

# St. Catherine's Primary School

Principal: Mrs. Bridget Wilders B.Ed. P.G. Dip.Ed. P.Q.H.

Email: bwilders592@c2kni.net



## JUNIOR SITE

Phone: (028) 7138 2272

Fax: (028) 7138 2139

Strabane  
Co. Tyrone  
BT82 8HT

## SENIOR SITE

Phone: (028) 7138 2614

Fax: (028) 7138 2482

## WEEKLY NOTE - Monday 12th March 2018

Check us out on our website: [www.stcatherinesps.co.uk](http://www.stcatherinesps.co.uk)

Download Our **FREE** School App

St Catherines PS, Strabane



Facebook : StCatherines PrimarySchool



Follow us on Twitter : stcatherinesps



Follow us on Instagram : St Catherine's Primary School

## Stations of the Cross Ceremony

The Stations of the Cross will take place on the Junior School, Newtownkenedy Street Site on Tuesday 27th March at 2.00pm in the playground (weather permitting).

Years 3- 7 children from both sites will take part in the ceremony. School will finish at 12.30pm on Tuesday 27th March for Nursery children and Years 1 and 2 children.

Nursery children and years 1 and 2 children are very welcome to attend the Stations. They must be accompanied by an adult. We invite all parents and friends of Saint Catherine's to join us during this special, reverent ceremony.



**\*All P3-P7 children on both sites will dress like people from Jesus' time. Please send in a big shirt, tea-towel and a tie in a bag with your child's name on it before Monday 26th March \***

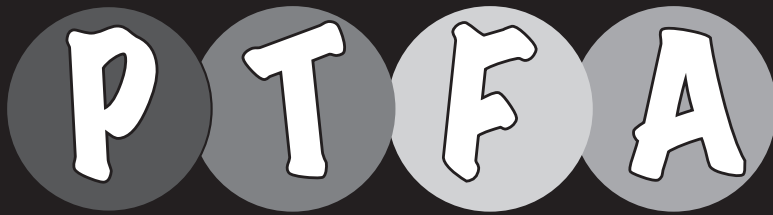
*God bless you all! Bridget Wilders, Principal*



# Happy St. Patrick's Day from all at St. Catherine's!

School will close  
on Monday 19th  
March to mark  
the St. Patrick's  
Day Holiday.  
School will  
reopen again as  
usual on Tuesday  
20th March.

 **Happy**   
**St. Patrick's Day**



Parent, Teacher,  
Friends Association  
**Working together  
for our children**



**Come along and join in our PTFA Meetings . . . . craic  
is good . . . . be a part of helping your child's school!**

**Next meeting is Thursday 15th March  
at 7pm in the Junior School.**

## Lenten Donations

There are donation jars in every classroom in school.  
Children can contribute to them every Friday if they  
want to. If they happen to have spare coins to donate on  
any day of the week, we will be only too glad to gather  
them up for all our five special causes this year.

Thank you!



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# Wear Green Day!!

We would like to invite the children to wear an item of green clothing on Friday 16th March to celebrate St. Patrick's Day coming up.

Children are asked to donate £1 on this day which will be added to our Lenten Donation Jars!

Thank you for your continued support.



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## Annual Irish Language and Culture Celebration in St. Catherine's (Year 6 and 7 Pupils)

Every year we celebrate our Irish Language and Culture in St Catherine's. This year our Year 7 Pupils have received Irish Language Lessons from Muiteoir Laran (sponsored and funded by Leargas Programme.)

Our Year 6 Pupils have also been learning some Irish Dancing.

We warmly invite our parents of Year 6 and 7 Pupils to come along and join with us in our celebration on Thursday 22nd March in the Senior School at 10am!

If you would like to come along and share with us in this little celebration please sign the attached expression of interest slip and return to us by Friday 16th March. Thank you!





