



# Katandra Weekly

NO 15 – 21/05/14



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## FROM THE

## PRINCIPAL'S DESK



### BIKE EDUCATION

The Bike Hike takes place next Wednesday 28<sup>th</sup> May. This year we will be riding on the bike paths from Kialla Lakes to Kidstown. We are still in need of parent riders and parents who can help to transport the bikes into Shepparton. A letter has been sent home today with an itinerary and reply slip.

### SAMS EXHIBITION

Just a reminder about the upcoming exhibition at the Shepparton Art Gallery. "Postcards from my backyard" will be at SAM from 19<sup>th</sup> till July 14<sup>th</sup> May.

### CROSS COUNTRY

Good luck to the students who are competing in the Zone Cross Country this Friday.



Back Row: Brylee, Lily, Chea and Lily.  
Front Row: Tiahna, Helena, Blake and Clayton

### LOST PROPERTY

Cold mornings, but warm afternoons mean that we have lots of students taking their jumpers off during the day. The Lost Property bin is already overflowing with items that have no names on them.

It would be great if you could do two things:

1. Get your child to check the Lost Property bin if they are missing a jumper.
2. Check that each item of clothing is named.

### HEAD LICE – THEY'RE BACK!

It has come to my attention that some students in the school may have head lice and I seek your cooperation in checking your child's hair.

Please see the attached pamphlet *Treating and Controlling Head Lice*, from the Department of Human Services. This pamphlet has informative guidelines regarding detecting and treating head lice and eggs.

Please note that both School Policy and Health regulations require that where a child has head lice, they should not return to school until the day after appropriate treatment has started. Please note, this refers only to those children who have live head lice and does not refer to head lice eggs.

Angela Buxton

Principal

**At Katandra West - WE OFFER THE BEST**

## DATES TO REMEMBER

	MAY		JUNE
Mon 26 <sup>th</sup> to Fri 30 <sup>th</sup>	Education Week Bike Education continuing	Wed 4 <sup>th</sup>	Cluster Performance 12 noon - Shepparton
Fri 23 <sup>rd</sup>	Zone Cross Country	Fri 6 <sup>th</sup>	REPORT WRITING DAY – PUPIL FREE DAY
Wed 28 <sup>th</sup>	BIKE HIKE	Mon 9 <sup>th</sup>	QUEEN'S BIRTHDAY HOLIDAY
		Mon 16 <sup>th</sup>	School Council – 7.30 p.m.
		Thurs 19 <sup>th</sup>	Parents & Friends Lunch

## STUDENTS OF THE WEEK



Congratulations to Blake, Sophie, Erica and Lachlan

## PARENTS AND FRIENDS



### Parents & Friends News

#### **Lunch Orders:**

Thank you to all who ordered lunch yesterday, we trust the children all enjoyed it!!  
Please remember that on **P&F Lunch Days no shop** orders will be placed.  
Please take care to get the **orders back by the due date.**

#### **Pie Drive:**

*Thank you to all who placed an order with our pie drive. Pies will need to be collected from School on **Thursday 29<sup>th</sup> May**, please put this date on your calendar.*

#### **Next Meeting & Feedback:**

Our next meeting is **Monday 16<sup>th</sup> June** after assembly. We would love to see you there! If you have any comments, queries or suggestions please feel free to communicate them to us.

### **SOCCER**

Another fabulous game of soccer this week by our U7 Cruzers. The team played a nail biting game against the Guthrie Lions. The final score was 6 All, with the Cruzers kicking our last 2 goals to draw the game in the final minutes of the game. Our fabulous goal kickers this week were Ryan with an amazing 4, Aiden 1 and Ethan 1. Well done to the rest of the team as well who also attempted to score on many occasions. Our defence this week was wonderful and your great teamwork really paid off. Player of the game went to Will who was amongst the play at all times. great work guys. GO CRUZERS....

## ***Treating and Controlling Head Lice***

### **About head lice**



Enlarged image of head louse. Actual size 2 to 4 mm.

Head lice have been around for many thousands of years. Anyone can get head lice.

