



The Gosford Times

The Weekly Newsletter of Gosford Hill School

Issue 4 - 5th October 2017

www.gosford-hill.oxon.sch.uk

IMPORTANT: INSET DAY TOMORROW

The school will be closed to students tomorrow (Friday 6th October) for INSET day.

Brookes Engage

BROOKES ENGAGE

OXFORD BROOKES UNIVERSITY

Brookes Engage is a fully funded Year 12 access programme open to young people from across Oxfordshire from backgrounds under-represented in higher education, studying in the first year of a Level 3 qualification (A Level & BTEC). The eighteen month-long programme is designed to support pupils to make a successful transition to university whilst also providing them with experiences that will develop skills and attributes that will be beneficial in the world of work.

Participants will take part in a range of activities over the course of the programme during monthly sessions, engaging with academic staff, students and local employers, as well as taking part in cultural and educational trips. In addition to the monthly sessions, participants will undertake an independent academic assignment with the support of a university tutor, attend a week-long summer school, and receive one-to-one mentoring from an Oxford Brookes student.

Brookes Engage students are also eligible to apply for the Oxford Brookes Community Scholarship which awards students with a payment of £1,000 in their first year.

At the end of the programme, participants should feel confident in making the next step in their education career, be that in work or at university. The programme is completely free of charge to participants and bursaries for travel are available.

Subjects pathways on offer:

- Social Sciences
- History
- Law
- Healthcare
- Mathematics
- Art and Design
- Sport

To be eligible to apply for Brookes Engage pupils also need to meet at least one of the following criteria:

- Be eligible for free school meals
- Have parent(s)/guardian(s) who did not attend university
- Live in local authority care, or has lived in care
- Is a young carer
- Is disabled or has a specific learning difficulty
- Is of black or minority ethnic origin

Head Lice - Advice to Parents/Guardians

These notes are intended as guidelines for families to be read in conjunction with the NHS leaflet "The Prevention and Treatment of Head Lice"

- PLEASE DO MAKE IT A PRIORITY TO CHECK HAIR WEEKLY -

FACTS ABOUT HEAD LICE

- Head lice are small insects that live close to the scalp (size of sesame seed)
- Nits are not the same as lice. Nits are the empty egg cases which stick to the hair.
- You only have head lice if you find a living, moving louse (not just the eggs).
- Anybody can get head lice – adults and children
- Head lice don't care if the hair is clean or dirty, long or short – they're not fussy
- They are commonly caught from close family and friend members
- Head lice can walk from one head to another, if heads are pressed together for some time. They cannot fly, jump or swim.
- Regular hair care may help to spot lice early.

THE BEST WAY TO STOP INFECTION IS FOR FAMILIES TO CHECK HEADS REGULARLY (WEEKLY) USING DETECTION COMBING.

DETECTION COMBING

- You will need:
- Plastic/Metal detection comb (available from chemists)
 - Good lighting
 - Ordinary comb
 - Ordinary Hair Conditioner (optional)

1. Wash the hair well, towel dry until damp but not dripping
2. First comb the hair with an ordinary comb (you may put some conditioner on the hair first to make combing easier).
3. Next, use detection comb – touch the skin of the scalp at the top of the head and slowly draw the comb towards the end of the hair.
4. Carefully check the teeth of the comb in good lighting
5. Repeat steps 3 & 4 working your way around the head from the top of the scalp to the ends of the hair. This will probably take 10-15 minutes.
6. If there are head lice, you will find one or more on the teeth of the comb. Clean the comb under running water (a nailbrush can help to do this).

The best way to stop infection is to do combing regularly (weekly). Never use insecticidal liquids, shampoos or lotions to PREVENT infection or just in case.

HOW TO TREAT HEAD LICE

Do not treat unless you are sure you have found a living, moving louse. Treat any family member who is found to have lice at the same time, to prevent re-infection.

Lotions are available from the chemist, follow the instructions on the pack. Repeat treatment seven days later. Continue to check hair 3-5 days after each treatment.

