mhra.gov.uk/yellowcard or by calling the Yellow Card scheme hotline on 0800 731 6789 (Monday to Friday, 9am to 5pm).

End of the school day

This is an incredibly busy time, however, the road approach=ing the entrance to school is becoming more congested as some parents are waiting behind the buses when picking up at the end of the day.

Please use the car park. There are spaces available, but some parents are choosing to sit and wait on the turning circle until their children are brought up.

Please do not park and leave your car on the turning circle - use the car park.

New Entrance arrangements - A reminder

Most of you will know that we have added an extra layer of magnetic door locks to the front entrance to improve site security. When picking up children early, or if you have to drop them between opening and closing times, please sign them in from the new waiting area. Please don't be offended when we keep you in the waiting area between the main doors in school! The increased site security is important to ensure that we can control who has access to areas of the school when children are on site. Diolch

Big Dig and Do Day - Part 2!

We loved Saturday - thank you to those of you who were able to come along this weekend to help. We got a huge amount done, including painting, pulling down sheds, literally moving other sheds, digging and sowing. The grown ups and the children were amazing! We would love to see more of you next time.

We are aiming to have another day on Saturday 4th May, aiming to be ready by 9 am and off site by 2pm at the latest. Your lovely children are welcome to be helpers, but we are unable to take responsibility for them during the day.

Ymadrodd yr Ywthnos - Phrase of the Week

Our Phrase of the week this week is

Oes da ti? Do you have a.....?

Oes, mae da fi. Yes I do have a

Have a look at the video of some of our Criw Cymraeg modelling the language pattern for you.

@[Siarad Cymraeg | Shirenewton Primary](#)



You can find a link to all of our phrases here! @[Ymadrodd yr Wythnos | Shirenewton Primary](#)



Siaradwr Cymraeg yr Wythnos - Welsh Speaker of the Week

Our Welsh Speakers of the Week are:

Rowan A, Reception

Freddie B, Year 6

Llongyfarchiadau!

Chepstow Cluster of Schools - [Survey reminder](#)

As part of our work to develop our curriculum, we work closely with our cluster of schools. Please see a letter written jointly by all of us with a request for your views. We will be undertaking a similar exercise with our children over the next few weeks, in preparation for our joint INSET day at the end of this half term. Last week we sent a link to an on line form to collect your views on:

- Knowledge about the local area

- Opportunities for learning in the local area
- Inspirational people from the local area
- Experiences pupils should have around the local area
- Resources from the local area school can have access to
- Expertise from the local area that we can bring into our schools
- Any local events or celebrations schools should be a part of
- Any local organisations or clubs (including sports) that we should be aware of

Thank you for taking the time to complete this by clicking on the survey reminder link above. We will be collaborating as a cluster of schools in the Summer Term to bring ideas together, and to start to plan a way forward for our pupils' curriculum.

Meaningful Maths Parent Sessions - Google Form

This term, parents from all classes will be invited into school to join us in learning about what maths looks like here and how you can support your children through their maths journey at home.

Meaningful Maths
Understanding Your Child's Journey

From number and calculating to shape and measure, we offer an opportunity to see how your child learns maths in school, whilst upskilling yourself and building confidence to help your children with maths work at home.

Join us for a journey through your child's maths curriculum.

Please contact: IsabelCook@monmouthshire.gov.uk

Details:

Shirenewton Primary School
in Reception and Year 1

Starting: 12/4/24
Running for 6 weeks
From 9.15 - 10.30am

Funded by UK Government
Wedi ei ariannu gan Llywodraeth y DU
POWERED BY
LEVELLING UP **FFYNIANT BRO**

Meaningful Maths

This six week programme, with sessions that last approximately an hour, the last 20 mins of which your children will be able to join you are going really well for our Reception and Year 1 pupils

The turnout has been fantastic

a reminder that sessions for all other classes begin on Friday 7th June

Year 2 and 3 at 9:15 am

Years 4, 5 and 6 at 10:45 am

A new Google Form to gauge your interest will be sent out shortly. Diolch

★★★★★ **Seren yr Wythnos** ★★★★★

Congratulations to the following learners for earning themselves a headteacher certificate this week.
 “Llongyfarchiadau” i...

Tîm Coed Coch		Tîm Helyg		Tîm Derwen		Tîm Collen
Dosbarth Derbyn	Blwyddyn Un	Blwyddyn Dau	Blwyddyn Tri	Blwyddyn Pedwar	Blwyddyn Pump	Blwyddyn Chwech
Seffi	Sebastian	Theon	Blanka	Anwen	Theo	George
Ruby	Lincoln	William	Oliver J	Olivia	Florence	Luke
Lewis	Arkadii	Ava	Oscar	Henry	Emily	Ben

Talents and Achievements



Hello Heidi,

Rogiet junior parkrun results for event #141. Your time was 00:09:03.

