

# Offwell C of E Primary School

Our Core Values: Honesty, Loyalty, Caring, Sharing and Forgiveness.



Dear Friends and Families of Offwell,

## Highlights of the Week:

**Ash:** Programming the Beebots around the rainforest.

**Willow:** Enjoying our beach café and beach tent that we have been reading in.

**Beech:** Playing 'The Voice' and listening and judging a variety of songs.

**Oak:** The residential trip

This week has been a glorious mixture of rain and sunshine, in more ways than one. I was incredibly proud of the Year 5 and 6 children on their first residential for a long time. Although many had been nervous, all the children showed enormous resilience and courage, as well as care and respect for each other and towards the staff, who have worked so tirelessly to organise the trip for them.

Several children, unasked, stepped forward to help those facing challenges; encouraging and assisting, even while feeling uncertain themselves. All tried new things and most found they enjoyed them. For example, washing up, coconut curry and walking through a dark wood!

After the last two years, I know how hard it must have been for some, who have hardly, if ever, left home before, but this is such a great opportunity to learn resilience and an important stage in developing independence, confidence and generally preparing for life beyond our walls.

In addition, they were immersed in a way of life that is completely sustainable, using composting toilets and sleeping under stars that were so bright you could see the Milky Way, part of our own galaxy, due to the lack of light pollution. I am sure you will be glad to see them back, but I hope you got to enjoy a few moments of peace yourselves.

## Government guidance for people-with-symptoms-of-a-respiratory-infection-including-covid

When adults have symptoms which could be Covid, they should remain at home, or use a mask if they have to go to work or shopping.

Children and young people with symptoms:

Children with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to attend their education setting. Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people, where they can. They can go back to school or childcare, and resume normal activities when they no longer have a high temperature and they are well enough to attend.

It can be difficult to know when to seek help if your child is unwell. If you are worried about your child, especially if they are aged under 2 years old, then you should seek medical help.

<https://www.gov.uk/guidance/people-with-symptoms-of-a-respiratory-infection-including-covid-19#what-to-do-if-you-have-symptoms-of-a-respiratory-infection-including-covid-19-and-have-not-taken-a-covid-19-test>



Friday, 1<sup>st</sup> July 2022

## Stars of the week:

Reception – Esme

Willow – Toby & Oliver T

Beech – Fiona & Taylor

## Next week:

### Arts Week

**Monday;** Felting workshops

**Tuesday;** Whole School Transition Day

**Wednesday;** Oak swimming, sunflower painting & mosaic

**Thursday;** sunflower painting

**Friday;** workshops with Honiton Community College (at Offwell)

**House Points -** Double count next week

## PE Hoodies

We are taking orders for green PE hoodies. Please see the separate letter emailed with this newsletter. Please get your orders in as soon as possible.

## Fish & Chips

Saturday July 2<sup>nd</sup>, frying in the car park from 6.00-7.30pm, eat in or take away, bar open 6.00pm, everyone welcome. Offwell Sports & Social Club



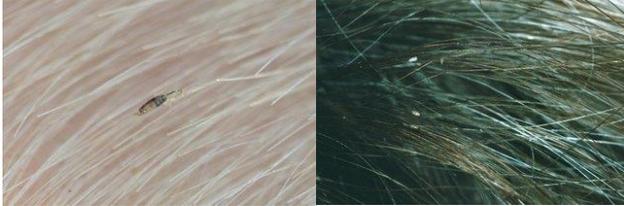
## Head lice and nits

There have been a few of cases of headlice in different classes recently so I am sending the useful information below:

The following advice can be found on the NHS website [www.nhs.uk/conditions/head-lice-and-nits/](http://www.nhs.uk/conditions/head-lice-and-nits/)

Head lice and nits are very common in young children and their families. They don't have anything to do with dirty hair and are picked up by head-to-head contact.

### Check if it's head lice



Head lice are small insects, up to 3mm long, and can be difficult to spot

Head lice eggs (nits) are brown or white (empty shells) and attached to the hair

Head lice can make your head feel:

- itchy
- like something is moving in your hair

The only way to be sure someone has head lice is by finding live lice.

You can do this by combing their hair with a special fine-toothed comb (detection comb). You can buy these online or at pharmacies.

### How to get rid of head lice

#### Important

You can treat head lice without seeing a GP.

Treat head lice as soon as you spot them.

You should check everyone in the house and start treating anyone who has head lice on the same day.

#### Wet combing

**Lice and nits can be removed by wet combing. You should try this method first.**

You can buy a special fine-toothed comb (detection comb) online or from pharmacies to remove head lice and nits.

There may be instructions on the pack, but usually you:

- wash hair with ordinary shampoo
- apply lots of conditioner (any conditioner will do)
- comb the whole head of hair, from the roots to the ends

It usually takes about 10 minutes to comb short hair, and 20 to 30 minutes for long, frizzy or curly hair.

Do wet combing on days 1, 5, 9 and 13 to catch any newly hatched head lice.

Check again that everyone's hair is free of lice on day 17.

For more information about wet combing, see the [Community Hygiene Concern website](#).

#### Medicated lotions and sprays

Ask your pharmacist for advice if you have tried wet combing for 17 days, but your child still has live head lice. They may recommend using medicated lotions and sprays. These kill head lice in all types of hair, and you can buy them from pharmacies, supermarkets or online. Head lice should die within a day. Some lotions and sprays come with a comb to remove dead lice and eggs.

Some treatments need to be repeated after a week to kill any newly hatched lice.

Check the pack to see if they're OK for you or your child and how to use them.

If lotions or sprays don't work, speak to your pharmacist about other treatments.

Some treatments aren't recommended because they're unlikely to work.

For example:

- products containing permethrin
- head lice repellents
- electric combs for head lice
- tree and plant oil treatments, such as tea tree oil, eucalyptus oil and lavender oil herbal remedies

#### You can't prevent head lice

There's nothing you can do to prevent head lice.

You can help stop them spreading by wet or dry combing regularly to catch them early.

Do not use medicated lotions and sprays to prevent head lice. They can irritate the scalp.

Thank you in anticipation of your help.

Lorna Legg, Be healthy in body and strong in spirit and may all go well with you...'