



Head Lice

Dear Parents/Caregivers

I am writing to advise you that we suspect that head lice (nits) are present in the hair of some students within our school. This is a problem that all schools are faced with from time to time. The most effective way to deal with outbreaks of head lice is for all parents to regularly check their children's hair and use the treatments readily available.

What are head lice? They are very small parasitic insects, about the size of a sesame seed. They are usually light brown in colour. Close inspection of the scalp may reveal whitish eggs (sometimes mistaken for dandruff), firmly attached to the hair, especially at the nape of the neck and above the ears.

Many people associate head lice with poor hygiene. However, this is not true. Lice cannot jump or fly and are usually transmitted by contact with an infected person or lice-infected items such as hats, scarves, brushes and combs.

Please check your child's hair tonight and on a regular basis using the methods recommended in information from NSW Health.

<https://www.health.nsw.gov.au/environment/headlice/Pages/default.aspx>

The only effective way to reduce the problem of head lice is for everyone in our school community to regularly check their children's hair and to treat the hair and affected clothing/bedding etc as per the recommendations on the NSW Health website.

Thank you for your support,

Jennifer Thompson
Principal