**Come along to the Official Opening of the New Grove Stay  
and Play in St. Catherine's Junior School.**

# **Sure Start**

## ***NEW* Stay & Play 'The Grove'**

**Tuesday January 23<sup>rd</sup> 2018  
10.00am – 11.30am  
St. Catherine's Primary School**



**Come along with your little one(s) and join us for some  
FUN. Available to Registered Parents with children  
under the age of 4yrs who reside within Strabane  
Sure Start Wards...**

# Free Programme for Parents and One Child called Time Together....

## Families Together TimeTogether

at St Catherine's Primary School

### What is Time Together?

- ✓ a group programme for families which involves fun activities
- ✓ gives parents and children a chance to spend time together
- ✓ facilitated by staff who are experienced in play, art and drama therapy
- ✓ will run for six weeks in St. Catherine's on Wednesday afternoons 1.30 - 3pm
- ✓ has been found to help with family dynamics!
- ✓ we are looking for up to 8 parents and 8 children of similar age
- ✓ it's free!

To register, please contact Mrs Wilders at the school,  
send a text to 07887429054 or visit our website  
[www.parentingni.org/parents/families-together](http://www.parentingni.org/parents/families-together)





# Headlice Alert

As the weather gradually warms up, we see the unwelcome return of little headlice visitors and they just love clean heads of hair. We respectfully request that all parents take these actions to help prevent the spread of headlice in our little children's heads as they cause much upset to both our children and their families if they arrive!

1. ALWAYS keep your child's hair (if longer) tied up in a ponytail, pigtails or bun while in school as headlice can spread so easily from head to head in school if hair is loose at all.
2. Check your child's head regularly (weekly), by looking at the hair and using the headlice comb to comb through.
3. Treat your child's head ONLY if necessary.
4. Headlice can arrive in all heads of hair long and short , boys and girls, greasy hair and dry hair..... no one is exempt so we need to be vigilant!!

Below is a picture of what headlice look like and the size of them in relation to the size of the end of a match or a coin. The first sign of headlice however are the little eggs so we need to be clever headlice detectives! We have attached guidance from the school Nurse in this note about headlice.



# Wet Combing Treatment for Head Lice

Wet combing treatment (often called 'bug-busting') is a way of removing head lice from the head without using anti-lice lotions or sprays to kill them.

## How do you do wet combing treatment?

You need a special 'detection comb'. (The teeth of normal combs are too far apart.) Some pharmacies stock the combs which you can buy, and you can also get them on prescription. You can also get them by mail order in a special kit with instructions from Community Hygiene Concern (details at end of leaflet). Only one kit is needed for a family. It is washable and reusable.

- Wash the hair in the normal way with ordinary shampoo.
- Rinse out the shampoo and put on lots of ordinary conditioner.
- Comb the hair with a normal comb to get rid of tangles.
- When the hair is untangled switch to the detection comb.
- Slot the teeth of the detection comb into the hair at the roots so it is touching the scalp.
- Draw the detection comb through to the tips of the hair.
- Make sure that all parts of the hair are combed by working around the head.
- Check the comb for lice after each stroke. A magnifying glass may help.
- If you see any lice, clean the comb by wiping it on a tissue, or rinse it before the next stroke.
- After you have combed the whole head, rinse out the conditioner.

It takes up to an hour to do a wet combing session properly. And then you need to do the same **at least** four times, every four days. The number of sessions required depends on the last time you see lice.

- The first combing session should remove all hatched head lice, but does not remove eggs. Therefore lice that hatch from eggs after the first session may still be present.
- Subsequent sessions clear newly hatched lice. Keep doing the combing sessions every four days until you have had three sessions where no lice are detected.
- Once you have had three sessions where you do not see any lice, it usually means that you are then free of lice.

## What about family and friends?

All people in the same home, and other close 'head-to-head' contacts of the previous 4-6 weeks should be contacted. Tell them to look for lice and treat if necessary. (It used to be advised to treat all close contacts even if they had no symptoms. This has changed to just treating people who have head lice.) All people with head lice in the same home should be treated at the same time. This stops lice being passed around again.

