



# grenfell preschool & long day care centre

newsletter

2nd March 2009

## Special Newsletter

### Break-in at the Centre

Sometime between 8.30pm on Thursday night and 7.45am on Friday morning the Centre has been broken into. The intruders forced the Garden Room door open and vandalised the office. The matter has been placed in the hands of the police and hopefully the offender or offenders will be apprehended soon.

### Working Bee

We need your help at a working bee for the Centre this Saturday at 10.00am to help spread the new softfall, lay some new turf and do a general tidy up of the garden. I understand how busy everyone is, however the more people there to help, the less time it will take. If you have a rake, spade, shovel or wheel barrow, please bring these along. I will put on the kettle and supply morning tea for those who attend.

### Head Lice

We have had a parent inform us that they have had to treat their child for head lice. Our policy states that your child must be excluded from the Centre until hair has been treated with anti-lice shampoo or lotion and their head is free from lice. Thankyou to the parent that informed us.

### Family Function

Don't forget the family function at Rotary Park. To help with the catering, could you please place your family name and how many will be attending so that we can order the sausages.

### Policies under Review

The following policies are currently being reviewed by the management committee.

- Inclusion
- Philosophy
- Programming
- Behaviour Management
- Health and Safety
- Staffing
- Grievances

**We value all parent contributions to our Centre, so please feel free to have a look at these policies next time you are in the Centre and make any suggestions you might have to help improve our Centre.**

### Agenda for the next General Meeting

The next General Meeting is to be held on the 9th March 2009 at 7pm (not May as stated in the last newsletter). So far items on the agenda for that meeting include:

- revamping the Rainbow Room playground
- our 5 year spending plan
- Information Night for 2010 Kindergarten enrolments
- **removal of being able to give notice for absences**
- Quandialla

These may affect some families so come along and have your say.

The dates of all upcoming meetings are listed below:

- **Monday 9th March 2009 (next week)**
- Monday 11th May 2009
- Monday 6th July 2009
- Monday 21st September 2009 (AGM)
- Monday 9th November 2009
- Monday 8th February 2010
- Monday 10th May 2010

Please note these dates on your calendar so that you don't miss out on having your say.

### sausage sizzle



Come to the park for a get together.  
Meet new friends and enjoy some sausages.

**When:** 28th March 2009

**Where:** Rotary Park

**Time:** 4pm

**RSVP:** Friday 20th March 2009

## Head Lice

### Head Lice (Nits) - Treatment and Control

Head lice are small, wingless insects that live, breed and feed on the human scalp. They do not carry or transmit disease. They have been around for thousands of years and, given the chance, will move from head to head without discrimination.

#### Head Lice Facts

A female louse will lay between three to eight eggs (nits) per day in the hair, within 1.5cm of the scalp. These eggs resemble dandruff but cannot be brushed off. Head lice do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl.

People get head lice from direct head to head contact with another person who has head lice. This can happen when people play, cuddle or work closely together. Head lice are most common among children and their families. If your family has head lice, tell anyone who has had head to head contact with them, so that they can check and treat their family if needed. There is no need to treat the whole family, unless they also have head lice.

Concentrate on treating the affected person's head. There is no evidence to suggest that you need to clean the house or the classroom. The only linen that requires specific washing is the affected person's pillowcase this should be washed in hot water (at least 60°C) or put in a clothes dryer on hot or warm setting for 10 minutes.

The itchiness may not disappear immediately after treatment. Persistent itch is not a reason to repeat the treatment.

#### Finding Head Lice

Half of the people who have head lice never scratch their head so itching is not a reliable sign. Lice can be hard to spot because they move quickly. The easiest and most effective way to find head lice is to follow these steps weekly:

- Step 1:** Comb hair conditioner onto **dry, brushed (detangled) hair**. This makes it difficult for lice to grip the hair or run around.
- Step 2:** Wipe the conditioner from the comb onto a piece of paper towel or a tissue.
- Step 3:** Look on the tissue and comb for lice and eggs.
- Step 4:** Repeat the combing for every part of the head at least four or five times.
- Step 5:** If the person has been treated recently and only hatched eggs are found, you may not have to treat them again since the eggs could be from the old infection.
- Step 6:** If lice or eggs are found, the person should be treated.

#### Treating Head Lice

The two preferred treatment options available for treating head lice are the 'conditioner and comb' method and the use of an insecticide.



## Using Insecticide Products

If you use lotions, apply the product to dry hair. For shampoos, wet the hair, but use the least amount of water possible. Head lice live in the hair and go to the scalp to feed. Therefore, head lice products must be applied to all parts of the hair.

Care should be taken when using these products:

- if you are pregnant or breastfeeding;
- in children less than 12 months old; and
- in people who have allergies, open wounds on the scalp, or asthma.

All products can cause reactions. If you are unsure, check with your chemist or doctor.

Insecticide resistance is complex and common, so you need to check that the lice are dead. If the insecticide has worked, the lice will be dead within 20 minutes. If the lice are not dead, the treatment has not worked and the lice are resistant to the product and all products containing the same active compound. Find a product with a different active compound or speak to your chemist or doctor. No treatment kills 100 per cent of the eggs so treatment must involve two applications, seven days apart.

#### The Conditioner and Comb Method

If you choose not to use an insecticide, the comb and conditioner method described under 'Finding Head Lice' can be used every second day until no live lice have been found for 10 days.

Head lice combs with long rounded stainless steel teeth, positioned very close together, are the most effective, however any head lice comb can be used.

#### Preventing Head Lice

There is no product available that prevents head lice, however tying long hair back and checking weekly for lice, can help prevent the spread.

#### Things to Remember

- Head lice have been around for thousands of years and anyone can get them.
- Using the conditioner and comb method once each week will help your family control head lice.
- Head lice do not carry disease.

#### Where to get help

- Your doctor or chemist.
- Your local government health department.
- Department of Human Services, Public Health and Development Division on 03 9096 0000.

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