



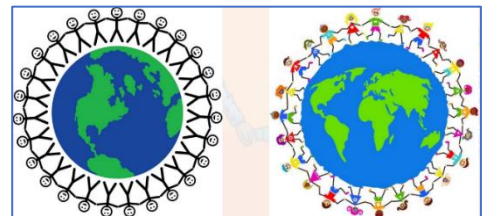
**12<sup>th</sup> January 2024**

Dear Parents/Carers,

Our first full week has gone by in a flash and as I always seem to say, I am so proud of the attitudes are children have shown to learning this week. We have now started our new sequences of learning, all of which are driven primarily by Geography this half term.

- Acorns – Acorns are focusing on the theme 'Superheroes' and are learning all about those in our communities' who help us.
- Seedlings – will be exploring environments as they dive into their learning theme – 'Animal Allsorts'
- Buds – are thinking about 'Wild Cornwall' as they learn about the seaside, living things and their habitats.
- Young Oaks – 'What on Earth is a climate zone?' – this is the question that Y3 are exploring
- Bur Oaks – are exploring rivers and particularly some of those nearest to us.
- Red Oaks – are answering the question: 'How do volcanic eruptions and earthquakes affect humans and the Earth?'
- Mighty Oaks - are taking a 'Voyage of Discovery' and learning more about Darwin and his journey to the Galapagos Islands.

In our assemblies this week we have thought about our planet and explorations. We spoke about the recent Vulcan rocket that launched on Monday and the Peregrine lander that was going to land on the moon. On Tuesday we spoke about how it had gone wrong – this promoted a good discussion about resilience and resourcefulness! We have also been exploring the value of TOLERANCE and how the world is a better place for its diversity.



You will have no doubt noticed that it has got a lot colder recently and this looks set to continue. Please do ensure that your children are dressed appropriately for the weather and that they bring a coat with them to school.

I hope you all have a great weekend.

Mr Hick

## Clubs



We are finalising after school clubs. These will begin in the week beginning 22<sup>nd</sup> January (the week after next) and will run for the duration of the Easter term. We will send out a sign-up form next week for these.

## Attendance

I would like to take this opportunity to reiterate the importance of school attendance.

Achieving high school attendance is a national priority. Our school data clearly shows a correlation between high attendance rates and high achievement.

We want our children to achieve excellent attendance in line with national average. Illness usually appears as a block of time off school. We review attendance patterns each week and look for unbroken and broken weeks as a key indicator. We would not usually expect that children would have more than one or two broken weeks in the course of an academic year. Regular broken weeks are a cause for concern and we will offer support to families where there are more frequent broken weeks, in line with our attendance procedures. The impact broken weeks can have on a child's education (taken from national data) is illustrated below:

If your child misses...	That equals at least...	Which is the same as....	And over 13 years of education that's...	Or at least...
1 day a fortnight	80 lessons per year	4 whole school weeks per year	Nearly 1.5 whole years	1040 lessons
1 day a week	160 lessons per year	8 whole school weeks per year	Over 2.5 whole years	2080 lessons
2 days a week	320 lessons per year	16 whole school weeks per year	Over 5 whole years	4160 lessons
3 days a week	480 lessons per year	24 whole school weeks per year	Nearly 8 whole years	6240 lessons

Please note that if your child is absent from school then you must phone to let us know and not email.

## Inset Day

Please note that 9<sup>th</sup> February is an inset day and the school will be closed to children on this day. This means the end of this half term will be Thursday 8<sup>th</sup> February.

# DON'T BUG ME! TRUTH AND LICE

## PARENTS...

ONCE A WEEK, LET DETECTION COMB HERO CHECK THROUGH YOUR CHILD'S HAIR. THEN USE THE SPECIAL LOTION IF LICE ARE THERE



## QUICK TIPS FOR WET COMBING CHILD'S HAIR

- Buy the detection comb in a pharmacy
- Hair should be wet, use regular shampoo
- Put lots of any conditioner on
- Comb from roots right to ends of hair
- Work through hair, section by section, checking comb each time
- Have plenty light, daylight is best
- If moving lice are found, check all family
- Do this every week

## QUICK TIPS FOR USING LOTION

- Treat everyone in family who have living, moving lice, at same time
- Hair should be dry
- Pharmacist will advise on which lotion (See answer to Question 11, inside)
- Read the instructions carefully
- Work through hair section by section until all of scalp has lotion on it – down to where you would put ponytail band
- Repeat one week later

## 1. WHAT ARE HEAD LICE?

They are grey/brown insects, from pin-head or sesame seed to match-head in size (1 - 3 mm long) that live close to the scalp on humans. The insects lay eggs. Each egg is glued to a hair, often near the root. Lice and unhatched eggs are hard to spot.

