



Together we make a difference!

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Head Teacher: Mrs H Weston

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Dear Parent/Carer

We are currently having significant issues with Head lice in school. We would therefore like to ask for your support in reducing the number of cases we appear to be experiencing.

I fully appreciate this can be difficult however, it can also be extremely frustrating for those families who regularly treat their children and despite their best efforts they keep returning

Head lice are spread mostly by direct head-to-head contact. The sharing of hats, combs and other hair accessories may also spread head lice, but this is rare. Head lice have nothing to do with cleanliness or parenting skills.

It is important to treat your child for head lice. Below are some possible suggestions to support:

- Use a fine-toothed louse or nit comb. These combs may be included within packages of chemical treatment or you may buy one from most drug stores or pet supply stores.
- Combs with metal teeth spaced close together seem to work best.
- Clean the louse comb frequently to remove any caught lice or eggs.
- Some parents report that water, vegetable oils or hair conditioners help lubricate the hair and ease combing; others report that these make it more difficult to see the eggs.
- Repeat combing until no more active lice are observed. In the first instance, this may be daily
- Continue with this until no live lice are discovered for two weeks.
- It is important that during the treatment stage any combs, brushes, hats and other hair accessories in contact with an infected person should be washed in hot water each day to dislodge any lice or nits.
- Where further support may be required, please do not hesitate to contact school.
- The use of Tea Tree is an advised method to use to deter them from the hair once all nits and eggs have been removed. This may be in conditioners or there are hair care products containing this.

#### **Over-the-counter treatment:**

- Head lice may be treated with shampoo specifically labelled for head lice.
- It is very important to read and follow the label directions carefully and specifically.
- Parents should use caution when dealing with any insecticide, particularly on children.
- Combing can help further reduce the number of live lice and nits on the hair.
- Please be mindful that if your child suffers from a skin condition it may be advisable to seek advice before buying products from the local chemist.

#### **Prescription medication:**

- In some cases, the over-the-counter products fail to eliminate live lice. Your child's doctor may then order a prescription for treatment of head lice. As with any treatment product, follow the directions carefully. Ask your doctor, the school nurse or the pharmacist if you do not fully understand the directions.

**Treatment of clothes:**

- A clothes dryer set at high heat or a hot pressing iron will kill lice or their eggs on pillowcases, sheets, nightclothes, towels and similar items your child has been in contact with during the previous two days. (Lice and their eggs do not live more than one to two days off the head.)

**Hair:**

- Short hair is more easily searched for lice and eggs, but does not prevent your child from getting head lice.
- It is advised that if your child has long hair then it is tied back in a bobble.

Should you have any questions please do not hesitate to contact me. Thank you for your continued support.

Yours sincerely

*H Weston*

Mrs H Weston  
Head teacher