

## Head Lice Prevention Proposal



As a Registered Nurse and Mother of three at our school I would like initiate a move to eradicate head lice in our school community. A big task yes! But one that is worth attempting. Too many of our precious children are suffering from these little beasts. And far too often.

It is my recommendation that as a school we work together to learn and understand not only about head lice but how we can treat and prevent them.

Through commitment and dedication as a community we can at least try this for our children

We are fortunate enough to have a Public Health Nurse we can contact when in need. This is a free service and Parents who need help for any reason are able to call her and she will do a home visit to assist with treatment. Sometimes our lovely children will not let us at them with the nit comb making it near impossible to get rid of them.

Please find attached an information pamphlet from the Ministry of Health. This will illustrate how to treat head lice if you should find them in your child's hair.

My suggestion is simple.

Let's all band together on the last day of term and all check our children's hair, not forgetting ourselves and anyone else in the household. It is also a good idea to do the bed linen at the

same time just incase. Any un washable items such as soft toys can go in a bag into the freezer for 24 hours.

If you do find signs of head lice be it small or a large family infested in the hair of your loved one. Then get to it. If we all treat for head lice in the best informed way then we have a good chance of returning to school in term three....NIT FREE

In terms of treatment, please if you don't know what to use visit your doctor for a free treatment or purchase from the chemist. There are natural ways of course to treat but tend to be not as effective.

If you consider this a health issue as you would and illness then it seems justified in treating it as one with medicine.

From there we action a Prevention Programme. Our goal here is to remain a nit free school.

Prevention is better than cure so let's work together and reach that goal.

There are many products available to use as a prevention.

Tea tree oil is one, for the natural inclined. Spraying your child's hair everyday with this will for sure prevent them coming back.

Head lice do not like sticky dirty hair, they are unable to move close to the scalp to get the nutrition they need to survive. So avoid washing it too often.

My personal favourite is Ellnetl super hold hair spray. It's been used for quite possibly hundreds of years by the lovely elderly ladies after a rinse and set. It is sticky and a little smelly but works a treat.

Once the hairs brushed and tied back with a braid, give it a quick spray and I'm pretty sure you won't see nits again.

For the boys, I just pop a bit of hair product in there to keep it sticky and keeping hair short is also useful.

So Friday 6th July check all family members heads.

If head lice detected and treat all family members. Repeat treatment one more time a week later and then we all start school term three nit free.

Be sure to check heads weekly and comb through some cheap conditioner with a nit comb to ensure they have not snuck back in.

Good Luck

