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# THE WEEKLY BUZZZ...

**Simcoe Street School**  
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## Dates to Remember

### April Calendar



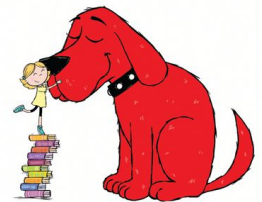
Apr. 22nd - 26th - Scholastic Book Fair  
 Apr. 22nd - Earth Day - Wear Earth Colours to School  
 Apr. 23rd - Intermediate Badminton Tournament

Apr. 24th - Grade 4 and 5 - Library Visit  
 Apr. 24th - Kindergarten - Grade 3 Movie Night

Apr. 25th - Pizza Orders Due  
 Apr. 26th - No Waste Day- Can you pack a lunch with no waste?  
 Apr. 30th - Celebration Assembly - 9:00  
 Apr. 30th - KDG - Fluoride Varnish Treatment  
 May 1st - Junior/Intermediate Movie Night  
 May 2nd - School Council Meeting - 9:00 am

### The Book Fair is Coming!!!

Our school's Scholastic Book Fair starts next week! Students will be scheduled time to browse and shop with their class.



Grades K-2 and Grade 4 are scheduled to shop on Tuesday April 23rd  
 Grades 3-8 are scheduled to shop on Wednesday April 24th

The Book Fair will also be open to families on:  
**Wednesday April 24th from 8-8:30am and 3:00 - 5:30pm**  
**Thursday April 25th from 8-8:30am**

Come and shop and fill out a ballot for a chance to win \$25 worth of books for your child as well as \$25 worth of books for your child's class. Reminder, all purchases earn Scholastic Dollars that can be redeemed for books and educational resources for our school's classrooms and library. The countdown to more Bookjoy is on! Catch you at the Fair! Happy reading!

We have lots of exciting events coming up this week.

**Monday April 22nd, is Earth Day!** This year the theme is Plants vs. Plastics. We are encouraging our students to come to school wearing Earth Colours.



On **Friday April 26th**, we will be having a **No Waste Day** Competition between classes. Students are encouraged to come to school with lunches that do not have any waste. The class that has the least amount of waste including recycling will win a prize.

Our Intermediate Badminton Team will be competing in a tournament this week. We wish the team the best of luck as they compete in their first tournament of the session.



On **Wednesday April 24th** we will be hosting a movie night for our Primary students. **We still have spaces available for both our Primary and Junior/Intermediate Movie nights.** If you are interested please send in your permission form and money to the office.

We are looking for donations for our Kindergarten Outdoor Play area. If you have any pots, pans, serving spoons or sand toys that you can donate to the outdoor mud kitchen and sand pit, please send them to the main office. Thank you in advance for any donations.

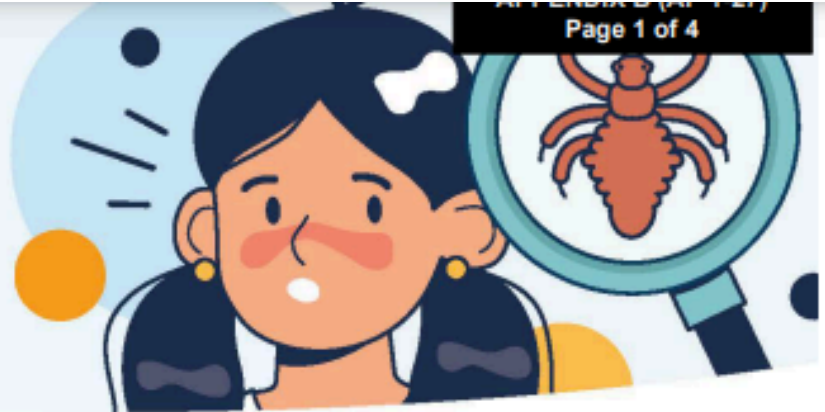


### Kindergarten Registration

Kindergarten Registration is still open for **anyone born in 2020**. If you have a child who was born in 2020 or know a friend who does, please visit the school or [click on this link](#) to register for school in September!



# Head Lice



As neither head lice nor nits (lice eggs) spread disease, there is no medical reason for excluding an individual with nits or live lice from work, school or child care. They may remain at work, school or child care. Still, it is essential to handle the situation sensitively to minimize any embarrassment to the individual. Best practice indicates that they can go home at the end of the day, be treated, and return after treatment has begun.

