



Newsletter: Wednesday 10th May 2023

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Pastoral Manager: Tammy Snape: 07922 576932

Dear Families,

Consultation about the proposed move of Gamesley Early Excellence Centre Nursery School to Gamesley Primary School

You should all have received a letter giving details of the proposed move from September 2023. If you haven't seen this yet, just ask at the Nursery office and we can let you have a copy of the letter. You can share your views about the plan by emailing jenny.webster@derbyshire.gov.uk

In the meantime, you are more than welcome to chat to me or to pop up to school to look at the spaces that we propose could be used to house the Nursery. We have been promised lots of support (and funding!) from the Local Authority so we can create a beautiful learning space for the Nursery children within the school building, and staff from both schools are very excited about us working together in the future.

Pastoral Support

I know many of you already know Mrs Tammy Snape from the school, but she is now available to offer support to Nursery families as well. Tammy is an Early Help Practitioner and can help with housing, home conditions, accessing food banks or offering tips with managing children's behaviour. Tammy checks her work mobile each morning and you are welcome to text her at any time. She will always get back to you as quickly as possible.

Start and Finish of Nursery Sessions

Just a reminder of the timings of each session. Mornings start at 8.30am and finish at 11.30am and afternoons run from 12.00 to 3.00pm. We will be opening the gates at 11.25am at the end of each morning and again at 2.55pm in the afternoon to allow enough time for all the children to be collected and off the premises before the end of each session.

To ensure the safety of the children, the gate will be closed at 8.35am and again at 12.05pm so late arrivals should be brought to the front office instead.

Toy Library

As those of you who still use it will know, many of the toys in the toy library are now quite tatty or have pieces missing. Unfortunately, there is no budget available to replace these items and so with regret, we have decided to close the library for the foreseeable future. We will make sure that any remaining toys in good condition are placed in the nursery so every child who attends can enjoy using them.

Dates for your Diary

Please note that we have now set the date for the fifth and final staff INSET day this academic year which will be on Friday 26th May meaning that the last day nursery will open before the holiday is Thursday 25th May

Thursday 25 th May	Nursery closes for half term holiday
Monday 5 th June	Nursery opens for Summer Term 6
Thursday 8 th June	Meeting for parents of September Reception Class starters at Gamesley Primary school: 6.00pm
Thursday 6 th July	Reception starters visit at Gamesley Primary School: 4.00pm to 5.00pm
Thursday 13 th July	Reception starters visit at Gamesley Primary School: 4.00pm to 5.00pm
Friday 21 st July	Nursery closes for summer holidays

Kindest regards,

Deborah Meredith

Watch Out – Headlice About!

With one in three schoolchildren getting nits at some point each year, knowing how to deal with them is one of those skills you can't live without...

What are nits?



The terms 'nits' and 'headlice' might be used interchangeably, but actually, they're two different things.

Headlice are tiny, wingless, greyish-brown insects that grow to about the size of a sesame seed. They survive by sucking blood from the scalp (yuck!)

Nits are the cases of eggs laid by headlice (again, yuck!). These are brown (unhatched eggs) or white (empty egg cases) specks that are firmly attached to the shaft of the hair.

Headlice lay their eggs close to the scalp, where it's warmest. After 7 to 10 days, the eggs hatch, and 10 to 14 days after that, the new lice are fully matured and ready to start laying their own eggs.

That's why it's important to check your child for nits regularly and treat as soon as you spot the signs of an outbreak.

Headlice myths busted

- Headlice can't fly, jump or swim - they can only be spread by head-to-head contact.
- Headlice don't prefer clean hair, although you might want to tell your child this if they're embarrassed about having them. Anyone can get them, regardless of their hair type and washing habits.
- They don't always make you itch. The itching is caused by an allergy to the lice, rather than the lice biting, so don't assume that no itching = no nits.
- Headlice can only survive on humans, so there's no need to wash bedding or soft toys if your child has them.

Why do headlice love children so much?

Whether they're cosied up at home playing with dolls or trains, engaging in a boisterous game of Zombie Mutants Attack or plaiting each other's hair, children tend not to respect each other's personal space. That makes it easy for headlice to spread from one child to another (and another, and another ...) by crawling from head to head.

Because schoolchildren spend lots of time in close contact, headlice are extremely common between the ages of 4 and 11, and an outbreak can spread quickly throughout a class or even a whole school.

