



# Spalding Parish Church of England Day School

January 2026

Dear Parent/Carer

## HEAD LICE

As you may be aware head lice seem to be causing a small issue in some of our classes. Head lice, although common, are not nice for anyone and the only way that we can get on top of the issue is for everyone to be extra vigilant.

### Some facts:

- Head lice are not an indication of dirty hair.
- Head lice do not spread diseases.
- Head lice solution itself does not eradicate the problem.
- Head lice feed on human blood a number of times a day, it is this that causes the itching.
- Head lice are not only found in long hair.
- Head lice are transmitted through contact but they do not jump.

### What can we all do to help?

- Check your child's hair tonight!  
Wet your child's hair and add conditioner.  
Split the hair into sections.  
Use a fine toothed comb (you can buy specific combs for head lice) and comb through each section.  
Make sure that you wipe the comb between each run through the hair.
- If you find head lice or eggs then you will need to apply a solution. These can be bought from a supermarket. You must then check the whole family.
- Once the hair has been treated you must continue to comb through the hair every couple of days in order to remove any eggs. If you do not do this then any remaining eggs will hatch and reinfest your child's hair.
- If you have NOT found any head lice then please repeat the above every couple of days for the next week.

### What am I looking for?

Head lice are tiny! They are very hard to spot which is why it is really important to keep checking.



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### **How can we work together to prevent head lice?**

- Please check your child's hair once a week as part of their bathing routine.
- Please could we ask that all hair is tied back.  
We are aware that throughout the day hair bobbles may fall out but as a team, we are happy to tie your child's hair back.  
For hair that is above shoulder length, maybe tie the top section back.  
Please note that hair grips alone are not enough as they fall out very easily.
- Please talk to your child about the importance of keeping their hair tied up and not sharing hair accessories.

### **Why is this so important?**

As stated earlier, head lice are really not nice for the person who has them but equally it can be a lot of hard work to get rid of them.

We thank you for your continued support. If you have any questions please do not hesitate to contact me.

Yours sincerely

Emily Hill  
Interim Head Teacher