

Padstow School Newsletter

January 26th 2017



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Let's Make Padstow A Nit-Free School

Does the sight of the dreaded 'nit letter' make your blood boil? Does it mean another costly and inconvenient trip to the chemist?

We would like to make Padstow School a nit-free school and put an end to the need for the nit letter.

We are not asking you to spend a fortune on treatments; studies have shown that the wet combing method is more effective than chemical treatments:

- Wet your child's hair and cover in conditioner, comb or brush through with an ordinary brush/comb to detangle.
(You can do this in the bath or you can wet your child's hair, then put a towel around their shoulders and they can sit in front of the television or they could use the time to read to you or practice times tables.)
- Using a nit comb, comb the hair from the roots to the very ends
- After each stroke check the comb for lice or eggs (they are sometimes easier to see if you wipe the comb on a piece of kitchen roll)
- If you find any lice or eggs, rinse the comb and continue until you have done the whole head of hair and there are no more lice or eggs left.

In order for us to become nit-free we need all our children to have their hair combed a minimum of once a week, every week. Make it a part of your child's health routine instead of a chore.

We do appreciate that treating head lice takes time and many of you lead busy lives, but we are asking that you don't only treat them when a letter comes home. If we all comb our children's hair every week we can make a huge difference. We will be putting a weekly reminder in the newsletter to help everyone to keep on top of the problem.

Head Lice Facts

- **How head lice spread:** Typically through head-to-head contact. Rarely, through contact with a shared item like a hat, helmet, scarf, or pillow. Head lice do not jump or fly.
- **How long head lice live on the head:** Up to 30 days after they reach adulthood. Lice do not infest furniture or carpets. Lice don't live very long off the head, as they need blood to survive.
- Many people find that after clearing their child it's all back 3 to 4 weeks later and this means they must have re-caught them from someone. However what this usually means is that they weren't fully cleared in the first place. The lice might have been removed but not all the nits and 3 to 4 weeks later those nits have hatched and matured. To break this cycle you have to keep clearing both the nits as well as the lice out of the hair day after day.

Diary Dates

February:

10th—School closed

13th-17th—Half term

20th-24th—Parent meetings

March:

31st—School closes for Easter at 2pm

April:

18th—Summer term begins

May:

2nd—School closed

29th—June 2nd: Half term

June:

9th—School closed

July:

26th—School closes for summer 2pm

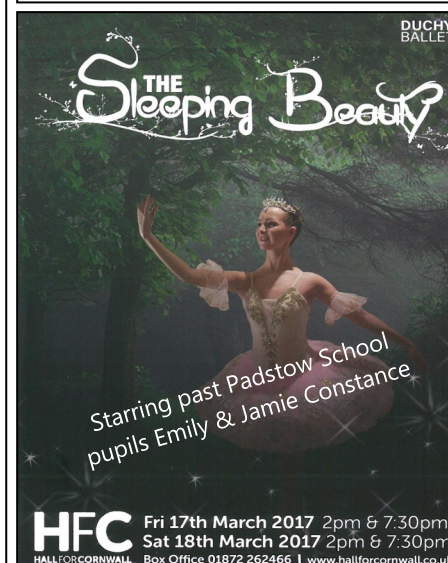
General Enquiries & Notifications

Please email our admin assistant Brooke at

brooke.stephens@padstow.cornwall.sch.uk

to notify us of your child's absence or for general enquiries.

You are also welcome to call in to the office or to phone us on 01841 532510



 **Help us to become nit-free—please check your child's hair this weekend** 

School closes for the half term on Thursday 9th February at 3.15pm
(Friday 10th February is a staff training day)
We return to school on Monday 20th February

Swimming Festival

Well done to Alfie Clayton Shilson, Hayden Lang, Joey Flide, Ruby Symons, Nelle Blackburn, Imogen Worthington, Sam Robinson, Samuel Milne-Napoletano, Kai Wicks, Zoe Pompa, Aimee Willetts, Reese Willetts and Lydia Dollard who all took part in Wadebridge Area Swimming Gala yesterday morning. They reported back that it was 'great fun' and Miss Dickson was full of praise for their team spirit and positive attitude.

It's A Kind Of Magic

The topic in Year 1 this term is 'Magic'. The children have been painting magic dragons and making dinosaur egg collages. They have also started designing witches hats.



Doug and Nyah with their painted dragons



Tony and Izzy with their egg collage



Shake, Rattle & Roll

Year 3's topic this term is 'Shake Rattle & Roll'. They have been learning all about volcanoes and earthquakes and have made their own windsocks. Ask them if they can tell you what is meant by 'active', 'erupting' and 'dormant' volcanoes.



REMINDERS:

Charity Quiz by March Pinch supporting Becky Bate and Macmillan takes place this Friday 27th January at Padstow Social Club. 8pm start £2 a person. 4 people in a team.

The Lawns **Skate Park** consultation event takes place this Saturday 28th January at Padstow Social Club from 10am-4pm. Drop in to vote for your favourite scheme.

PILOXING

PILOXING; a blend of Boxing, Pilates and Dance is coming to Padstow twice a week.

Kirsty is your certified fully insured PILOXING instructor.

Check out our Facebook group `Core Fit`

Or contact Kirsty to get booked in

07967409971/corefit@yahoo.com



This week the newsletter has been sponsored by Kirsty Masters