



5th January 2024

Dear Parents/Carers,

Welcome back to a brand-new term at Chacewater School! I hope you had a wonderful break and a fantastic start to the New Year. It's fantastic to see all the smiling faces back in our classrooms and corridors.

Though it has been a very short week back, we are all really pleased at how brilliantly the children have returned to school. Their enthusiasm and energy is contagious, we are excited about the adventures and learning that await us in the coming term. We are also really pleased to welcome Mr Lara to our school who is now teaching in Bur Oaks and covering Miss Hoare's period of maternity leave (no news yet!).

At the start of this term, I would like to remind parents and carers about the crucial role that regular school attendance plays in a child's education. Attending school consistently ensures that your children can make the most of their learning experiences, develop important social skills, and establish a strong foundation for their future. Every day in school really does matter. If your child is unwell, please let the school know as soon as possible, and we'll work together to support their well-being.

As partners in your child's education, we appreciate your continued commitment to ensuring they attend school regularly and on time. If you have any concerns or questions regarding attendance, please don't hesitate to reach out to us.

Keep an eye out for upcoming events, activities, and parent meetings throughout the term. We value your involvement in your child's education, and these events provide great opportunities for collaboration and communication.

Once again, welcome back to Chacewater School! Let's make this term a fantastic one filled with growth, learning, and lots of fun.

Happy New Year!

Mr Hick



Headlice – always useful at this point of the year to be vigilant for these! Please see the advice below.

DON'T BUG ME! TRUTH AND LICE

PARENTS...

ONCE A WEEK, LET DETECTION COMB HERO CHECK THROUGH YOUR CHILD'S HAIR. THEN USE THE SPECIAL LOTION IF LICE ARE THERE



QUICK TIPS FOR WET COMBING CHILD'S HAIR

- Buy the detection comb in a pharmacy
- Hair should be wet, use regular shampoo
- Put lots of any conditioner on
- Comb from roots right to ends of hair
- Work through hair, section by section, checking comb each time
- Have plenty light, daylight is best
- If moving lice are found, check all family
- Do this every week

QUICK TIPS FOR USING LOTION

- Treat everyone in family who have living, moving lice, at same time
- Hair should be dry
- Pharmacist will advise on which lotion (See answer to Question 11, inside)
- Read the instructions carefully
- Work through hair section by section until all of scalp has lotion on it – down to where you would put ponytail band
- Repeat one week later

1. WHAT ARE HEAD LICE?

They are grey/brown insects, from pin-head or sesame seed to match-head in size (1 - 3 mm long) that live close to the scalp on humans. The insects lay eggs. Each egg is glued to a hair, often near the root. Lice and unhatched eggs are hard to spot.

2. WHAT ARE NITS?

Nits are the empty egg cases left behind when the lice hatch out. They are usually pearly white. Both eggs and nits are very difficult to remove from the hair.

3. HOW DO LICE SPREAD?

When two heads are touching for a minute or more, the lice climb rapidly through the hair from one head to another. They don't jump, fly or swim. Lice that fall from the head or amble onto bedding or hats are usually dying and harmless. Lice caught on combs can re-establish if they are combed back on again within 48 hours.

4. BUT I'VE SEEN THEM JUMP ON THE COMB

This is due to static electricity, making them appear to 'fly' off the comb.

5. WHO CAN GET THEM?

Anyone with hair. They aren't fussy about clean or dirty hair. Children tend to get them more than adults, probably because they put their heads together more than adults do.

6. WHERE DO YOU GET THEM?

Anywhere. Children get them wherever they mix with other children, this can be in the home, at school or childcare facility or other activity venue.

7. HOW DO I KNOW IF MY CHILD HAS HEAD LICE?

The main symptom is itching, but you can have head lice for up to six weeks before you notice any itching. Only about one third of children have an itch. The best way to find them easily is to check your child's hair regularly (once a week) by wet combing. Detection combs can be bought in a pharmacy. To work well, combs should have rigid, flat-toothed, plastic teeth, set not more than 0.3mm apart.

