

October 2010



HEAD LICE

Reminder to families that head lice is a common issue among school-aged children and one that can affect the entire family.

Facts on head Lice:

- They are tiny insects about the size of a sesame seed and live only on the human head.
- They are not caused by being dirty. Anyone who has hair can get head lice.
- Head lice bites can make the scalp itchy but they do not cause disease.
- You cannot get rid of head lice with a hair brush or hair dryer.
- Lice are wingless - they do not jump or fly but rather spread by crawling from one head to another.
- Lice spread through **DIRECT head-to-head** contact as well as through sharing personal articles such as hats, combs, brushes, helmets, scarves etc.

The best way to reduce the risk of getting head lice is to:

- ✓ **Check** each family member's head **EVERY week**. Make this a family routine Sunday night.
- ✓ Provide individual combs and brushes for each family member.
- ✓ Teach children to avoid sharing items that come in contact with their head or neck (towels, helmets, hats, scarves etc).
- ✓ Tie long hair back.

If you discover that your child has head lice please report this to the school office and they will provide you with information regarding treatment options. Children with head lice may remain in school during the treatment period.



Oct. 4-8 is International Walk to School Week!

The purpose of International Walk to School Week is to promote and celebrate the many benefits of physical activity, pedestrian and road safety, and/or to promote the environment!

Most pedestrian related injuries happen in the months of September and October!

- Children under the age of 9 are not mature or skilled enough to judge if a situation is safe. Children need supervision when crossing the street until at least 9 years of age.
- After the age of 9, children have better peripheral vision, are less impulsive, are more aware of risks, and can handle many pieces of information at one time.
- Children should remove earphones when crossing the street, so that traffic sounds can be heard.
- With shorter, darker days children need to wear bright reflective clothing.



For more information go to: www.waytogo.icbc.ca and www.safekidscanada.ca

Grade 6 Immunization Clinic Reminder:



Grade 6 immunization clinics have now been scheduled at each school and **Consent** forms have been sent out. Please return the consent form to the school as soon as possible. If you have any questions about any of the immunizations, please call the **On-Call Nurse for the Child and Youth Team at: 604-983-6714**. Thank-you!

If you have any questions or suggestions for future topics, please call the On-Call Nurse for the Child & Youth Team at 604-983-6714.