

SINGLETON C.E. PRIMARY SCHOOL



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Headteacher: Mr Christopher Todd MA(Ed)

30th January 2015

Newsletter Number 4

Dear Parents/Carers,

HEADLICE

There have been more cases of headlice in school this week. This is very frustrating and time consuming for all concerned. The Department of Health recommends a 'whole-school approach' to containing and controlling head lice transmission. This is where all the children in a school and other family members and contacts at home are checked and treated as necessary. PLEASE CHECK YOUR CHILD OVER THE WEEKEND AND TREAT IF REQUIRED. THIS COURSE OF ACTION WILL ONLY BE EFFECTIVE IF ALL PLAY THEIR PART. There is more information in the leaflet attached.

Thank you.

We had a fabulous Boxtrolls Recycling Challenge Day on Tuesday. Hopefully your child's creation is now taking pride of place at home!!

Dates for the term

Friday 6 th February	UNICEF Day for Change – pupils to wear a hat or a wig or both for a contribution of £1 to UNICEF + Cake Sale at the end of the day – contributions welcome!	
Friday 6 th February - 5pm	FROGSS Film Night – 'The Boxtrolls' – see below	
Monday 9 th February	Beech Class Chocolate Day – letter already sent	
Friday 13 th February	INSET DAY – School closed to pupils	
Mon 16 th – Fri 20 th Feb	HALF TERM	
Thursday 26 th February	Willow class assembly	
Thursday 5 th March	World Book Day – dressing as a book character	
Tuesday 10 th March – 3pm → 5pm	Parents Consultation	
Wednesday 11 th March – 3pm → 5pm	Parents Consultation	
Friday 13 th March	Red Nose Day 2015 – come dressed in red in return for a £1 contribution to RND	
Saturday 14 th March – 9am ~ 12noon	School Grounds morning – come and help spring clean the school grounds and give the outside areas a good tidy up. Refreshments including doughnuts for all!! Children must be accompanied by a adult.	
Friday 27 th March	END OF TERM	

Sainsbury's Active Kids 2015

The Sainsbury's Active Kids Voucher Scheme began again on Wednesday 28th January and will run until May. A collection box for the vouchers is situated in the school entrance hall. All vouchers welcome!





FROGSS FILM NIGHT

FRIDAY 6th FEB 5PM



Entrance £1.50 (only open to pupils of Singleton School/Playschool)
Tickets on sale from the School Office (please note this film is PG – Parental Guidance)
Refreshments will be on sale during the film

YEAR OF MATHS 2015

As you know, this year 2015 is the 'Year of Maths' at Singleton School.

There are a range of further activities planned to take place during the year and a group of children have already begun to put together Singleton School's first ever maths magazine. All being well, it should be ready very soon!

We would also welcome ideas you may have on any future events we could hold, in relation to maths, either for the children or for yourselves. Are there any parents whose jobs involve mathematical skills? If so, would you be willing to come into school to talk to the children? The children always enjoy having visitors and would gain an insight into real life maths. Please come and see me to arrange a date. Thank you. Mrs Fielder.

As part of the Year of Maths there will be a maths puzzle in the newsletter most weeks.

ACADEMIC YEAR 2015/2016 TERM DATES (All dates inclusive)

Autumn term 2015

INSET DAY: Thursday 3rd September 2015

Friday 4th September 2015 to Friday 18th December 2015

Half term break: Monday 26th October 2015 to Friday 30th October 2015

Christmas break: Monday 21st December 2015 to Friday 1st January 2016

Spring term 2016

Tuesday 5th January 2016 to Thursday 24th March 2016

INSET DAYS: Monday 4th January 2016, Friday 12th February 2016

Half term break: Monday 15th February 2016 to Friday 19th February 2016

Easter break: Friday 25th March 2016 to Friday 8th April 2016

Summer term 2016

Monday 11th April 2016 to Friday 22nd July 2016

INSET DAYS: Friday 27th May 2016, Monday 6th June 2016

Half term break: Monday 30th May 2016 to Friday 3rd June 2016

NOTIFICATION OF ABSENCE – A REMINDER!!!