- Put lotion onto dry hair (following instructions on pack) in well ventilated room
- Part hair near the top of the head and put a few drops onto the scalp and rub in. Do this again and again until the whole scalp is wet. You don't need to take the lotion any further down long hair than where you would put a pony-tail band.
- Use enough lotion - at least one small bottle per head, more if the hair is thick.
- Take care not to get lotion in eyes or on the face
- Let the lotion dry on the hair – DO NOT use a hair dryer – some lotions are flammable! Always check manufacturer's instructions for correct amount of time to leave on hair as this is important in the effectiveness of treatment.
- Wash hair and rinse as normal. Repeat entire treatment seven days later with the same lotion.
- Remove egg cases by combing hair, while wet, with a detection comb.

If you still find living, moving lice after second treatment, ask your pharmacist or GP for advice.

CONTACT TRACING

You need to find where the lice came from or you may be re-infected. The source may not even know they have lice.

Use the checklist below to make sure you get in touch with everyone who has had close (head to head) contact with the infected person. All the people on the list should check themselves and their families for head lice using the detection combing technique.

– REMEMBER –

It doesn't matter how many nits (egg cases) you have, or how itchy your scalp is – if you can't find a living, moving louse, you don't have head lice.

Checklist:

Parents		Nieces/Nephews	
Grandparents		Friends	
Brothers/sisters		School/Nursery	
Sons/Daughters		Babysitter	
Aunts/Uncles		Clubs	
Cousins		Other	

Ruth Spencer
School Health Nurse

Head Lice

Lice hang on tight to the hair, usually close to the scalp where there is warmth, food and shelter from detection. Full grown lice take the opportunity to move from head to head during close contact. Younger lice tend to remain for about 6 days on the head where they have hatched.

Head lice need to maintain contact with a host in order to survive. Those lice that leave the host voluntarily, or fall off, are likely to be damaged or approaching death (their life span is about 3 weeks) and so unable to start a new colony. There is no need to wash or fumigate clothing or bedding that comes into contact with head lice.



Magnified photo of the human head louse and louse egg (nit).

- ★ Head lice are small, six-legged wingless insects, pin-head size when they hatch, less than match-head size when fully grown and grey/brown in colour. They are difficult to detect in dry hair even when the head is closely inspected. They very often cause itching, but this is not always the case, particularly when recently arrived on the head.
- ★ Head lice cannot fly, jump or swim, but spread by clambering from head to head. Anyone with hair can catch them, but children who have head to head contact, either at school or during play, are most commonly affected.
- ★ Head lice feed by biting and sucking blood through the scalp of their host. The female louse lays eggs in sacs (nits) which are very small, dull in colour, and well camouflaged. These are securely glued to hairs where the warmth of the scalp will hatch them out in 7-10 days. Empty egg sacs are white and shiny and may be found further along the hair shaft as the hair grows out. Lice take 6-14 days to become fully grown, after which they are capable of reproduction.
- ★ Head lice are not fussy about hair length or condition. Clean hair is therefore no protection, although regular (eg weekly) hair washing and combing sessions offer a good opportunity to detect head lice, and arrange treatment if discovered.



If you are at all worried about head lice or feel you need more advice on how to cope, then you should consult your school nurse, health visitor, pharmacist or family doctor.

Further copies of this leaflet may be obtained from:

Department of Health, PO Box 777, London SE1 6XH
 Fax: 01623 724 524 (Email: dh@prolog.uk.com)

This document is also available in other languages on request.

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 CHLORINE FREE PAPER

Detection

Head lice are well camouflaged and hide when disturbed by combing. They do not always cause itching, particularly when recently arrived on the head. They may also be few in number and a quick inspection is unlikely to detect them.

The following method of detection is effective:

- ★ Wash the hair using ordinary shampoo, then use a wide toothed comb to straighten and untangle the hair. It is easier to do this with wet hair, and using hair conditioner.
- ★ Once the comb moves freely through the hair, without dragging, switch to a fine tooth comb. Make sure the teeth of the comb slot into the hair at the roots and draw down to the ends of the hair with every stroke. The comb must be fine enough to catch the lice – size indicated below – do not confuse lice or their eggs with clumps of dandruff or other debris.



Actual size in stages of growth of the head louse.

- ★ Check the comb for lice after each stroke as you work through the hair section by section, so that the whole head of hair is combed through, then rinse out the conditioner and repeat the combing procedure in the wet hair.
- ★ This can be undertaken on a regular basis – eg at routine hair washing sessions – to detect the presence of lice before they can spread. Check all family members at the same time and arrange treatment when lice are found.

