

# Fowey Primary School

Newsletter 4 - 19th October 2016



## Half term!

We are nearly at the end of a busy half term. Everyone has worked so hard to get the year off to a flying start. Thank you for all your support. I'm sure the children (and staff) are ready for a short rest before we come back to another action-packed half term, including preparations for Christmas. You'll receive another letter later this week giving details about Christmas events, including buying tickets for our Christmas play. After half term, on a Wednesday afternoon from 1:30-3:00pm, we will be having a Christmas play working party. If you can help out, and have a current DBS, please see Miss Dymond.

## Photos

If you haven't returned your photo orders yet, please can you hand them in by tomorrow, thanks.

## Fundraising

This year we are fundraising to improve the outdoor learning environment for EYFS and Y1. Katy Warnes (Max and Brynn's mum) is heading up our fundraising efforts. After half term, we'll be sending out a calendar of fundraising events for the rest of the year.



After the half term break we will be selling poppies in support of The Royal British Legion Poppy Appeal, which

helps provide thousands of modern veterans, service men, women and their families with vital advice and support.

## GLOBAL CHALLENGE DAY



We are looking forward to our Global Challenge Day on Friday. The children will take part in a range of activities linked to global learning. The activities will include building shelters, transporting water, considering ways to stay healthy and producing a short film about the right to education. A reminder that children are encouraged to wear a coloured t-shirt to match their house: Rashleigh (Red) Hanson (Yellow) and Treffry (Blue). We hope the children will thoroughly enjoy this day and develop valuable skills, as well as competing in their houses.

## Vaccination for Yrs 1-3

Children in Years 1,2 and 3 are due to receive a nasal spray flu vaccination in school on Monday 14th November. Consent forms will be sent home prior to the vaccination which will provide more information. You will have the option to opt out of the vaccination if you wish.

## INSET Days

A reminder that the school will be closed for staff training on Monday 31st Oct and Tuesday 1st Nov. We are taking part in joint training with some other PLT schools on maths and our next Read Write Inc. session. We look forward to seeing everyone back on Wednesday 2nd Nov.

## Parents' Voice Group (PVG)

The PVG is a discussion group where ideas are bounced off one another. It is also a chance for us to express our appreciation of parental help and involvement, and for you to tell us what things you like and think are going well too. Any new initiatives the school undertakes may also be discussed for feedback. The PVG is an additional way of parents' views being gathered and shared to that of parent governors.

### Representatives' role

We need around 2 parents for each class. Parent representatives bring any queries or ideas that have been raised by other parents of the class and then to feedback what has been discussed at the meeting. Anything that concerns a parents' own child should be discussed with the class teacher as normal, not at the PVG.

I am grateful that the following parents from last year have offered to represent their class again this year. There are still spaces to be filled (**two for Lantic, one each for Gribben, Coombe, Polridmouth and Readymoney**).

Lantic – +2

Cannis – Paul Hupfield, Emma Jennings-Frisby, Amy Eaton

Gribben – Katy Warnes +1

Coombe – Jo Virr +1

Polridmouth – Claire Hoddinott +1

Readymoney – Tom Owen +1

Carne – Julie Smith, Sarah Harrower

### Meetings

We hold meetings three times a year and take minutes which are available at school and on the website. Meetings start at 2:00pm and last for an hour.

If you would like to be a PVG representative for your class **please let me know by Friday 4th November in person or by email [head@foweyesch.org](mailto:head@foweyesch.org)**



## Let's Beat the Bugs!

In previous years, our PVG has suggested taking a whole school approach to tackle head lice. By synchronizing our Bug Busting effort across the school we might help prevent head lice circulating from head to head. So once again we are asking for your help.

Coming home with this newsletter is some information about tackling head lice. By tackling this irritating (literally) issue together we have the potential to make a big difference.

