



## Happy Birthday to:

Oscar 2Q, Amira 1Q,  
Austin R2, Emilia R2 and  
Khasha 1P



## Safer Internet Day Tuesday 9<sup>th</sup> February 2021

Technology has become an important part to young people's lives and it is essential that they know how to stay safe online and make the most of the opportunities that the internet provides. Parents / carers play a crucial part in supporting children to learn about how to stay safe online and they are one of the first people children turn to if things go wrong. We know it is difficult to keep on top of the wide range of sites and devices that young people use. Listed below are some tips to help with Internet Safety.

1. Have on going conversations with your children about staying safe online
2. Use safety tools on social networks and other online services.
3. Decide if you want to use parental controls on your home internet
4. Understand devices and the parental control tools they offer in our Parents Guide to Technology
5. For more information go on the following link:

[www.saferinternet.org.uk](http://www.saferinternet.org.uk)

## Creative fun with RIBA learning this half-term

Please find below a link to some fantastic

Home Learning Resources from RIBA (Royal Institute of British Architects)



[Learning at home \(architecture.com\)](https://www.architecture.com/learning-at-home)

## Notice to All Parents

**There have been a few cases of Head Lice in school, could parents please check their child's head regularly. Please read information attached to this week's newsletter on how to treat head lice. Thank you**

## Get Set to Eat Fresh with Aldi Taste Kitchen Challenge!



Aldi are looking for a healthy, Team

GB-inspired recipe to feature in Aldi leaflets nationwide, with fantastic winner and runner-up prizes including Team GB goodies and £200 Aldi vouchers.

Either print out our **recipe sheet and cover sheet** or download the editable versions to fill in on your computer.

Entries can be sent in by parents anytime before midnight 12 February 2021.

## Parental Safeguarding Resource

Amid the Covid 19 pandemic, supporting the wellbeing of children has never been so important. Please see safeguarding children 10 Top Tips Parental Resource on the link below

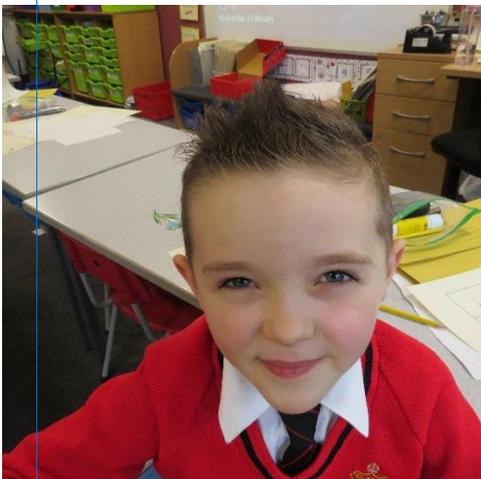
<https://ssscpd.co.uk/education/parentsandguardians/child-mental-health-10-tips-for-parents/-/pj==>

### Children's Mental Health Week Wacky Wiggy Day !!

The theme of Children's Mental Health Week this year is "Express yourself". As part of the Pre Prep's week of mental health challenges we had "**Wacky hair Wednesday**" where we challenged all the children (and teacher's) at home and at school to do something wacky with their hair. These are the **Wacky Hair** photos







**Have a lovely Weekend**

Mrs Gannon  
- Head of Pre Prep



# Head lice - Treating head lice

**Head lice can be difficult to treat due to the time-consuming and precise nature of treatment and high re-infestation rate.**

In the past, traditional insecticides were used to treat head lice infestations but head lice would often develop resistance to them.

Therefore, these types of treatments have virtually been replaced with silicone and oil-based preparations which have a physical rather than a chemical action on lice.

After a head lice infestation has been confirmed you can treat the lice at home by wet combing the hair with a head lice comb or by using a lotion or spray that's designed to kill head lice (see below).

However, neither will protect against re-infestation if head-to-head contact is made with someone with head lice during the treatment period.

## Wet combing

The wet combing method involves removing the head lice by systematically combing the hair using a special fine-toothed comb.

The comb's teeth should be spaced 0.2-0.3mm apart. Lice can be crushed or trapped between the teeth of nit combs with a tooth spacing of less than 0.19mm and remain unseen.

You can buy a fine-toothed comb from your local pharmacy or you can order one online.

Lotions or sprays don't need to be used for wet combing. However, to be effective, wet combing needs to be carried out regularly and thoroughly. The method you should use is described below.

- Wash the hair using ordinary shampoo and apply plenty of conditioner, before using 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 is combed through.
- Rinse out conditioner and repeat the combing procedure.
- Repeat the procedure on days three, six, nine, 12 and 15, so that you clear young lice as they hatch, before they have time to reach maturity.

How long it will take to comb your child's hair will depend on the type of hair they have and its length. For example, short, straight hair can be quickly prepared and can be fine-toothed combed in a few minutes. Longer, curlier hair will take longer to comb.

## **Lotion or sprays**

Using a lotion or spray is an alternative method of treating head lice. However, to be effective they need to be used correctly. Your pharmacist will be able to recommend an over-the-counter lotion or spray and advise you about how to use it correctly.

A lotion or spray should only be used if a living (moving) head louse is found. Crème rinses and shampoos aren't thought to be effective and therefore aren't recommended.

Ensure you have enough lotion or spray to treat everyone in your family who's affected. Use enough to coat the scalp and the length of the hair during each application.

Follow the instructions that come with the lotion or spray when applying it. Depending on the product you're using, the length of time it will need to be left on the head may vary from 10 minutes to eight hours.

The normal advice is to treat the hair and repeat the treatment after seven days. Some products also supply a comb for removing dead lice and eggs.

Some products may be capable of killing eggs as well as lice, although there's no certainty of this. Check for baby lice hatching from eggs three to five days after using a product and again 10-12 days afterwards.

At least two applications of lotion are needed to kill lice over the hatching period because the lotions don't always kill louse eggs.

If the lice appear unaffected by the product, or if the problem persists, seek advice from your school nurse, health visitor, pharmacist or GP.

## **Cautions**

Always read the instructions on the pack or leaflet that comes with a head lice treatment, particularly in relation to the following groups:

- young babies (under six months old)
- pregnant women
- people with asthma or allergies

If you're still unsure, seek advice from a healthcare professional before using the product.