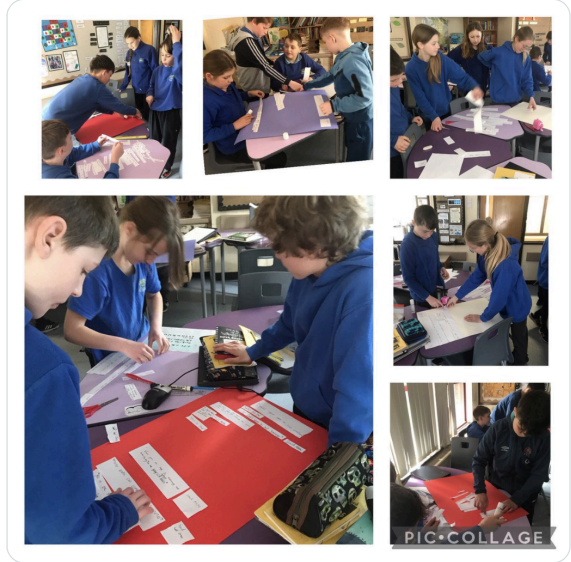
Congratulations on completing your 2nd junior parkrun and your 2nd at Rogiet junior parkrun today. You finished in 9th place out of a field of 45 parkrunners. You were the 5th female and came 2nd in your age category JW10. [Take a look](#) at this week's full set of results on our website. Congratulations on setting a new Personal Best at this event! Congratulations on your fastest time this year.

This week we have been:

1 **Shirenewton Year 1** @Shire_Year1 · 4h ...
Dydd iau y goedwig. Today we collected soil from the molehills in school (no moles were harmed in this process 👍). We used the fantastic topsoil the moles made for us to plant our sunflower seeds. 🌻 @shirenewtonsch @Shire_STEM



6 **Shirenewton Year 6** @shirenewton_6 · Apr 17 ...
Collaborative learning all week, turning our role plays inspired by When Hitler Stole Pink Rabbit, into narrative with direct speech. @shirenewtonsch @shi_llcaole



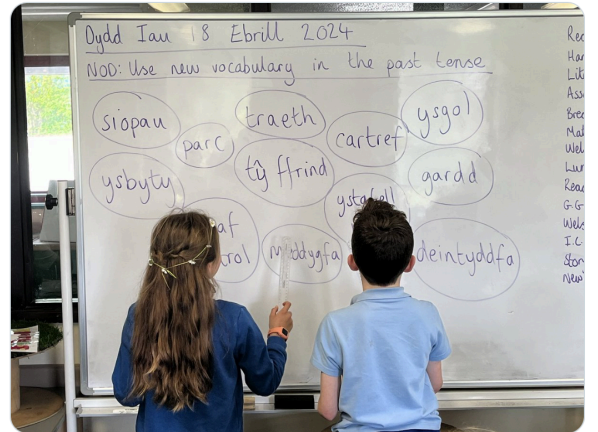
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4 **Shirenewton Year 4** @Shire_Year4 · 3h ...
During our forest school session we explored our school grounds and discussed ways we can use our forest school sessions to improve our grounds, utilise space and encourage wildlife! We can't wait to get started 🌟



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5 **Shirenewton Year 5** @Shire_Year5 · 43m ...
Some very competitive slafwrdd today learning new vocabulary. Da iawn pawb. @shire_cymraeg @shirenewtonsch



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Diary Dates 2023/24

New information highlighted in yellow

Summer Term 2024 – Key Dates	
Thurs 2nd May - Class Photos	Fri 7th June - Maths parents session, 10:30am, Years 3, 4, 5 and 6 (repeated weekly for 6 weeks)
Mon 6th May - Bank Holiday	Thurs 13th June - Y3-Y6 Tennis tournament
Sat 18th May - Big Dig and Do Day Part 2	Thurs 20th June - School Disco
Tues 21st May - Year 5 Playmakers conference	Mon 24th June - Y6 Swimming Gala
Thurs 23rd May - Morning, Y3-Y6 Sports Day (weather permitting)	Mon 1st July - Wed 3rd July - Y6 Llangrannog
Afternoon ,Rec-Y2 Sports Day (weather permitting)	Wed 17th July - Last day for pupils
Thurs 23rd May - Afternoon, Fri 24th May - INSET Day	Thurs 18th July & Fri 19th July - INSET Days
Mon 27th May - Fri 31st May - Half Term Holiday	
Thurs 6th June - Morning Y3-6 Reserve Sports Day (weather permitting)	
Thurs 6th June - Afternoon Rec-Y2 Sports Day (weather permitting)	
Fri 7th June - Maths parents session, 9:15am Year 2 (repeated weekly for 6 weeks)	

Community Corner

Lots of notices in our community corner this week - please take a look



FOUR FOR YOU!— A Celebration of Community Music

Featuring....

