



MERIDIAN COMMUNITY PRIMARY SCHOOL AND NURSERY

Learning for Life



Dear parents and carers of Year 3,

A case of head lice has been found in your child's year group.

Please help us to banish head lice from our school. Check the hair of your children and all members of your family. Get someone to check your hair. If you find lice or eggs (nits) be sure to tell your relatives or anyone who may have been in close contact with your children and your family. Every member of the family must be treated. Adult females may have head lice and not be aware of it. They are more likely to be the source of infection than you think. You don't have to feel itchy or be scratching to have head lice. That can happen at a much later stage when there is a real problem with the infection.

Please begin treatment as soon as you can. It may take up to two weeks to get rid of the infection because of the life cycle of the head louse. You can think your child is clear after treatment only to find lice again after a day or two. Your child has probably not been re-infected. It is more likely that you haven't managed to get rid of all the eggs (nits) and some have hatched. Constant vigilance and daily combing with a special nit comb (a very fine toothed comb) is really the only answer.

There are various treatments available including special lotions from the chemist and some herbal treatments including the use of Tea Tree oil and an infusion made from Quassia Chips.

If you discover head lice, shampoo your child's hair and then put on an extra thick layer of conditioner. The lice hate the condition because they can't get a grip on the hair. Comb through your child's hair whilst it is covered in conditioner and try to comb out the eggs and lice. You will need to do this on a daily basis for several days. After the initial treatment comb your child's hair carefully every day, so that you can remove any remaining lice. They are very good at hiding!

Remember to check furry hoods and pillow cases. Some head lice can live for quite a while off the hair. If your daughter has long hair make sure it is tied up or plaited so that it is not swinging loose when it can more easily touch another child's head.

Head lice infections occur mostly between the ages of 5 and 13 years. Prevention is better than cure – hair should be combed daily using the fine toothed detection combs that are available from chemists. Everyone in the family should be checking their hair every day. If you need extra advice, see your health visitor or go to the clinic.

Yours sincerely

Ms C Westcott
Headteacher

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