## Further information

You can get further details of wet combing treatment from:

**Community Hygiene Concern** Tel: 01908 561928 Web: [www.nits.net](http://www.nits.net)

## References

- [Head lice](#), Clinical Knowledge Summaries (March 2010)

Comprehensive patient resources are available at [www.patient.co.uk](http://www.patient.co.uk)

**Disclaimer:** This article is for information only and should not be used for the diagnosis or treatment of medical conditions. EMIS has used all reasonable care in compiling the information but make no warranty as to its accuracy. Consult a doctor or other health care professional for diagnosis and treatment of medical conditions. For details see our [conditions](#).

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# HEAD LICE

Your Questions Answered



**don't bug me**



# truth&lice

## WHAT ARE HEAD LICE?

They are grey/brown insects, from pin-head to match-head in size (1 to 3 mm long) that live close to the scalp on humans. Each egg is glued to a hair, often near the root. Lice and unhatched eggs are hard to spot.

## WHAT ARE NITS?

Nits are the egg cases left behind when the lice hatch out. They are usually pearly white. Both eggs and nits are very difficult to remove from the hair.

## HOW DO LICE SPREAD?

When two heads are touching they climb rapidly through the hair from one head to another. They don't jump, fly or swim. Lice that fall from the head or amble onto bedding or hats are dying and harmless. Lice caught on combs can re-establish if they are combed back on again within 48 hours.

## BUT I'VE SEEN THEM JUMP ON THE COMB

This is due to static electricity making them 'fly' off the comb.

## WHO CAN GET THEM?

Anyone with hair. They aren't fussy about clean or dirty hair. Children tend to get them more than adults probably because they put their heads together more than adults do.

## WHERE DO YOU GET THEM?

Anywhere. Children get them wherever they mix with other children, this can be both in and out of school.

## HOW DO I KNOW IF MY CHILD HAS HEAD LICE?

The main symptom is itching but you can have head lice for up to six weeks before you notice any itching. The best way to find them easily is to check your child's hair regularly by wet combing.

Wash the hair with your ordinary shampoo. Put on lots of any conditioner and comb it through with an ordinary comb. This makes any lice really wet, which keeps them still. Then, using a detection comb (a plastic fine tooth comb) slot the teeth into the hair at the roots and draw the comb down to the tips. Check the comb for lice every time you do this. Continue until you have checked the whole head. Rinse off the conditioner and repeat the combing while the hair is still wet.

## HOW OFTEN SHOULD I DO THIS?

It is a good idea to get into a routine and do it about once a week. This means you will be able to treat early if you find them which helps cut down on the number of people who will get head lice.

## WHAT DO I DO IF I FIND LICE?

If you find lice, you should check everyone else in the family and treat only those who have them. Also let people who have been in close contact with anyone with lice know, so they can check as well.

## WHAT IF I FIND NITS AFTER TREATMENT?

If you find nits but don't find lice, don't treat. Nits will be left behind on the hairs after you have treated but this doesn't mean the treatment has failed.

## WHAT DO I USE TO TREAT THE LICE?

The best way to treat is with a lotion. Your GP, some community nurses and some pharmacists can prescribe these free for children. They can also be purchased over the counter in a pharmacy. Treat everyone with lice at the same time so that untreated people don't reinfect the treated ones. A Bug Buster Kit is another way of treating lice (see later).

## HOW DO I USE THE LOTION?

There will be instructions on how to apply the preparation, and how long to leave it on for, in the box – each of the preparations is slightly different. Some stipulate two applications a week apart, and a doctor, nurse or pharmacist may advise this for those that do not. The reason for this is that no



treatment is guaranteed to kill unhatched eggs. The eggs that aren't killed will hatch over about 10 days. So it is necessary to check for lice 5 and 12 days after starting treatment. Once treatment is complete, resume your weekly checking routine.

#### **WHAT IF I KEEP FINDING LICE?**

There could be 2 reasons for this. It could be because your child has been re-infected with lice. Check the whole family again and treat all those with lice again. Remember to spread the word to family and friends. Don't use more than three treatments with the same product in three weeks. If you still find lice after that ask your GP or pharmacist for advice. The other reason is that the lice were not killed. If you followed the instructions correctly then this might be because the lice are resistant to the particular treatment you used. Ask your GP, health visitor, school nurse or pharmacist what you should use for the next treatment.