## 2. WHAT ARE NITS?

Nits are the empty egg cases left behind when the lice hatch out. They are usually pearly white. Both eggs and nits are very difficult to remove from the hair.

## 3. HOW DO LICE SPREAD?

When two heads are touching for a minute or more, the lice climb rapidly through the hair from one head to another. They don't jump, fly or swim. Lice that fall from the head or amble onto bedding or hats are usually dying and harmless. Lice caught on combs can re-establish if they are combed back on again within 48 hours.

## 4. BUT I'VE SEEN THEM JUMP ON THE COMB

This is due to static electricity, making them appear to 'fly' off the comb.

## 5. WHO CAN GET THEM?

Anyone with hair. They aren't fussy about clean or dirty hair. Children tend to get them more than adults, probably because they put their heads together more than adults do.

## 6. WHERE DO YOU GET THEM?

Anywhere. Children get them wherever they mix with other children, this can be in the home, at school or childcare facility or other activity venue.

## 7. HOW DO I KNOW IF MY CHILD HAS HEAD LICE?

The main symptom is itching, but you can have head lice for up to six weeks before you notice any itching. Only about one third of children have an itch. The best way to find them easily is to check your child's hair regularly (once a week) by wet combing. Detection combs can be bought in a pharmacy. To work well, combs should have rigid, flat-toothed, plastic teeth, set not more than 0.3mm apart.

## 8. HOW DO I WET-COMB MY CHILD'S HAIR

Wash the hair with your ordinary shampoo. Put on lots of any conditioner and comb it through with an ordinary comb. This makes any lice really wet, which keeps them still. Then, using the detection comb, slot the teeth of the comb into the hair at the roots and draw the comb down to the ends. Check the comb for lice every time you do this. Make sure there is good light, daylight is best. Continue until you have worked through each section of hair and have checked the whole head. Rinse off the conditioner and repeat the combing while the hair is still wet.

## 9. HOW OFTEN SHOULD I DO THIS?

It is a good idea to get into a routine and do it about once a week. This means you will be able to treat early if you find living, moving lice. Treating early helps cut down on the number of people in the family, or who are close to the child, who will get head lice.

## 10. WHAT DO I DO IF I FIND LICE?

If you find lice, you should check everyone else in the family and treat only those who have them. Also let people who have been in close contact with anyone with lice know, so they can check as well.

## 11. WHAT DO I USE TO TREAT THE LICE?

The best way to treat is with a lotion (not a shampoo or mousse). These can be bought over the counter in a pharmacy. In the past, chemical insecticides were used to treat head lice. Oil based products are now recommended, sold under different brand names (Full Marks spray or solution/Hedrin spray gel). These products have a physical effect, so the lice do not get 'resistant' to them. Your pharmacist is the best person to advise you on which one to get. If you are buying products outside of the Republic of Ireland, you need to discuss this with the pharmacist before you buy.

## 12. HOW DO I USE THE LOTION?

There will be instructions on how to put on the treatment, and how long to leave it on for, in the box – each of the products is slightly different. Put the lotion on dry hair. Part the hair near the top of the head, put lotion onto the scalp and rub it in. Part the hair a bit further down and do the same thing again. Do this over and over again until all sections of hair have been done and the whole scalp is wet. You don't need to put lotion any further down than where you would put a ponytail band. Treat everyone with lice at the same time so that untreated people don't infect the treated ones again.

Even if the preparation recommends only one application, it is important that you put it on again a week later. The reason for this is that no treatment is guaranteed to kill unhatched eggs. The eggs that aren't killed will hatch over about one week.

2 days later: Check hair for living, moving lice.

Once treatment is complete, continue with the weekly checking.

## 13. WHAT IF I FIND NITS AFTER TREATMENT?

If you find nits but don't find lice, don't treat. Nits are the empty egg cases which are glued to the hair. They will be left behind on the hairs after you have treated but this doesn't mean the treatment has failed.

## 14. WHAT IF I KEEP FINDING LICE

There could be 2 reasons for this. It could be because your child has been re-infected with lice, or the treatment wasn't carried out correctly. Check the whole family again and treat all those with lice again. Remember to spread the word to family and friends. If you still find lice after that, ask your GP or pharmacist for advice.

## 15. WHAT IF I STILL HAVE NITS

Nits (empty egg cases), on their own, do not need to be treated. You can remove them by hand or fine tooth combing if you don't like the look of them. They can be hard to remove because they are glued to the hair.

