Objectives:

- Learn about headlice
- Reduce anxiety about headlice
- Discover how to detect them
- Work together to get rid of them

Headlice are not dangerous and do not spread disease, but cause anxiety and distress amongst others.

What we expect from you:

- Regular weekly checks to ensure that your child is not affected.
- Same day check if a letter or text about headlice is received from school.
- If live headlice are found, prompt treatment should be given.
- Inform all contacts of the family who may have come into head to head contact and inform school.
- Use approved treatment as recommended on pack or leaflet.

What you can expect from us:

- Information about headlice on an annual basis and more regularly if many cases arise.
- Encouragement to seek advice from the professionals if headlice become a persistent problem.
- Visual checks on pupils.
- Alerts via a text or letter if an outbreak is noted or school is notified by a parent that a pupil has headlice.
- An invitation to meet with the Learning Mentor to discuss treatment provided you wish.
- The Learning Mentor (with the parent's permission) may then offer to provide assistance with wet combing and /or other treatment.
- Encouragement to return your child to school immediately after treatment – there is no need to keep your child off school for the day.
- School staff will be encouraged to check their own hair regularly.

Tips

- Head louse eggs take up to 10 days to hatch. Baby lice take 6-14 days to become fully grown, and it is after this that they will take the opportunity to move from head to head during close contact. Younger lice tend to remain for a minimum of 6 days on the head where they have hatched.
- Treatment is only needed when a thorough check detects live lice. Insecticide lotion, rinse, mousse or shampoo should never be used preventatively – doing this may help the lice to become resistant to treatment.
- Beware of mixing your own potion for treatment or repelling lice – it is unlikely to be effective and could be dangerous. In particular, essential oils, such as tea tree, must be used with extreme caution on children and pregnant or breastfeeding mothers. ‘Natural’ does not necessarily mean ‘safe’.
- Seek advice from a medical professional about which treatments are effective – not all those on the market are. In particular, there is no evidence that ‘electronic zappers’, tea tree oil or preparations that claim to contain insecticides of natural origin are effective.

Some useful websites you could look at for further information are:

www.nhs.uk/conditions/Head-lice/
www.hedrin.co.uk
www.gov.uk/head-lice-pediculosis
www.chc.org/
www.onceaweektakeapeek.com/
…I and many others.

School does not endorse the products on any of these websites and is not responsible for the content thereof.

Free Head Lice Treatment.

Day Lewis Pharmacy on Claypit Lane are part of the PharmacyFirst scheme, as are any other pharmacies displaying the scheme symbol. If you are registered with a Rotherham GP and have found live head lice you will be provided with free head lice treatment if you don't normally pay NHS prescription charges. If you do pay for your prescriptions the cost of treatment should be much less than the current prescription charge.

Don't wait for a doctor's appointment, go straight to your pharmacy.

Head lice workshops may be available in school for groups or individuals – please contact Mrs Crummack our Learning Mentor.

The full Sandhill Primary School head lice policy is available on the school website:
www.rawmarshsandhill.org
The school by law cannot

- Carry out physical checks on pupils for head lice.
- Tell parents to keep children away from school because of head lice.
- Exclude a child from school because of head lice.

What are headlase?

A head louse is a tiny, wingless insect that can attach itself to a person’s hair, where it feeds on extremely small amounts of blood from the scalp.

They can only move to another head by crawling from hair to hair when the heads physically touch.

Head lice lay eggs around the roots and on the hair – it is the eggs that are more commonly seen in children than the lice.

Some head lice facts…..

- Head lice have nothing to do with cleanliness. Anyone can have lice. Lice love everyone!
- If a person is carrying 20 lice, those lice could lay 2,652 eggs during their reproductive life.
- The eggs take 7 to 10 days to Hatch.
- “Nits” are the empty egg of a head louse after hatching.
- “Nymphs” are immature head lice, reaching maturity between 7-13 days. Before this they are unable to lay eggs, or move to another head.
- They can live for up to 40 days.
- Lice are programmed to want to move to another head and can move quickly when disturbed – a louse can travel up to 23cm in a minute.
- They cannot jump, swim or fly, only crawl from head to head, so they are not quite the all action heroes we might think.
- Head lice only live on human beings, not on other animals.

Detection

Head lice can’t be prevented but regular checking ensures early detection and treatment if necessary. The best detection method is wet combing (see below).

“Persistence is the key to getting rid of these annoying insects!”

Wet combing

1. Shampoo the hair, rinse, apply lots of conditioner and use a wide-toothed comb to untangle and straighten.
2. Once the tangles have gone, section the hair and comb with a fine-toothed detection comb from root to end. Comb one section at a time, paying particular attention to the back of the neck and the area around the ears.
3. Check the comb for live lice between each stroke and remove them.
4. When the whole head of hair has been combed through and checked, rinse off the conditioner.
5. Check all family members at the same time and arrange treatment if lice are found.
6. Repeat the combing every three to four days for two weeks to treat the infestation.
7. If lice are still present after carrying out the above procedure, seek advice from a pharmacist.

Using a lotion.

Note the following advice for using lotions:

- Do not use lotions unless you find a living, moving louse. Head lice may become resistant to lotions if they are used too often.
- If live head lice are still being found after two treatments, ask your doctor, pharmacist, health visitor or school nurse for advice.
- Follow the instructions on the packet carefully. These will tell you how to apply the lotion, how long to leave it on the hair and when any repeat application is required for the treatment to be effective. The treatment method may vary between different lotions.
- Although the lotion will kill the lice, it will not kill the eggs. You will need to apply the lotion again after 7 days to kill any newly hatched baby lice. Again, this procedure may vary between different lotions, so follow the instructions on the packet carefully.
- Treatment does not prevent reinfection.