

5 October 2010

Dear Parents

Once again head lice are doing the rounds in school. Our School Health Advisor has asked us to pass on the following helpful facts and tips:

- ◆ Don't panic! Many young people get head lice at some point. They are spread from head to head during play, cuddling etc. So it's not just a school problem.
- ◆ Know what you're looking for. Head lice are pin-head sized legged insects which hatch close to the scalp. They often cause itching especially behind the ears or at the back of the neck. Once hatched, they leave behind white, shiny egg sacks which stick to the hair shaft.
- ◆ If you do find a live louse, you have 2 options. Use a chemical treatment or the recommended Bug Busting method.
- ◆ If you use a chemical treatment, check carefully it will suit your child (conditions such as eczema and asthma can be aggravated by some products).
- ◆ The Bug Busting method is simple. Wash hair with ordinary shampoo then apply conditioner and comb through. Switch to a fine tooth comb and starting at the roots, comb down to the end of the hair, section by section. Check the comb for lice after each stroke and rinse out. Repeat every 2 days for 2 weeks to end the life-cycle of the lice. Check weekly from now on.
- ◆ If you think there may be a problem, tell your school, friends and family. This will make everyone more vigilant and limit the spread.

If you feel you need more advice then please contact our School Health Advisor, Tricia Haley, on 0121 602 8813.

Yours sincerely

Martin James  
Headteacher