

Colmers Farm Infant School

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12th January, 2016.

Dear Parents,

Nits.

There have been several cases of 'nits' in school recently. While lice are nothing more than a nuisance, it is important that children are checked on a weekly basis so that any head lice can be dealt with quickly and before they are allowed to spread too far. Having head lice is also very uncomfortable for children.

The school nurse holds a 'drop in' clinic at school 2 Mondays per month, starting 25th January. Should you wish to discuss any concerns you may have with her please book an appointment via Mrs Chatwin on main reception.

The following information has been taken from the NHS website to help parents. Please check your child's hair regularly to prevent 'nits' from spreading in school. Thank you in advance for your support with this matter.

"How to spot head lice

Head lice can be difficult to detect, even when you closely inspect your child's head. If you think your child may have head lice:

- Check your child's hair. The most common places for head lice to lurk are in the hair behind the ears and at the nape of the neck.
- If you still can't spot any lice, comb the child's hair with a special nit comb. These are available from most chemists. It's easier to spot head lice as they fall out if you comb the hair over a piece of white paper.

Treating head lice

If head lice are present, you need to treat your child.

You should only treat your child if you find live head lice, which confirms a live infestation. Don't treat "just in case". Head lice are tough. They can't be killed by washing with normal shampoo or normal combing. Because they reproduce so quickly, you've got to kill them before they spread to others. If your child has head lice, check everyone in the family. You'll need to treat everyone affected to get rid of them.

You can treat head lice by wet-combing hair with a special comb, or by using medicated lotions or sprays available over the counter at pharmacies."

<http://www.nhs.uk/Livewell/childhealth6-15/Pages/Nits.aspx>

Please turn over for more advice / information.



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As there has been an outbreak, we suggest that you check your child's head as soon as possible.

Follow the simple **CHECK, TREAT, COMPLETE** routine below to ensure you are doing your bit to keep head lice outbreaks to a minimum.

CHECK

- Your child's hair once a week
- Use a proper detection comb – with teeth no more than 0.3mm apart to trap head lice and white in colour so they can be easily identified
- If you find live lice, consult a pharmacist for treatment advice
- If head lice are not spotted, take a close look at all the family, including yourself and ask close family and friends to check as well

TREAT

- Only treat if live lice are identified
- Use a clinically proven treatment, ideally with a physical mode of action to which lice are very unlikely to build a resistance
- Leave the treatment on for the recommended for maximum effect – leaving it on for longer will not make it more effective

COMPLETE

- Repeat the treatment for a second time seven days after the first to kill any lice that may hatch from eggs during that time – if the pack instructions specify that a second application is required
- Check that all head lice have gone within two to three days of the final application of head lice treatment to complete the process
- Continue to check for head lice on a regular, weekly basis

For further information on head lice see your pharmacist or visit www.onceaweektakeapeek.com.

Thank you for your co-operation

Mrs Wheale
Deputy Head Teacher



*committed to
inclusive staff
development*