So to **Beat the Bugs**, we ask that over the half term break, everyone supports our campaign to tackle head lice at Fowey Primary School, e.g. by using the methods attached to this letter such as wet combing. It will be important to keep checking after this date too of course.

Best wishes,  
Chris Wathern

Don't forget to check the 'A' frame each week, our news (including calendar and twitter feed) and online calendar on our website.

# Head lice information from NHS

## **Introduction**

Head lice are tiny insects that live in human hair. They're particularly common in children. Head lice are whitish to grey-brown in colour, and smaller than the size of a pinhead when first hatched. When fully grown they're about the size of a sesame seed.

They can't fly, jump or swim and are spread by head-to-head contact, climbing from the hair of an infected person to the hair of someone else.

A head lice infestation isn't the result of dirty hair or poor hygiene. All types of hair can be affected, regardless of its length and condition. Head lice only affect humans and can't be passed on to animals or be caught from them.

## **Itching**

Head lice often cause a person's scalp to itch. Itching isn't caused by lice biting the scalp, but by an allergy to the lice. However, not everyone is allergic to head lice, so you or your child may not notice a head lice infestation. Even if someone with head lice is allergic to them, itching can take up to three months to develop.

In some cases, a rash may appear on the back of the neck. This is caused by a reaction to lice droppings.

## **Life cycle of head lice**

A female head louse lays eggs by cementing them to hairs (often close to the root), where they're kept warm by the scalp. The eggs are pinhead-size and difficult to see.

After seven to 10 days, the baby lice hatch and the empty eggshells remain glued in place. These remains are known as nits. Nits are white and become more noticeable as the hair grows and carries them away from the scalp.

Head lice feed by biting the scalp and feeding on blood. They take nine to 10 days to become fully grown. Head lice normally only crawl from head to head when they're adults or nearly mature juveniles.

A female head louse may start to lay eggs from nine days after she's hatched. Therefore, to break the cycle and stop them spreading, they need to be removed within nine days of hatching.

## **How to spot head lice**

Head lice can be difficult to see, even when the head is closely inspected. Unhatched eggs or nits (empty eggshells) alone aren't enough to diagnose an active head lice infestation. This is because it can be difficult to distinguish between eggs and nits that are dead or alive. Nits also usually remain glued to hairs long after successful treatment.

To confirm an active head lice infestation, a louse must be found through a reliable, accurate method, such as detection combing. Detection combing is the best way of finding head lice. It involves using a special fine-toothed head lice comb with a tooth spacing of 0.2-0.3mm to comb through the hair.

The comb can trap even the smallest lice. It works better on wet hair but can also be used on dry hair.

## **Treating head lice**

Head lice can usually be effectively treated with lotions or sprays designed to kill head lice, or by wet combing, using a specially designed head lice comb (see above).

Wet combing can be used without lotions or sprays, but it needs to be done regularly and can take a long time to do thoroughly.

Lotions or sprays can be used as an alternative. However, to be totally effective they need to be applied correctly and thoroughly. Your pharmacist will be able to recommend an over-the-counter lotion or spray and give you advice about how to use it correctly.

## **Preventing head lice**

It's difficult to prevent a head lice infestation because head lice are spread by head-to-head contact.

Regular detection combing – for example, on a weekly basis – is the best way to find new lice quickly.

Lotions and sprays don't prevent head lice infestations and should only be used if a live louse has been found on your, or your child's, head.

## **How common are head lice?**

Head lice are a common problem, particularly in schoolchildren aged four to 11.

It's difficult to know exactly how common head lice are because the problem is often treated at home, with people only visiting their GP if treatment is unsuccessful.

However, it's thought that up to one in three children in the UK may get head lice at some point during the year.

Head lice can be effectively treated with medicated lotions or by wet combing using a specially designed head lice comb.

For more information, please look at:

**[www.nhs.uk/conditions/Head-lice/Pages/Introduction.aspx](http://www.nhs.uk/conditions/Head-lice/Pages/Introduction.aspx)**