## 16. BUT MY CHILD IS STILL SCRATCHING

People can scratch after treatment but it doesn't mean they still have lice. Check your child's head to be sure, but only treat if you find living moving lice. The treatments can make the scalp flaky and itchy. Also, some people scratch just thinking or talking about lice.

## 17. SHOULD I USE A LOTION 'JUST IN CASE'

No, you should only use the treatment if you find living, moving lice. The treatments are safe but they shouldn't be over used. They can also make the itching worse.

## 18. I'VE HEARD TREE OIL IS GOOD FOR KILLING AND PREVENTING LICE

There is no evidence that it works and it can irritate your scalp. Nor is there evidence for alcohol, electric combs, products sold to prevent head lice infection (repellents) or any other folk remedy.

## 19. SHOULDN'T NURSES CHECK CHILDREN'S HEADS?

No. This is not practical and it will not stop head lice spreading. It is much better for parents to check their children's heads regularly (about once a week) as described in this leaflet

However, public health nurses who go into schools and practice nurses in your GP surgery are available to give help and advice about head lice to parents.

## 20. WHAT ABOUT THE SCHOOL OR CHILDCARE FACILITY-CAN THEY DO ANYTHING?

In the past, 'alert' letters have been sent out, but these tend to cause stress to children and parents and sometimes outbreaks of imaginary lice. It is much better for all parents to check their children's heads regularly. Alert letters to remind parents to check their children's hair will be sent out when there are a number of children with head lice in the class.

## 21. SHOULD I KEEP MY CHILD OFF SCHOOL?

NO! Lice are unpleasant and some people sometimes feel embarrassed if they get them, but they are not a health hazard. There is no reason for your child to miss out on their childcare or their education just because of head lice.



KEEP ALERT AND SPREAD THE WORD TO STOP THE SPREAD OF LICE.



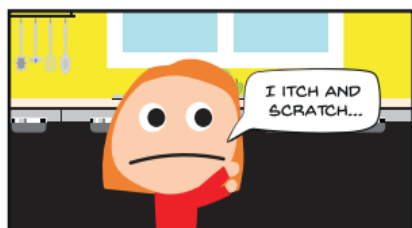
HSE CHO1 Donegal, Cavan, Monaghan, Sligo & Leitrim:

Date: 04/2017 Due Review: 04/2019


Acknowledgement: Leaflet from Dept of Health, Social Services and Public Safety, Northern Ireland, UK. used with permission –some amendments

For more information contact your Public Health Nurse





### INTERESTING FACTS



- I'M 1-3MM LONG
- I CAN'T JUMP, SWIM OR FLY
- I LIKE CLEAN OR DIRTY HAIR
- I ONLY MAKE SOME CHILDREN ITCHY
- DC HERO'S SPECIAL LOTION GETS RID OF ME VERY QUICKLY :-)



### WHAT YOU CAN DO

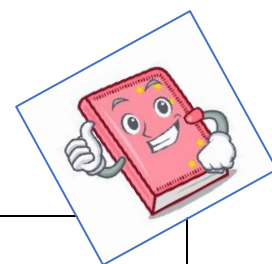
1. DON'T SHARE COMBS, BRUSHES, HAIR SLIDES, HATS, TOWELS OR PONYTAIL BANDS WITH OTHER CHILDREN
2. STOP WRIGGLING :- ( WHEN 'DETECTION COMB HERO' IS CHECKING YOUR HAIR!
3. DON'T WORRY; IT'S VERY EASY TO GET RID OF HEAD LICE :-)



**DETECTION COMB HERO**

HSE Community Healthcare Organisation 1. Date 04/17 Due Review 04/19





### **Dates For Your Diary**

16.1.24	Swimming Gala – selected children (Y5 and Y6)
W/b 22.1.24	Clubs begin
7.2.24	PTA – Make the rules day
8.2.24	Y3 Trip to Eden
8.2.24	End of Half Term
9.2.24	<b>SCHOOL INSET DAY – SCHOOL CLOSED TO CHILDREN</b>
19.2.24	Start of half term
27.3.24	PTA Disco
28.3.24	End of Spring Term
15.4.24	Start of Summer Term
24.5.24	End of half term
3.6.24	Start of half term
17.7.24	Leavers Disco
23.7.24	End of Summer Term



## GOLDEN AWARD WINNERS

ACORNS	Loveday & Oliver
SEEDLINGS	Isabelle & Max
BUDS	Sienna & Edmon
YOUNG OAKS	Ada & Elliot
BUR OAKS	Zachary & Sonny
RED OAKS	Freddie & Poppy
MIGHTY OAKS	Jamie & Marlowe





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