



**Newsletter: Monday 5<sup>th</sup> June 2023**

**School Office:**

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**Pastoral Manager: Tammy Snape: 07922 576932**

Dear Families,

## **Sunny Weather**

Now that summer has finally arrived, please can we remind families that children need to have high factor sunscreen applied before they come to Nursery. Staff will “top up” with additional sun cream if children are staying in all day.

Children also need to bring sunhats each day.

Thank you.

## **We are a Nut Free Nursery**

Just a reminder that we have a child with a significant nut allergy and so we ask that you do not send in any food which may contain nuts. Thank you for your support.

## **Nappies and Spare Clothes**

Please ensure your children bring a change of clothes with them to Nursery each day. If they are still using nappies, please check regularly with staff that we have an adequate supply. Thank you.

## **Nursery places in September 2023**

We wanted to give you notice that there will be some changes to the way we offer sessions in September. As we are developing the curriculum and activities on offer, it is becoming more important that children attend regularly each day to take full advantage of everything on offer. So, from September, all the children in our new “Conkers” class (children due to start Primary School in September 2024) will attend 5 mornings each week (15 hours), plus an additional 4 afternoons Monday to Thursday for those children entitled to 30 hours provision.

Younger children in our “Catkins” Class will be offered either morning or afternoon slots for their 15 hours entitlement with extra sessions available for those entitled to 30 hours nursery provision each week.

Additional sessions including Friday afternoons can be booked and paid for as childcare.

Look out for our updated booking forms which will be available soon ready for September 2023.

## Dates for your Diary

Thursday 8 <sup>th</sup> June	Meeting for parents of September Reception Class starters at Gamesley Primary school: 6.00pm
Thursday 6 <sup>th</sup> July	Reception starters visit at Gamesley Primary School: 4.00pm to 5.00pm
Thursday 13 <sup>th</sup> July	Reception starters visit at Gamesley Primary School: 4.00pm to 5.00pm
Thursday 20 <sup>th</sup> July	Conker's Class Leavers trip to Chatsworth Farmyard and Adventure Playground
Friday 21 <sup>st</sup> 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

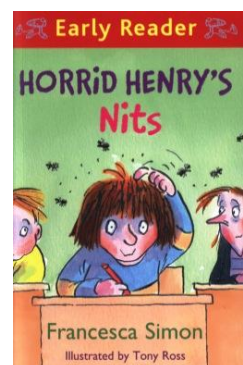
If wet combing sounds too painful - for both you and your child - the alternative is to use a chemical treatment for headlice, which can be bought over the counter in pharmacies. You should only use these if you've found live headlice on your child.

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.