8. HOW DO I WET-COMB MY CHILD'S HAIR

Wash the hair with your ordinary shampoo. Put on lots of any conditioner and comb it through with an ordinary comb. This makes any lice really wet, which keeps them still. Then, using the detection comb, slot the teeth of the comb into the hair at the roots and draw the comb down to the ends. Check the comb for lice every time you do this. Make sure there is good light, daylight is best. Continue until you have worked through each section of hair and have checked the whole head. Rinse off the conditioner and repeat the combing while the hair is still wet.

9. HOW OFTEN SHOULD I DO THIS?

It is a good idea to get into a routine and do it about once a week. This means you will be able to treat early if you find living, moving lice. Treating early helps cut down on the number of people in the family, or who are close to the child, who will get head lice.

10. WHAT DO I DO IF I FIND LICE?

If you find lice, you should check everyone else in the family and treat only those who have them. Also let people who have been in close contact with anyone with lice know, so they can check as well.

11. WHAT DO I USE TO TREAT THE LICE?

The best way to treat is with a lotion (not a shampoo or mousse). These can be bought over the counter in a pharmacy. In the past, chemical insecticides were used to treat head lice. Oil based products are now recommended, sold under different brand names (Full Marks spray or solution/Hedrin spray gel). These products have a physical effect, so the lice do not get 'resistant' to them. Your pharmacist is the best person to advise you on which one to get. If you are buying products outside of the Republic of Ireland, you need to discuss this with the pharmacist before you buy.

12. HOW DO I USE THE LOTION?

There will be instructions on how to put on the treatment, and how long to leave it on for, in the box – each of the products is slightly different. Put the lotion on dry hair. Part the hair near the top of the head, put lotion onto the scalp and rub it in. Part the hair a bit further down and do the same thing again. Do this over and over again until all sections of hair have been done and the whole scalp is wet. You don't need to put lotion any further down than where you would put a ponytail band. Treat everyone with lice at the same time so that untreated people don't infect the treated ones again.

Even if the preparation recommends only one application, it is important that you put it on again a week later. The reason for this is that no treatment is guaranteed to kill unhatched eggs. The eggs that aren't killed will hatch over about one week.

2 days later: Check hair for living, moving lice.

Once treatment is complete, continue with the weekly checking.

13. WHAT IF I FIND NITS AFTER TREATMENT?

If you find nits but don't find lice, don't treat. Nits are the empty egg cases which are glued to the hair. They will be left behind on the hairs after you have treated but this doesn't mean the treatment has failed.

14. WHAT IF I KEEP FINDING LICE

There could be 2 reasons for this. It could be because your child has been re-infected with lice, or the treatment wasn't carried out correctly. Check the whole family again and treat all those with lice again. Remember to spread the word to family and friends. If you still find lice after that, ask your GP or pharmacist for advice.

15. WHAT IF I STILL HAVE NITS

Nits (empty egg cases), on their own, do not need to be treated. You can remove them by hand or fine tooth combing if you don't like the look of them. They can be hard to remove because they are glued to the hair.

16. BUT MY CHILD IS STILL SCRATCHING

People can scratch after treatment but it doesn't mean they still have lice. Check your child's head to be sure, but only treat if you find living moving lice. The treatments can make the scalp flaky and itchy. Also, some people scratch just thinking or talking about lice.

17. SHOULD I USE A LOTION 'JUST IN CASE'

No, you should only use the treatment if you find living, moving lice. The treatments are safe but they shouldn't be over used. They can also make the itching worse.

18. I'VE HEARD TREE OIL IS GOOD FOR KILLING AND PREVENTING LICE

There is no evidence that it works and it can irritate your scalp. Nor is there evidence for alcohol, electric combs, products sold to prevent head lice infection (repellents) or any other folk remedy.

19. SHOULDN'T NURSES CHECK CHILDREN'S HEADS?

No. This is not practical and it will not stop head lice spreading. It is much better for parents to check their children's heads regularly (about once a week) as described in this leaflet

However, public health nurses who go into schools and practice nurses in your GP surgery are available to give help and advice about head lice to parents.

