

## Important Student Health Information

September 19, 2019

Dear Mead Families,

Thank you for your continued partnership as we work to advance student learning and maintain a safe and healthy school environment.

Open communication with parents assists us to continue supporting student well-being both at home and at school. Toward this end, we would like to provide some information about lice prevention and care.

Head lice are very common among school-aged children and although a problem that requires immediate attention, they should not trigger alarm. Head lice are small, wingless insects that live on the human scalp and can cause itching - especially behind the ears and above the neck. They are about the size of a sesame seed and are transmitted through direct contact (i.e. sharing combs, brushes, hats, scarves, jackets, pillows, blankets, etc.) - they do not fly or jump. Lice eggs - also called nits - are gray, white specks that stick firmly to the hair shaft near the scalp and cannot be easily removed without a nit comb. The American Academy of Pediatrics has stated that students with live lice should shampoo with a special lice shampoo as soon as possible, but not miss school. It is important to note that head lice do not discriminate - ***one can have good hygiene and still contract lice.***

It is recommended that parents check their children's heads periodically throughout the school year for live lice and nits; more frequently if you are informed of a case in your child's class. If nits are noticed, but no live lice are seen, it is best to remove the nits. Again, lice are a nuisance for sure, but should not keep children from school. ***Should your child have lice, it is important to notify the school to ensure proper precautions are being taken to prevent further spreading.*** Please be assured that student confidentiality is always strictly maintained.

Thank you,  
District Health Services  
303-772-7700