Adults are less likely to get nits, not because we're immune, but simply because we don't get as close to other people. That said, if your child has an infestation and cuddles up with you, their headlice will be more than happy to take up residence on your scalp, too.

How to spot headlice

Gone are the days of humiliating visits from the school nit nurse. But because children are no longer checked for headlice at school, you'll need to master the art of nit detection yourself.



Don't rely on your child having an itchy scalp to alert you to an outbreak of headlice. Not everyone gets irritated by headlice, and even if they do, the itching might not start for some months after the lice first move in. And, sadly, you won't spot an outbreak just with a quick look at your child's hair. Often, they don't show up easily.

Sometimes you'll see little brown or white specks in your child's hair as a tell-tale sign.

Sometimes you'll notice them scratching their heads, especially behind the ears or on the neck.

But the most reliable method is detection combing. You can do this on wet or dry hair, but it's easiest on wet hair and here's how:

- Wash your child's hair using their normal shampoo, then apply lots of conditioner.
- Without washing the conditioner out, comb their hair through with a wide-toothed comb to get rid of tangles.
- Swap to a louse detection comb: these have finely spaced teeth to trap even tiny nits, and can be bought from pharmacies.

- Starting close to the scalp, draw the comb through your child's hair right down to the ends in one stroke.
- Check the comb for lice or nits. Wiping it on white kitchen towel usually makes them obvious.
- Wipe or rinse the comb then repeat, working through your child's entire head of hair and checking for lice or nits after each stroke.



- Rinse out the conditioner and repeat the whole combing procedure again.
- Ideally, you should check your child for headlice once a week - sorry!

What if you find headlice?

If you find even one solitary louse in your child's hair, you'll need to treat them for an outbreak. You'll also need to check everyone else in the family and treat them if you find headlice.

The good news is that as long as you treat your child, there's no need to keep them off school. They'll probably have had headlice for several weeks by the time you spot the signs, so keeping them home now won't stop them spreading.

There are two ways to treat headlice: by wet combing or by using a special lotion, spray or shampoo.

Treating headlice by wet combing

Treating headlice by wet combing basically means using exactly the same procedure as for detecting headlice, described above. The only difference is that you'll need to comb through your child's hair regularly until you've got rid of not just the live lice, but also any unhatched eggs. Repeating the whole process every few days, so on days three, six, nine, 12 and 15, means you'll be removing lice as they hatch, before they become mature enough to lay their own eggs.

Wet combing is labour intensive, especially if your child has long, thick, curly or Afro hair. It can easily take a good hour each time - not much fun if your child screams blue murder when they see you approaching with the nit comb! But, it's reliable and doesn't involve using harsh (and expensive) chemicals which may not be suitable for young children or pregnant women.

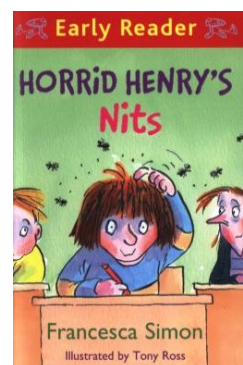
Treating headlice with lotions and sprays

If wet combing sounds too painful - for both you and your child - the alternative is to use a chemical treatment for headlice, which can be bought over the counter in pharmacies. You should only use these if you've found live headlice on your child.

Your pharmacist can advise you on the best treatment to use. **They can provide them free of charge.** Some are unsuitable for children under two, and shouldn't be used if you're pregnant, breastfeeding or have asthma or allergies.

The NHS also advises against using shampoos or rinses, as these aren't as effective as lotions and sprays.

Make sure you follow the instructions to the letter, to give the treatment the best chance of working. Some only need to be left on your child's hair for 10 minutes or so, while others have to stay on for as long as eight hours. Not all chemical treatments kill unhatched eggs, so you usually have to repeat the treatment after a week to kill any lice that have hatched since you first used the product.



Can you prevent further nit and headlice outbreaks?

Afraid not. There's no harm in tying long hair back securely, or braiding Afro hair, but neither is there any evidence that this will help to prevent headlice. Some people think that using tea tree shampoo or conditioner helps, but again, while this won't hurt, there's no scientific proof that it works.

It's tempting to use headlice treatments regularly just in case, but don't: not only are these chemicals harsh for your child's skin, but overusing them can make headlice become resistant to treatment.

The best thing you can do to keep headlice under control is check your child's hair regularly, and treat them quickly if you find lice. If your child has just got over headlice, checking them once a week for the next month will help to prevent a second outbreak.