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15th October 2021

Dear Parents / Carers

There are currently some cases of head lice in your child's class. These can be transferred by head to head contact. Please ensure that you check your child's hair thoroughly and remove any lice or eggs that you find.

Remove head lice and nits:

- Use a fine-toothed louse or nit comb. Combs with metal teeth spaced close together seem to work best.
- Hair should be cleaned and well-combed or brushed to remove tangles before using a louse comb. Clean the louse comb frequently to remove any caught lice or eggs. Some parents report that water, vegetable oils or hair conditioners help lubricate the hair and ease combing; others report that these make it more difficult to see the eggs.
- Sit behind your child, and use a bright light (and magnification if needed), to inspect and comb through the hair, one small section at a time.
- Repeat combing until no more active lice are observed.
- Comb daily until no live lice are discovered for two weeks. It may take several hours each night for several nights to tackle the problem. An entertaining video may help keep the child occupied during this time.
- Adult female lice cement eggs to the base of a hair shaft near the skin. As the hair grows, eggs are moved away from the scalp. Eggs more than $\frac{1}{4}$ inch from the scalp are nearly always hatched and do not mean live lice are present.
- Combs, brushes, hats and other hair accessories in contact with an infested person should be washed in hot water each day to dislodge any lice or nits.
- Combing is sometimes painful to the child or it may be impractical for other reasons. In these cases, consider using anti-nit products.

More information can be found here <https://www.nhs.uk/conditions/head-lice-and-nits/>

It is advisable to check your child's hair on a weekly basis.

Kind regards

Castle Mead School

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