



**3<sup>rd</sup> March 2023**

This week there has been a bit of an English focus around the school. I have really enjoyed being part of some amazing lessons, along with Mrs Law and Mrs Morgan, and we have been really impressed by some of the writing that we have seen. It has been so exciting to see not only the creative ideas that the children have been coming up with but also how incredibly impressive their understanding is of key grammatical features and how to use them. Do you know what an adverbial phrase is or what a subordinating conjunction is? Our children do!



I was really disappointed to not be able to be in school yesterday for World Book Day (not just because I didn't get to wear a wig) but I heard all about it. It was fantastic to be able to welcome parents and carers into school, be part of a live webinar with David Walliams and to catch children reading everywhere. There are few more pictures of the day below. Hopefully this will motivate and inspire us all to be reading a little more.

Over the course of this week Bur Oaks have also been swimming every day at Truro Leisure Centre. Each and every one of them has been brilliant! The two-week swimming block is quite intensive and can be tiring but I have been so impressed by the effort that they are putting in and the progress that we are already seeing. Not only that but they have been amazing at getting changed quickly, calmly and with no fuss. Thank you and well-done Bur Oaks.

At the beginning of the week, our school football team played against Shortlanesend School. Everyone played brilliantly and we won 10-2, it was a real team performance and I was very proud of them all. There have been a lot of people that have been part of the team this season at different matches and so far, we are undefeated!



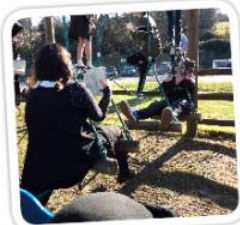
Our latest online safety newsletter is now available [HERE](#) and has some interesting information about Tik Tok, which seems to be everywhere at the moment and so it is well worth a read.

I hope everyone has a good weekend.

Mr Hick

WORLD  
**BOOK DAY**  
2 MARCH 2023

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FROM THE PTA

### Lets GLOW Disco - Tickets on sale now!



Thursday 23rd March

Tickets cost £2.50 per child and includes entry, portion of chips & drink. PLUS we are bringing back the UV face paints!!! (If you do not want your child to have their face painted please advise them prior to the event to avoid them asking us on the night) **DRESS TO GLOW!!** Follow the links below to book. Please choose the correct class for your children.

**EYS/KS1 5 - 6pm** - book here [https://www.pta-](https://www.pta-events.co.uk/chacewaterschoolpta/index.cfm?event=event&eventId=60437)

[events.co.uk/chacewaterschoolpta/index.cfm?event=event&eventId=60437](https://www.pta-events.co.uk/chacewaterschoolpta/index.cfm?event=event&eventId=60437) **KS2 6:15 -**

**7:15pm** - Book here [\[events.co.uk/chacewaterschoolpta/index.cfm?event=event&eventId=60438\]\(https://www.pta-events.co.uk/chacewaterschoolpta/index.cfm?event=event&eventId=60438\)](https://www.pta-</a></p></div><div data-bbox=)

### Easter Egg Hunt - Tickets on Sale Now!

Weds 5th April

Tickets cost £2 per child and the event is open to all so please invite family and friends.

To book visit - [\[events.co.uk/chacewaterschoolpta/index.cfm?event=event&eventId=59960#.ZACsSj3P1D8\]\(https://www.pta-events.co.uk/chacewaterschoolpta/index.cfm?event=event&eventId=59960#.ZACsSj3P1D8\)](https://www.pta-</a></p></div><div data-bbox=)

### Uniform

Over the last few weeks we have noticed that some of the standards in uniform have dropped. Please ensure that your children are wearing the correct uniform:

#### **School Uniform Foundation and KS 1**

- Blue V Neck Chacewater School Jumper (these are available from Trophy Textiles )
- White polo T Shirt
- Black/grey shorts trousers
- Black/ grey shorts(culottes)/trousers /skirts/pinafore dresses). **Please ensure that skirts are at a suitable length.**
- Black/grey tights
- Black/grey socks
- Black shoes
- Long hair should be tied back.

#### **KS 2**

- As above but with a shirt and tie instead of a polo shirt.

**PE:**

- Blue school PE shirt (available from trophy textiles)
- Black shorts/jogging bottoms
- Plimsolls/trainers for PE (In the younger years shoes which can support self tying)

### **Jewellery**

**For Health and Safety reasons children are allowed stud earrings only in school**

**Hair needs to be tied back for P.E**

### Swimming

Swimming continues next week for Y4.