Head lice are small, wingless, blood sucking insects. Their colour varies from whitish-brown to reddish-brown. Head lice only survive on humans. If isolated from the head they die very quickly (usually within 24 hours).

People get head lice from direct hair to hair contact with another person who has head lice. Head lice do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl.

### **Finding head lice**

Many lice do not cause an itch, so you have to look carefully to find them.

Head lice are found on the hair itself and move to the scalp to feed. They have six legs which end in a claw and they rarely fall from the head. Louse eggs (also called nits) are laid within 1.5 cm of the scalp and are firmly attached to the hair. They resemble dandruff, but can't be brushed off.

Lice can crawl and hide. The easiest and most effective way to find them is to follow these steps:

#### **Step 1**

Comb any type of hair conditioner on to dry, brushed (detangled) hair. This stuns the lice and makes it difficult for them to grip the hair or crawl around.

#### **Step 2**

Now comb sections of the hair with a fine tooth, head lice comb.

#### **Step 3**

Wipe the conditioner from the comb onto a paper towel or tissue.

#### **Step 4**

Look on the tissue and on the comb for lice and eggs.

#### **Step 5**

Repeat the combing for every part of the head at least four or five times



If lice or eggs are found, the hair should be treated.

If the person has been treated recently and you only find empty hatched eggs, you may not have to treat, as the empty eggs could be from a previous episode.

### **Treating head lice**

Treating head lice involves removing lice and eggs from the hair. There are two ways you can do this:

1. Buying and using a head lice lotion or shampoo, following the instructions on the product
2. Using the conditioner and comb method (described under 'finding head lice') every second day until there have been no live lice found for ten days.

If you choose to use a head lice product always read and follow the instructions provided with the product carefully.

The following points may also be helpful:

- Head lice products must be applied to all parts of the hair and scalp.
- No treatment kills all of the eggs so treatment must involve two applications, seven days apart. The first treatment kills all lice; the second treatment kills the lice that may have hatched from eggs not killed by the first treatment.
- Cover the person's eyes while the treatment is being applied. A towel is a good way to do this.
- If you are using a lotion, apply the product to dry hair.
- If you are using a shampoo, wet the hair, but use the least amount of water possible.
- Apply the treatment near the scalp, using an ordinary comb to cover the hair from root to tip. Repeat this several times until all the hair is covered.

There is no need to treat the whole family - unless they also have head lice.

Concentrate on the head - there is no need to clean the house or the classroom.

Only the pillowcase requires washing - either wash it in hot water (at least 60C) or dry it using a clothes dryer on the hot or warm setting.

### **Testing resistance**

Head lice products belong in one of the following categories depending on the active compound they contain:

- pyrethrins,
- synthetic pyrethroids (permethrin, bioallethrin),
- organophosphates (maldison or malathion),
- herbal with or without natural (non-chemical) pyrethrins.

Insecticide resistance is common, so you should test if lice are dead. If they are, treat again in seven days using the same product. If the lice are not dead, the treatment has not worked and the lice may be resistant to the product and all products containing the same active compound. Wash off the product and treat as soon as possible using a product containing a different active compound. If the insecticide has worked, the lice will be dead within 20 minutes.

Any head lice product could cause a reaction and should be used with care by women who are pregnant or breastfeeding, children less than 12 months old and people with allergies, asthma or open wounds on the scalp. If you are unsure, please check with your pharmacist or doctor.

## Head lice eggs

Head lice eggs are small (the size of a pinhead) and oval. A live egg will 'pop' when squashed between fingernails.

Dead eggs have crumpled sides and hatched eggs look like tiny boiled eggs with their tops cut off.

## Head lice combs

Combs with long, rounded stainless steel teeth positioned very close together have been shown to be the most effective, however, any head lice comb can be used.

## Regulations

According to the Public Health and Wellbeing Regulations 2009, children with head lice can be readmitted to school or children's service centres after treatment has commenced.

The department recommends a child with head lice can be treated one evening and return to school the next day, even if there are still some eggs present. There is no need to miss school or childcare because of head lice.

## Preventing head lice

Check your child's head regularly with comb and conditioner. There is no research to prove that chemical or herbal therapies can prevent head lice.

