

October 2, 2015

Re: Head Lice Information



Dear Parents/ Guardians,

Jean Vanier Catholic School is a great place to be! Our staff, students, and families aren't the only ones who think so...some little critters want to come to Jean Vanier too; head lice!

The more you and your child know about head lice, the more likely this concern will be managed within our school. Although they most commonly affect children, lice are very common and anyone can get them. Lice do not spread disease, and having head lice is **not** a sign of uncleanliness or poor hygiene. If someone has head lice, their scalp will be very itchy. The most important aspect of head lice is reassuring our children that this is common, it can be treated, and just like common colds-anyone can get head lice. The calmer the adults are in their approach, the less anxious our children will be.

**Facts:**

- They are an **annoying but harmless** part of life.
- Head lice are most common among school-aged children.
- Head lice are spread by direct head to head contact- They **CANNOT** jump or fly.

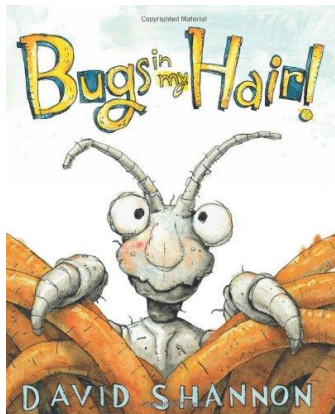
**Treatment:**

- If you or your child has lice, he or she may spread it to someone else in the family, neighbourhood or school unless they are properly treated.
- To control and prevent reinfestation, you must contact the school if you find a louse or nits in your child's hair.
- Treatment is needed to keep from spreading to other people and the most important aspect is the removal of the nits.
- Make sure you check everyone in your family for nits or head lice. This should be done daily for 14 days. Only treat those family members where lice and/or nits are found and treat all persons at the same time.
- You can buy treatment supplies from the drug store.
- No treatment will kill all the nits when used for the first time. Pull off each nit by grasping it with your fingernails and sliding it off the hair strand. Throw nits into a garbage bag and seal it.
- Wet combing and metal nit combs may help to remove the eggs and lice.
- Check for and remove nits daily for 2 weeks.

## Prevention:

- We cannot get rid of head lice completely within our school but we can control it by doing regular head checks and effective treatment. Make a plan to check your child's hair on a regular basis. Some parents have shared that they make this an, "Early Dismissal" check.
- Tie long hair back in a braid or pony tail. This makes it harder for lice to crawl from one person to another.
- Keep children in separate beds on sleepovers. Change the sheets when a different person will be using them.
- Talk to your child about not sharing hats, brushes, helmets, pillows, coats, etc.
- **At Jean Vanier, we follow the guidelines given to us by Alberta Health Services.** As soon as we are notified by a parent or a teacher that there is a case of lice in a particular classroom, parents in that class are sent an informative pamphlet from Alberta Services. Information from that pamphlet is included above.

A great child-friendly book about lice:



We have also arranged for an RN from Alberta Health Services to come in and present information on lice for our students so they are informed and understand that this is just another area to be aware of and how they can help.

For more information please visit <https://myhealth.alberta.ca/Pages/default.aspx>

Health Link Alberta: Dial 811

Thank-you for your continued support.

Don Marceau & Bonnie-Lynne Boehm

Jean Vanier Administrative Team