They will need their swimming trunks/suit and a towel each day, along with a swimming hat and goggles.

We hope that the children are enjoying these sessions.

### Coose Trannack Cross Country – 11<sup>th</sup> March 2023

Thank you to everyone who registered for this. I will send out more details as I get them.

- Yr.R 300m 10:00am
- Yr.1 500m 10:15am
- Yr.2 500m 10:30am
- Yr.3 900m 10:45am
- Yr.4 1200m 11:00am
- Yr.5 1500m 11:15am
- Yr.6 1800m 11:30am
- Medals and Trophies at 12.15pm



**Parents/carers will need to be responsible for their children on the day.**

### Headlice

We have seen a few more instances of headlice in school recently. Please be vigilant and follow the guidance below should you discover any headlice.

# 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.

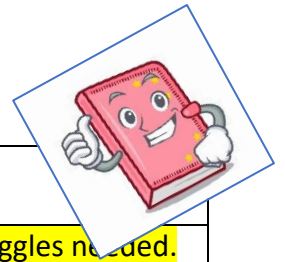


HSE CHO1 Donegal, Cavan, Monaghan, Sligo & Leitrim:

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



## Dates For Your Diary

27.2.23	Year 4 - two-week swimming block begins. Hats and goggles needed.
17.3.23	RED NOSE DAY
23.3.23	Seedlings' Class Assembly - 2.30pm
23.3.23	School Disco
W/b 27.3.23	Parent Consultation Meetings
28.3.23	Red Oaks' Class Assembly – 2.30pm
3.4.23 – 14.4.23	EASTER HOLIDAYS
17.4.23	Start of summer term
8.5.23	BANK HOLIDAY – CORONATION – KING CHARLES
9.5.23 – 12.5.23	Year 6 SATs
16.5.23 – 18.5.23	Year 6 Bikeability
29.5.23 – 2.6.23	HALF TERM HOLIDAY
5.6.23	Start of half term
14.6.23 – 16.6.23	Year 6 Residential Trip – Beam House
19.6.23	Year 6 – two-week swimming block begins. Hats and goggles needed.
3.7.23	Year 5 – two-week swimming block begins. Hats and goggles needed.
21.7.23	End of term for children



## GOLDEN AWARD WINNERS

ACORNS	Summer & Theo
SEEDLINGS	Grace & Charlie
BUDS	Theodore & Eliza
YOUNG OAKS	Emmie & Tyler
BUR OAKS	Daisy-Louise & Olly
RED OAKS	Jamie & Sasha
MIGHTY OAKS	Leo & Iga



# MALABAR, TRURO OASIS GROUP



Are you the parent/carer/grandparent of a child/young person between 0-25 with a disability/additional need? If so, join us for a cuppa and chat with other parent/carers in a similar situation and share your experiences.

**Meetings are Tuesdays**  
**10th Jan, 7th Feb,**  
**7th Mar, 18th Apr**  
from 9.30am - 11.30am



at New Beginnings Community Centre, Albany Rd, Truro. TR1 3ND



For further information please contact

[friendsofface2face@gmail.com](mailto:friendsofface2face@gmail.com)

OR find us on facebook at

FRIENDS OF FACE2FACE CORNWALL



# Family Worker Drop In Sessions



Early Help FW Drop In Sessions 2023

Need support with your child -

- How to better understand your child's needs & behaviours
- Advice on positive parenting and how to keep your child safe
- How to better understand the importance of routines for your family

If you would like to be able to talk in confidence, just pop along, we are here to help and support you.

All parents and carers are welcome.

## Family Worker Drop In Sessions

Perranporth Family Hub  
Liskey Hill  
Perranporth  
TR6 0EU

**Wednesdays** - 25<sup>th</sup> January, 22<sup>nd</sup>  
February, 29<sup>th</sup> March & 26<sup>th</sup> April  
9.00am to 10.00am

St Pauls Family Hub  
Moresk Road  
Truro  
TR1 1BP

**Thursdays** - 12th January,  
9th February & 9th March  
2.00pm to 3.00pm


## Contact us for more information

Email: [carrick.familyhubs@cornwall.gov.uk](mailto:carrick.familyhubs@cornwall.gov.uk)

Call: 01872 322661



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for Families

 [www.cornwall.gov.uk](http://www.cornwall.gov.uk)