

10th January 2020

Dear Parents/Carers,

Happy New Year to you all. Can I suggest a New Year Resolution for us all....



I regularly have parents talk to me regarding head lice, but unfortunately it is not something that we can do anything about. The days of the 'Nit Nurse' visiting school are long gone!

Parents ask me about sending letters home when head lice are detected in a class, but that would mean sending home an awful lot of paper and unless every parent in the class checks their child's hair, they are ineffective.

I know some families are spending an awful lot of money on various treatments, but wet combing with conditioner is far cheaper and just as effective.

Head lice are a problem in every school. The only way we can tackle them is by working together as a school community and for everyone to get into the habit of checking their child's hair weekly.

The children have had an assembly today about head lice and we have talked together about how they are annoying, but everyone gets them and they are nothing to be ashamed of. Hopefully your children will be nagging you to check their hair.

We would really appreciate your cooperation in this matter.

Yours sincerely



L Barbuti

Head of School.

HEAD LICE – A GUIDE FOR PARENTS

Checking the hair of everyone in the family at least once a week ensures early detection.



WET COMBING – HOW TO DO IT!

You will need:



A Nit Comb
Good lighting
An ordinary Comb or Brush
Conditioner

- 1) Wash the hair well, then dry it with a towel. The hair should be damp, not dripping. Apply ordinary conditioner and leave in the hair.
- 2) Make sure there is good light. Day light is best.
- 3) Brush or Comb the hair first. You may find dividing the hair into sections with clips etc. useful.
- 4) Start with the teeth of the detection comb touching the skin of the scalp at the top of the head.
- 5) Comb through each section from the scalp to the ends of the hair.
- 6) Look carefully at the teeth of the comb in good light and wipe with a tissue.
- 7) Do this for as long as it takes to comb each section of the hair.
- 8) If there are head lice, you will find one or more lice on the teeth of the detection comb.
- 9) Continue to comb through each section to remove any live lice until no more are detected.

This will not remove 'live' eggs so you will need to repeat every day in order to remove any newly hatched lice.
- 10) If you are going to use lotions DO NOT TREAT unless you are sure you have found a living moving louse