Parents must inform the school by phone or e-mail on the first morning of their child's absence, before 8.45am. All absences from school must be covered by a letter/email from parents when the child returns. Parents are encouraged to make medical appointments outside school hours but if there is an occasion which will require a child to leave school during the school day prior notice, in writing, is required.

In line with the Attendance policy adopted by all schools within the Chichester locality holidays within term time will not be authorised. There is a process for requesting absence due to exceptional circumstances – please contact the office for further details.

If you have any concerns or questions, please do not hesitate to speak to us. Have a great weekend!

Yours sincerely,

Christopher Todd, Headteacher

- ★ Head lice are small, six-legged wingless insects, pin-head size when they hatch, less than match-head size when fully grown and grey/brown in colour. They are difficult to detect in dry hair even when the head is closely inspected. They very often cause itching, but this is not always the case, particularly when recently arrived on the head.
- ★ Head lice cannot fly, jump or swim, but spread by clambering from head to head. Anyone with hair can catch them, but children who have head to head contact, either at school or during play, are most commonly affected.
- ★ Head lice feed by biting and sucking blood through the scalp of their host. The female louse lays eggs in sacs (nits) which are very small, dull in colour, and well camouflaged. These are securely glued to hairs where the warmth of the scalp will hatch them out in 7-10 days. Empty egg sacs are white and shiny and may be found further along the hair shaft as the hair grows out. Lice take 6-14 days to become fully grown, after which they are capable of reproduction.
- ★ Head lice are not fussy about hair length or condition. Clean hair is therefore no protection, although regular (eg weekly) hair washing and combing sessions offer a good opportunity to detect head lice, and arrange treatment if discovered.

Lice hang on tight to the hair, usually close to the scalp where there is warmth, food and shelter from detection. Full grown lice take the opportunity to move from head to head during close contact. Younger lice tend to remain for about 6 days on the head where they have hatched.

Head lice need to maintain contact with a host in order to survive. Those lice that leave the host voluntarily, or fall off, are likely to be damaged or approaching death (their life span is about 3 weeks) and so unable to start a new colony. There is no need to wash or fumigate clothing or bedding that comes into contact with head lice.



Magnified photo of the human head louse and louse egg (nit).

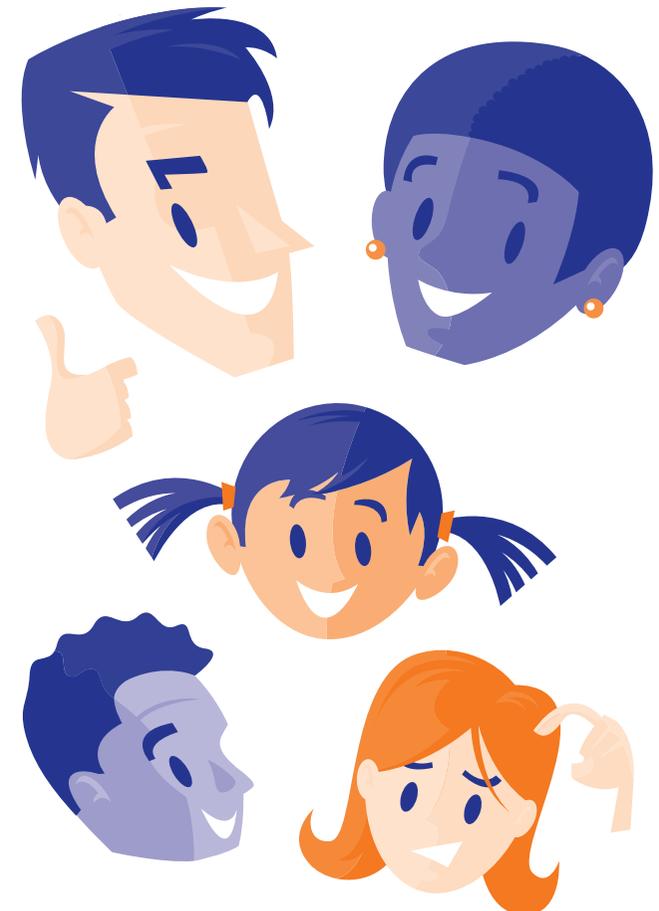
If you are at all worried about head lice or feel you need more advice on how to cope, then you should consult your school nurse, health visitor, pharmacist or family doctor.