MICROJAZZ
TRAINING
BIG BAND

CHEPSTOW TOWN BAND
CHEPSTOW COMMUNITY ORCHESTRA
CHEPSTOW MUSICAL SHOW CHOIR

FRIDAY 10 MAY
7.30PM

£5 PER PERSON ON THE DOOR
UNDER 16s FREE!

COMPERE—BETHAN MITCHELL

All proceeds to the ongoing work of the Friends of St Mary's Priory Refreshments including Bar

An appeal from Chepstow and Caldicot Lions

Dear Community,



For over half a century, the Chepstow and Caldicot Lions have been dedicated to serving our local communities through impactful initiatives and volunteer efforts. Our club is now facing a CRITICAL challenge that threatens our very existence. After 53 years of unwavering commitment, our membership numbers have dwindled significantly. Without an influx of new members, we may be forced to make the heartbreaking decision to close the club.

😞😞 The potential loss of Chepstow and Caldicot Lions would be an enormous blow to the communities we've supported for decades through projects like tackling hunger by supporting the Food Banks, helping to support childhood cancer care with Noah's Retreat, supporting Tŷ Hafan and The Kids Cancer Charity,

supporting Care Leavers, Litterpicking, Treeplanting, providing Message-In-A-Bottle, provisioning over 30 emergency defibrillators in prominent positions in the community, recycling spectacles for third world, and much, much more. Our club has been a driving force for positive change, and its absence would create a void that would be deeply felt.

👉 We urgently need passionate individuals to join us and revitalise our pride. By becoming a Lion, you'll have the opportunity to make a tangible difference in the lives of those around you while being part of a global network of service-minded people. If you've been seeking a fulfilling way to give back, build meaningful connections, and contribute to the betterment of Chepstow, Caldicot, and surrounding areas, this is your chance. We welcome people from all backgrounds and walks of life who share our values of compassion, community, and camaraderie.

🦁 Please, we implore you to step forward and offer your support. Your involvement could be the lifeline our club desperately needs to continue its vital work for years to come. We meet once a month at the delightful Mounton Brook Lodge - Chepstow. To learn more about joining our pride, to explore volunteer opportunities, or just for a chat, please in the first instance reach out to us through Facebook Messenger. Together, we can ensure that the legacy of the Chepstow and Caldicot Lions endures, creating a brighter future for all.



https://www.facebook.com/ChepstowLions2016/?locale=en_GB

[@CaldicotLions](#)

#WeServe #kindnessMatters

An appeal from Rev. Waters to parishioners of St. Peter's Church in Newchurch

YR EGLWYS
YNG NGHYMRU



THE CHURCH
IN WALES

18th. March 2024

Dear Parent/Carer,

I understand how busy care givers are but I hope that you will find the time to read this note.

You may not know me but your child(ren) who attend Shirenewton school certainly will. I have been taking school assemblies for many years now and am also present at key times of the year for concerts and special assemblies. I use such times not only to talk to the children about Christianity but also to help reinforce some messages about how we choose to live our lives and things like respecting others.

I believe that you live on part of our Ministry Area that is served by a small church on the Devauden Road, namely St. Peter's Church in Newchurch. Since Covid we have lost a number of our regular worshippers due to prolonged illness and sadly in some cases death. So that we can try to re-build we have decided that on the 3rd. Sunday of each month we will hold a very informal Café style service. This is simply having cake and other refreshments and a drink - all free - and a short form of worship. We know that many children have active social events on the weekend so we have moved the time of our service from 21st. April to 5.30 and lasting for less than an hour, this is in the hope that this will be after other events and not too late for children before they prepare for school the next day.

I know that going to church is no longer fashionable these days but I wonder if you would be prepared to bring your child along and see if it is something that you as a family may be interested in on the longer term.

Churches and church services are no longer as stuffy as they once were so why not give it a try and come along at 5.30 on 21st April?

Yours sincerely,

Revd. John S. Waters (Parish Priest)

Devauden Village Hall New Community Café Tuesdays 10am to 2pm



FREE for residents of Devauden and surrounding areas

- Tea/coffee/cake/biscuits
- Daily newspapers and magazines
- Children's board games and crafts
- Soup and roll (between 12pm-1pm)
- Good internet connection for work or leisure





Café Church

Sunday April 7th at 3:30 in the Church Room
And thereafter on the 1st Sunday of each month

Café Church is perfect for families!
Or indeed anyone who would like to try an informal style of worship.
Café style refreshments and fellowship for adults and children -
meet new friends and neighbours
Children's activities (primary/ pre-school)
Newspapers

Short service featuring:

- Modern worship songs
- Bible story
- All age address
- Prayers for the issues important to you

Come and give it a try!