#### **WHAT IF I STILL HAVE NITS?**

Nits (empty egg cases) on their own do not need to be treated. You can remove them by hand or fine tooth combing if you don't like the look of them.

#### **BUT MY CHILD IS STILL SCRATCHING**

People can scratch after treatment but it doesn't mean they still have lice. Check your child's head to be sure but only treat if you find live lice. The treatments can make the scalp flaky and itchy. Also some people scratch just thinking or talking about lice.

#### **SHOULD I USE A LOTION 'JUST IN CASE'?**

No. The treatments are safe but they shouldn't be over used. They can also make the itching worse.

#### **WHAT IS BUG BUSTING?**

Bug Busting is a clinically proven wet combing method of detecting and treating lice. No lotion is required. To treat, a Bug Buster Kit must be used four times spaced over two weeks. Repeated use is risk free, and the Kit is especially helpful in families where children continually catch lice.

More information and Bug Buster Kits (£7.60 incl. P&P) are obtainable from:

Community Hygiene Concern,

Registered Charity No: 801371

Help Line: 01908 561928;

Web: [www.chc.org/bugbusting](http://www.chc.org/bugbusting);

Email: [bugbusters2k@yahoo.co.uk](mailto:bugbusters2k@yahoo.co.uk)

GP's and non-medical prescribers (nurses and pharmacists) may supply a NHS prescription for a Bug Buster Kit, free for children.

#### **I'VE HEARD TEA TREE OIL IS GOOD FOR KILLING AND PREVENTING LICE**

There is no evidence that it works and it can irritate your scalp. Nor is there evidence for vodka, electric combs, products sold to prevent reinfection or any other folk remedy.

#### **SHOULDN'T SCHOOL NURSES CHECK CHILDREN'S HEADS?**

No. Inspections made by school nurses do not stop head lice spreading. They cannot identify all children with head lice. It is much better for parents to check their children's heads regularly (about once a week) as described in this leaflet. However, school nurses are available to give help and advice about head lice to parents.

#### **WHAT ABOUT THE SCHOOL - CAN THEY DO ANYTHING?**

In the past, schools have sent out 'alert' letters but these tend to cause stress to children and parents and sometimes outbreaks of imaginary lice. It is much better for all parents to check their children's heads regularly.

#### **SHOULD I KEEP MY CHILD OFF SCHOOL?**

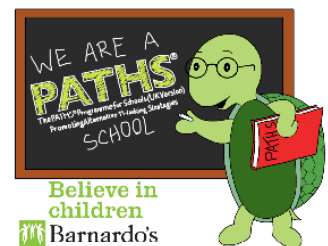
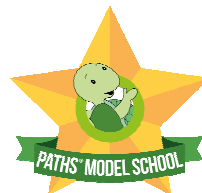
NO! Lice are unpleasant and some people sometimes feel embarrassed if they get them but they are not a health hazard. There is no reason for your child to miss out on their education just because of head lice. Keep alert and spread the word to stop the spread of lice.

# **PATHS Programme in St. Catherine's**

**(Promoting Alternative Thinking Strategies)**

## **PATHS Quote of the Month - March**

*Sometimes saying "I'm sorry" seems to be too hard to do. Maybe you can apologise in different ways – shake hands; share something or give a compliment.*



## **Prayer of the Month March**

*Each day I will ask Jesus to help me say,  
'Please', 'Thank You' and 'I'm Sorry' more often,  
at home, in school and in my community.*







# Year 6 and 7 Irish Language and Culture Show

I can/ cannot attend the Irish Language and Culture Show on Thursday 22nd March at 10am

Signed: \_\_\_\_\_

Parent/Gaurdian of: \_\_\_\_\_

Class: \_\_\_\_\_

Teacher: \_\_\_\_\_