Further copies of this leaflet may be obtained from:
 Department of Health, PO Box 777, London SE1 6XH
 Fax: 01623 724 524 (Email: dh@prolog.uk.com)

This document is also available in other languages on request.

Picture reproduced courtesy of the Electron Microscopy and Histopathology Service at the London School of Hygiene & Tropical Medicine.

Head Lice



Detection

Head lice are well camouflaged and hide when disturbed by combing. They do not always cause itching, particularly when recently arrived on the head. They may also be few in number and a quick inspection is unlikely to detect them. The following method of detection is effective:

- ★ Wash the hair using ordinary shampoo, then use a wide toothed comb to straighten and untangle the hair. It is easier to do this with wet hair, and using hair conditioner.
- ★ Once the comb moves freely through the hair, without dragging, switch to a fine tooth comb. Make sure the teeth of the comb slot into the hair at the roots and draw down to the ends of the hair with every stroke. The comb must be fine enough to catch the lice – size indicated below – do not confuse lice or their eggs with clumps of dandruff or other debris.



Actual size in stages of growth of the head louse.

- ★ Check the comb for lice after each stroke as you work through the hair section by section, so that the whole head of hair is combed through, then rinse out the conditioner and repeat the combing procedure in the wet hair.
- ★ This can be undertaken on a regular basis – eg at routine hair washing sessions – to detect the presence of lice before they can spread. Check all family members at the same time and arrange treatment when lice are found.

Treatments

If you find lice, then there are two options. Whichever option you choose it is important to recognise that neither will protect against re-infection if head to head contact is made with someone with head lice at a later date. You may therefore wish to undertake occasional checks during hair washing sessions.

Option 1: Lotions

- ★ Do not use lotions unless you find a living moving louse. Check all close family/friends by the "wet combing" method, as described, and treat anyone who is found to have lice at the same time, to prevent re-infection.
- ★ Ensure you have enough lotion to treat all those affected and follow the instructions on the packet carefully, eg as to how long the treatment must remain on the hair to be effective, how often you may apply the product etc.
- ★ The product may be capable of killing eggs, as well as lice, but there is no certainty of this. Check for baby lice hatching out from eggs 3-5 days after you use it, and again at 10-12 days.
- ★ If the lice appear to be unaffected by the product (some lice may have developed resistance to a particular insecticide) or if the problem persists – then you should take advice from your local school nurse, health visitor, pharmacist or GP, who will be able to advise you on alternative treatments and explain how to use these to best effect. You should seek advice where whoever is being treated is either under 1 year of age, suffers from asthma or allergies, or is pregnant or breast feeding.

Option 2: The "Bug Busting" treatment method

This aims at systematic removal of live lice by combing through the hair and physically removing any lice found. Success depends largely upon adopting a painstaking approach – as described in the "Bug Buster" kit. The kit, which includes an illustrated guide and combs, is available from some pharmacies, and by mail order from:

Community Hygiene Concern
Manor Gardens Centre, 6-9 Manor Gardens
London N7 6LA
Bug Buster: Help Line: 020 7686 4321
Fax: 020 7686 4322
Internet: www.chc.org/bugbusting Charity reg no: 801371

- ★ Only one kit is required for a family and it is reusable. Four sessions spaced over 2 weeks are required to clear the lice, as long as the person does not catch more lice, in which case half-weekly sessions must continue.
- ★ Some schools find it helpful to adopt a whole-school approach (where all parents check their children and family members on the same evening and treat as needed). A "Bug Buster" Teaching Pack is available to assist this process. For further information contact Community Hygiene Concern, details as above.
- ★ Taking part on "Bug Busting" days can help to prevent lice circulating, ie if all cases are identified and treated successfully at the same time there will be fewer opportunities for lice to circulate amongst children and their families.