**Note\*** This document is a general outline of best practices; however, policies may vary. Following your school/daycare's protocols and collaborating with administrators is important.

## What are head lice?

Head lice are tiny insects that live on the scalp of humans. They are not found on pets. Lice nits (eggs) can be found on the hair close to the scalp, frequently behind the ears or on the nape of the neck. Nits hatch in 8-9 days. Once hatched, lice must feed on blood to survive. It takes about 9-12 days for the young lice to mature into adult lice. An adult head louse can live about 30 days on a person's head but will die within one or two days if it falls off.

## Where to find head lice

Lice or nits can be found on the hair close to the scalp, frequently behind the ears or on the nape of the neck. It is much more likely to find the nits, as the lice crawl quickly and are often difficult to see.

1. Forehead
2. Around Ears
3. Nape of neck

**Lice stay close to the scalp.**



## How head lice spreads

Lice do not jump or fly but crawl very quickly. They spread by direct head-to-head contact and less often by sharing items like combs, brushes, scarves, hats, pillows, bedding, towels, etc. Anyone can get head lice; it is not a sign of poor personal hygiene or an unclean environment.

## Do head lice spread disease or cause illness?

No, head lice do not cause illness or spread disease. However, they can be irritating because they cause discomfort and spread easily from person to person.





## What head lice looks like

### Head lice:

- Tiny wingless insects that cannot fly or jump
- Size of a strawberry seed
- Greyish-brown in colour

### Nits (lice eggs):

- Attached to the hair shaft very close to the scalp (within 6 mm/¼ inch)
- Size of a grain of sand
- Do not come off the hair strand easily
- Brownish white in colour when alive, white when dead or hatched
- Nits more than 1 cm from the scalp are likely dead or hatched

The white shells of the nits stay on the hair shaft even after the eggs hatch.

### The primary symptoms include:

- Intense itching or a tickling feeling of something moving in the hair
- Nits on hair shafts
- Scratching and/or small, red sores caused by lice, which could become infected.
- Irritability and difficulty sleeping; head lice are most active in the dark
- Lice visible on the scalp



Dandruff



Lice



Nits

*\*Dandruff does not indicate presence of head lice. Dandruff can be easily moved from the hair strand whereas as head lice is difficult to remove before treatment. Do not mistake dandruff for nits or lice.*

## Lice treatment

Talk to your health care provider or pharmacist to determine which head lice treatment is best for you. For children under two years; a person with a seizure disorder; a person with a scalp infection; OR if you are pregnant or breastfeeding special considerations may apply.



### Live Head Lice:

- Begin with a chemical treatment purchased from a pharmacy
- Ask a pharmacist for directions on how to use specific products and for guidance on treatments based on the age and health status of the person.
- Apply the medication to the head as directed on the product packaging.
- Medication for lice includes lotions, cream rinses, and shampoos. Both pesticide and non-pesticide products are available.
- Most products require two treatments. The first will kill the head lice but not all nits. The second treatment, given 7 to 10 days after the first, will kill the lice that have hatched since the first treatment.
- Wash and rinse hair in the sink, not in the bath or shower to avoid getting the treatment product on other parts of the body
- Do not use regular shampoo and hair products for 48-72 hours after first and second treatments to allow the treatment product to continue working.
- Always follow the chemical treatment with the Wet Combing Method to remove lice and nits (see below).
- If you still see live lice 48 hours after the second treatment, contact your health care provider.

### Nits (Lice Eggs):

After chemical treatment (see above), daily nit removal using the Wet Combing Method (see below) is key to getting rid of head lice. Even with careful nit picking some live nits and lice can be missed.

### Wet Combing Method:

Wet combing helps find and remove head lice and nits by combing through the hair using a fine-toothed nit comb. Use a bright light and magnifying glass if available. Remember, lice or nits are found close to the scalp, particularly around the ears, at the back of the neck and forehead.

#### STEPS:

1. Wet hair for easier removal as this slows adult lice movement, which makes it easier to see and catch the lice.
2. Part hair into small sections in order to see the hair strand down to the scalp. For longer hair you can clip sections to the side to better see the scalp.
3. With a fine-toothed nit comb (usually included with treatment shampoos) or your fingernails, pull the nits/lice from the hair strands starting at the roots down to the tips
4. Wipe the nits/lice onto a tissue after each stroke through the hair
5. Place tissues with nits/lice in a bag for disposal
6. After finishing all sections of the head, wash your hands with soap and water and soak the comb in hot soapy water.

