



HOLY TRINITY SCHOOL



Westfield Campus Kindergarten to Grade 8
336 First Street, Westfield, NJ 07090
Ph. 908-233-0484 | Fax 908-233-6204

Mountainside Campus ~ Age 2 to Kindergarten
304 Central Avenue, Mountainside, NJ 07092
Ph. 908-233-1899 | Fax 908-654-6680

Dear Parents and Guardians,

As we return to school we are reminded of situations that occur when children are in close contact, **HEAD LICE** being one. While head lice are a “pest” all year round, they are a frequent occurrence at the start of the school year due to children’s participation in camps, sports, sleepovers, etc. during the summer months.

To keep the incidence of head lice down at school, prevention begins at home.

It is important to check your child’s hair for head lice frequently, about once a week, to find it in its earliest stages. Frequent head checks at home not only help keep lice out of school, but they lessen the chance of other members of your household being exposed and infested as well. An easy method of checking the hair for lice can be done by wetting your child’s hair, applying conditioner and detangling and then combing through the hair – section by section – with a good lice comb to see if you find any live lice or their eggs.

The following information is being presented to help prevent and/or minimize outbreaks of head lice in school. Please read the following information carefully and save this bulletin for future reference.

WHO GETS LICE? - Anyone. Lice do not discriminate. Younger children seem to catch them more frequently because of more close contact with one another. Animals do not carry or contract head lice.

HOW DO YOU GET THEM? – They walk, they do not fly or hop. They travel from person to person directly (two heads touching) or are transferred via personal articles (i.e. combs, brushes, hats, pillowcases, sports helmets, clothing, etc.).

WHEN SHOULD YOU SUSPECT HEAD LICE? - Head lice should be suspected if there is intense itching and scratching of the scalp and the back of the neck. **If your child complains of an “itchy head”, check them for head lice.** If you look closely at the scalp, you will see small whitish eggs firmly attached to the hair shaft, especially at the nape of the neck and above the ears. Although these eggs may look like dandruff, dandruff can easily be removed from the hair while the eggs are not removable – even by pulling at them.

FACTS ABOUT LICE – The adult louse is a wingless insect less than 1/8” long and is a pale brownish-gray.

- ❖ Lice do not carry disease.
- ❖ They bite the scalp causing itching.
- ❖ They move quickly and avoid light so they are difficult to see.
- ❖ You may see them moving when you separate the hair on the scalp.
- ❖ The female louse lays 3-6 eggs (nits) per day and may live up to 30 days.

FACTS ABOUT NITS – The nits (egg sacs) of lice are cemented to human hair with nature’s own superglue. The nits appear as small, silvery oval shaped specks that look like dandruff but are very difficult to remove. The nits hatch in 7 – 10 days.



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WHAT DO I DO IF THERE IS A REPORT OF LICE AT MY CHILD'S SCHOOL?

"An ounce of prevention is worth a pound of cure"

If there is a case of head lice found in your child's class, a notice will be sent home from the school. All children should have their heads checked daily, at home, for 3 weeks following notification because it can take that long - from exposure to infestation - for lice to be found. This will prevent the spreading of head lice to other students and is the best way to control lice outbreaks. If you believe your child has head lice - **DO NOT** send them to school. **DO** contact your pediatrician for advice on treatment.

WHAT TO DO IF YOUR CHILD COMES HOME WITH HEAD LICE

Don't panic. Don't blame. Anyone - adult or child - can get head lice. It has nothing to do with cleanliness and does not reflect on you as a parent. It is important to notify your child's school (daycare, camp, sport coach, etc.) so other parents can be alerted to a possible outbreak. You should also notify your child's playmates parents, including sports teams, after school activities director, etc. Parental cooperation will help protect all children, including your own from the spread of head lice. **Check with your child's physician for recommendations on lice treatment.**

Up to date information on head lice and their treatment can be found on the Centers for Disease Control website: www.cdc.gov and at the National Pediculosis Foundation website: www.headlice.org

AFTER TREATMENT

Treatment should be repeated 7 - 10 days after the initial treatment to kill any lice that may have hatched in that time. Daily head checks, with the removal of lice and nits, should continue for **3 weeks**. The child may return to school the day after completion of the first treatment **AND** after all lice and nits are removed. **The student should report to the nurse's office to be checked prior to going to their classroom.**

Students with head lice will be excluded from school until they are nit free!

With full parent participation the incidence of head lice can be reduced dramatically in our school. If you have questions about Holy Trinity's policy on head lice, please contact the nurse's office at 908-233-1145. Thank you for your cooperation.