20. WHAT ABOUT THE SCHOOL OR CHILDCARE FACILITY-CAN THEY DO ANYTHING?

In the past, 'alert' letters have been sent out, but these tend to cause stress to children and parents and sometimes outbreaks of imaginary lice. It is much better for all parents to check their children's heads regularly. Alert letters to remind parents to check their children's hair will be sent out when there are a number of children with head lice in the class.

21. SHOULD I KEEP MY CHILD OFF SCHOOL?

NO! Lice are unpleasant and some people sometimes feel embarrassed if they get them, but they are not a health hazard. There is no reason for your child to miss out on their childcare or their education just because of head lice.



KEEP ALERT AND SPREAD THE WORD TO STOP THE SPREAD OF LICE.



HSE CHO1 Donegal, Cavan, Monaghan, Sligo & Leitrim:

Date: 04/2017 Due Review: 04/2019

Acknowledgement: Leaflet from Dept of Health, Social Services and Public Safety, Northern Ireland, UK. used with permission –some amendments

For more information contact your Public Health Nurse



INTERESTING FACTS



- I'M 1-3MM LONG
- I CAN'T JUMP, SWIM OR FLY
- I LIKE CLEAN OR DIRTY HAIR
- I ONLY MAKE SOME CHILDREN ITCHY
- DC HERO'S SPECIAL LOTION GETS RID OF ME VERY QUICKLY :-)



WHAT YOU CAN DO



1. DON'T SHARE COMBS, BRUSHES, HAIR SLIDES, HATS, TOWELS OR PONYTAIL BANDS WITH OTHER CHILDREN
2. STOP WRIGGLING :- (WHEN 'DETECTION COMB HERO' IS CHECKING YOUR HAIR!
3. DON'T WORRY; IT'S VERY EASY TO GET RID OF HEAD LICE :-)

DETECTION COMB HERO

HSE Community Healthcare Organisation 1. Date 04/17 Due Review 04/19



Calm Nature Garden – Can you help? – **THANK YOU TO NEO WHO HAS GOT US STARTED!**

As I mentioned last week, Pupil Parliament have been thinking about how we can continue to improve our outside areas. They are very keen to develop a section of our grass area to make it a nature and learning area. They are hoping that we might have some people or contacts within our community who might be able to help! Can you help? See the letter below which they have written:

Chacewater School
30 November 2023

Our Calm Nature Garden Fundraising And Collecting

At school, we have decided to create a calm nature garden for our wildlife. We think it would be nice to introduce more insects and animals in our school and to become more green. We are also looking to introduce our green flag again, which, over the years, we have lost. In order to do this though, we would need to get appropriate funding for the equipment and items that would be used in the garden. Such items would include: solar lights, a mini fence to protect the area, bird boxes/ bat boxes, wild flowers and various other plants. Since only so much money can be raised by ourselves, we are asking if the community and other people could kindly chip in. Like we said, we will try and raise enough by ourselves but if you can support the fund in any way, that would be helpful. If you aren't able to donate money or would prefer not to, 2nd-hand garden items and objects that would be suitable for our project would be greatly appreciated and welcomed as well.

We would create this area at the end of the field and would be made to try and be functional for all plants, animals and insects. This is the space and place where we would be setting this up:

Thank you for your support,
Chacewater Pupil Parliament

At school, we have decided to make a calm area in the corner of our field. This would be for the nature to come and also a space for the children. We would like it if anybody could donate anything that would help make our garden. For instance:

- little fence
- bird bath
- bug hotel
- keep quiet sign
- flower seeds/grass seeds
- bench, table & chairs
- bird feeder
- hand painted plant pots
- solar lights

These are some of the ideas that the pupil parliament came up with.





Chacewater Players
Presents

THE SNOW QUEEN



Chacewater Village Hall

Friday 19th January 7:30pm

Saturday 20th Jan 2:30pm & 7:30pm

Friday 26th January 7:30pm

Saturday 27th Jan 2:30pm & 7:30pm



£6.50

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