Treatments

If you find lice, then there are two options. Whichever option you choose it is important to recognise that neither will protect against re-infection if head to head contact is made with someone with head lice at a later date. You may therefore wish to undertake occasional checks during hair washing sessions.

Option 1: Lotions

- ★ Do not use lotions unless you find a living moving louse. Check all close family/friends by the 'wet combing' method, as described, and treat anyone who is found to have lice at the same time, to prevent re-infection.
- ★ Ensure you have enough lotion to treat all those affected and follow the instructions on the packet carefully, eg as to how long the treatment must remain on the hair to be effective, how often you may apply the product etc.
- ★ The product may be capable of killing eggs, as well as lice, but there is no certainty of this. Check for baby lice hatching out from eggs 3-5 days after you use it, and again at 10-12 days.

- ★ If the lice appear to be unaffected by the product (some lice may have developed resistance to a particular insecticide) or if the problem persists – then you should take advice from your local school nurse, health visitor, pharmacist or GP, who will be able to advise you on alternative treatments and explain how to use these to best effect. You should seek advice where whoever is being treated is either under 1 year of age, suffers from asthma or allergies, or is pregnant or breast feeding.

Option 2: The "Bug Busting" treatment method

This aims at systematic removal of live lice by combing through the hair and physically removing any lice found. Success depends largely upon adopting a painstaking approach – as described in the "Bug Buster" kit. The kit, which includes an illustrated guide and combs, is available from some pharmacies, and by mail order from:

Community Hygiene Concern
 Manor Gardens Centre, 6-9 Manor Gardens
 London N7 6LA
Bug Buster: Help Line: 020 7686 4321
 Fax: 020 7686 4322
 Internet: www.dhc.org/bugbusting Charity reg no: 801371

- ★ Only one kit is required for a family and it is reusable. Four sessions spaced over 2 weeks are required to clear the lice, as long as the person does not catch more lice, in which case half-weekly sessions must continue.
- ★ Some schools find it helpful to adopt a whole-school approach (where all parents check their children and family members on the same evening and treat as needed). A "Bug Buster" Teaching Pack is available to assist this process. For further information contact Community Hygiene Concern, details as above.
- ★ Taking part on "Bug Busting" days can help to prevent lice circulating, ie if all cases are identified and treated successfully at the same time there will be fewer opportunities for lice to circulate amongst children and their families.

TERM DATES: 2017 - 2018

Autumn Term:

Wednesday 6th September – Thursday 21st December 2017

Half Term Break: Monday 23rd October – Friday 27th October 2017

Spring Term:

Monday 8th January – Thursday 29th March 2018

Half Term Break: Monday 12th February – Friday 16th February 2018

Summer Term:

Monday 16th April – Wednesday 25th July 2018

Half Term Break: Monday 28th May – June 1st 2018

INSET DAYS: Friday 6th October 2017, Monday 27th November 2017, Friday 29th June 2018

CONTACTING YOUR SCHOOL

Your views are very important to us, whether they're about your child, school activities or wider community issues. For all contact details telephone School Reception.

If you have a concern about your child contact:

- **The subject teacher** - if it concerns learning in a particular subject. Contact Reception to leave a message or alternatively, if you have internet access, you can ask for their email address.
- **The Head of Faculty** - if you wish to discuss any matter in greater detail.
- **Their Form Tutor** - if it is a more general issue about your child's well being.

Staff will endeavour to phone you back as soon as possible. All information is treated in the strictest of confidence. If you want to raise an issue or query about a more general area of school activity or a community matter contact a Parent Governor. (Telephone numbers available from School Reception)

SCHOOL RECEPTION:	Telephone: 01865 374971
SCHOOL EMAIL:	office.4060@gosford-hill.oxon.sch.uk
SCHOOL WEBSITE:	www.gosford-hill.oxon.sch.uk
ABSENCE LINE:	Telephone: 01865 855378 (please use this number to report absences) Email: gabs4889@gosford-hill.oxon.sch.uk

The Parent Support Site has information on supporting your child(ren) in a number of curriculum areas.