### OHIP+ covered treatment

Specific head lice treatment products may be covered under a prescription under OHIP+. For children 24 years and under who are not covered under a private drug plan, OHIP+ covers the cost of certain prescription drugs. Seek assessment from a health care provider.



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## Head lice prevention strategies

- Do not share hats, scarves, headphones, combs, brushes, barrettes, headbands, hair elastics, towels or bicycle helmets, and investigate any head itching.
- Keep long hair tied back and away from the face
- Teach children to avoid head-to-head contact
- Check children's hair regularly, (e.g. weekly) especially if they are scratching a lot

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## Notify close contacts

If one person has head lice, other close contacts may also have them. Notify close contacts so that they can check for head lice. Within the household, it is essential that all individuals who have head lice be treated at the same time. An untreated source among close contacts is a common reason for getting head lice again. Tell your child's school, daycare, and children's groups (e.g. sports, clubs, babysitters, etc.) so other parents can check their children's hair.

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## How long should I continue to check for lice?

Continue to check using the Wet Combing Method daily for 2–3 weeks to be sure all lice and nits are gone and remove any that are discovered. It's recommended to routinely check children's scalps weekly

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## Household and personal items

Treatment/cleaning of household and personal items should be done on the same day as a scalp treatment to prevent lice re-infestation.

- Launder all personal items that could have been in contact with an infected person's head 2–3 days before noticing the lice. Items such as hats, towels, bedding, and pillowcases should be washed in hot water (above 55°C or 130°F) and dried in a hot dryer for about 30 minutes.

- Dry-clean or seal in plastic bags non-washable items such as pillows for 14 days to kill lice. Head lice survive less than 1–2 days if they fall off a person and cannot feed; nits cannot hatch and usually die within a week if not kept at the same temperature as that found close to the human scalp. Spending much time and money on housecleaning activities is not necessary to avoid reinfestation by lice or nits that may have fallen off the head or crawled onto furniture or clothing.
- Don't use a pesticide spray to "disinfect" your house. These products can be toxic and don't help control head lice.
- Soak all brushes and combs in hot water for 5 to 10 minutes or wash them with a head lice shampoo.
- Vacuum thoroughly items such as rugs, furniture, mattresses, pillows, and any other surface where someone infested may have rested their head within the last 2–3 days. Remember to treat car seats.

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## Head lice at school/child care

Parents must check their children's hair for head lice and nits and provide proper treatment if any head lice is found. Best practice would be for schools and childcare facilities to let parents know if their child is thought to have head lice. If your child has head lice, anyone who may have been in contact should be notified and checked. Each facility may have policies and procedures around head lice, which families would need to follow.

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## Do I need to stay home?

There is no medical reason for excluding an individual with nits (lice eggs) or live lice from work, school or child care. Those diagnosed with live head lice do not need to be sent home early from work, school or child care. They can go home at the end of the day, be treated, and return after treatment has begun. However, the facility decides whether to send an individual with live lice home.



## Care for Kids

# Acute Care Walk-in Clinics

For children ages 0-5 without a health care provider

Every Monday afternoon from 1:00pm - 4:00pm

To book an appointment: call  
Monday morning between  
8:30am - 12:00pm

If your child is experiencing an  
emergency, call 911. This clinic is  
not for ongoing, long-term illnesses.

Acute/new illnesses such as:

- Diarrhea & constipation
- Colds, coughs & congestion
- Urinary Tract Infections
- Ear infections
- Rashes
- & more



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[www.nfchc.ca/careforkids](http://www.nfchc.ca/careforkids)



## Care for Kids

# Well-Baby & Well-Child Visits

For children ages 0-5 without a health care provider

**Tuesday, April 16th**

Appointments must be pre-booked.  
Please call ahead to book your appointment.

### Routine visits only for ages:

- 2 months
- 4 months
- 6 months
- 12 months
- 15 months
- 18 months
- 4-5 years old



### Visit details:

- Immunizations
- Measurements
- Assessments
- Feeding Support

**\*Please bring a copy of the most up-to-date immunization record.**



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