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Dear Parents and Carers,

HEADLICE – *Once a week, Take a Peek!*

As a School we fully appreciate parents frustration regarding headlice and hope the additional information provided below will prove helpful. Headlice can cause a number of families a continual “headache” and it can be easily avoided if every family in the School once a week, carries out detection comb checks on the hair of everyone in the household. As we launch - **“Once a Week Take a Peek!”**, we would like to encourage the use of headlice combs and conditioner, so we now have available in the office a double edged headlice comb, suitable for detection combing. These combs are going to be offered free to every family, ***please come to the School Office to collect yours or ask your child to pick one up for you!***

Detection combing

Detection combing can be carried out on dry or wet hair. Less preparation is needed to comb dry hair, but wet combing is more accurate because lice remain motionless when wet.

You will need a special fine-toothed detection headlice comb, it has a tooth spacing of less than 0.3mm to trap the smallest lice.

Nit combs are not suitable for louse detection as the teeth are too close together. Lice can get trapped between the teeth and remain unseen.

Wet detection combing

Follow the steps below for wet detection combing.

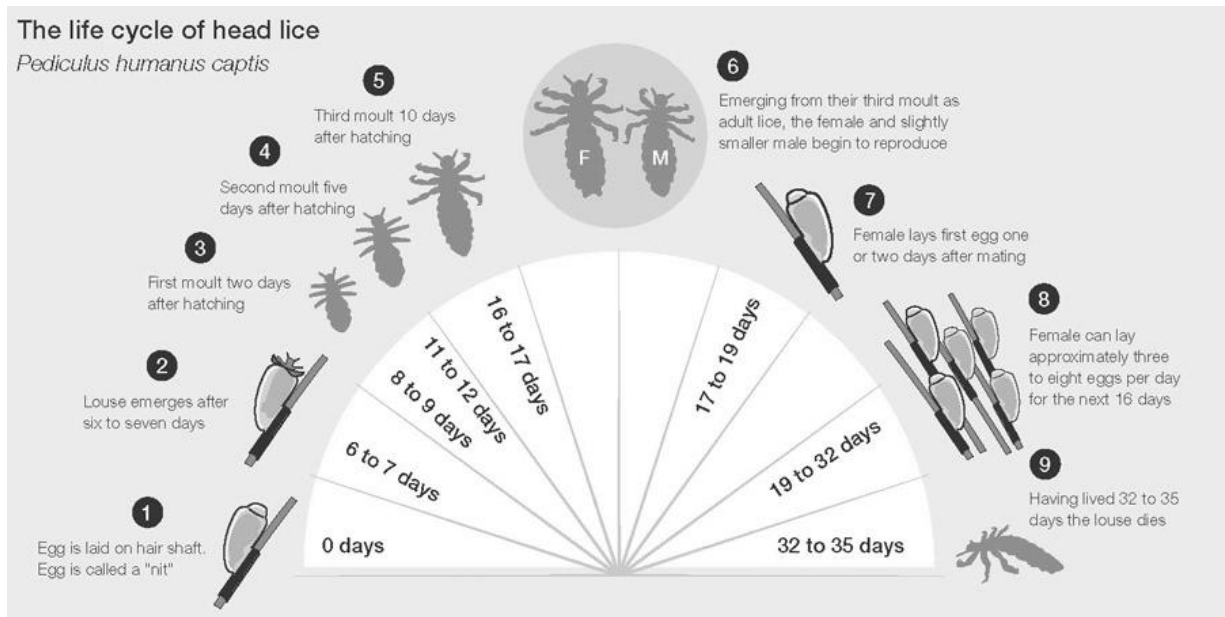
- Wash hair using ordinary shampoo and apply plenty of conditioner. Use a wide-toothed comb to straighten and untangle the hair.
- Once the comb moves freely through the hair without dragging, switch to the louse detection comb. Make sure the teeth of the comb slot into the hair at the roots with the bevel-edge of the teeth lightly touching the scalp.
- Draw the comb down to the ends of the hair with every stroke, and check the comb for lice.
- Remove lice by wiping or rinsing the comb.
- Work methodically through the hair, section by section, so that the whole head of hair is combed through.
- Rinse out the conditioner and repeat the combing procedure in the wet hair.

Dry detection combing

Follow the steps below for dry detection combing.

- Use an ordinary comb to straighten and untangle the hair.
- Once the comb moves freely through the hair without dragging, switch to the louse detection comb. Comb the hair from the scalp to the end of the hair, combing each section of hair 3-4 times before moving on to the next section.
- Look for lice as the comb is drawn through the hair. If you see a louse, trap it against the face of the comb with your thumb. This helps to avoid the louse being repelled by static electricity as the comb is removed from the hair.
- Continue combing the hair, section by section, until the whole head has been combed through.

The diagram below shows the life cycle of a headlice and demonstrates the need to *Take a Peek Once a Week* as the life cycle of a headlice can be long if not removed from a child's head.



Other ways to reduce the spread of headlice is to tie long hair back, not share hats or combs. If headlice have been found ensure that all bedding is washed thoroughly.

Headlice facts:

- Headlice are small wingless insects, and are about the size of a sesame seed.
- They feed on human blood.
- Headlice do not live on your pets.
- They can only live 24 hours off of the human host.
- They leave an itchy feeling like a mosquito bite.
- Each head louse can lay up to 10 nits (eggs) a day.
- Daily shampooing will not prevent you from getting headlice.
- Headlice and nits (eggs) can be found anywhere on the head.

Please take a look at <http://www.nhs.uk/conditions/Head-lice/Pages/Introduction.aspx> for more information about how to treat headlice.

Thank you for supporting **Once a Week Take a Peek!** And if you have any further questions or queries about Headlice please speak to a member of the Office Team or myself. Don't forget to collect your family's free headlice comb from the School Office.

Yours sincerely

Lisa Dadds

Headteacher