

Peninsula School News



A Note from the Health Room

Head lice are an occasional visitor and concern for elementary students. It is not unusual to find head lice in our school community at times throughout the year. Getting head lice can happen to any child and is not a reason for panic or embarrassment. Having head lice is not associated with age, sex, race, social class or hygiene.

Head lice are not considered a health hazard as they do not spread illness or disease, but can be a nuisance and cause disruption at home and to your daily routine. Head lice are wingless insects that do not fly, hop or jump, but move and multiply very quickly. **Lice are spread through:**

- direct head to head contact
- sharing hats, clothing or helmets
- sharing hair grooming articles and hair decorations or accessories

The most effective actions for preventing the spread of head lice are:

- Routine weekly checking for head lice (about the size of a sesame seed) and nits, which are lice eggs (about the size of a poppy seed) and are attached to the hair shaft by a type of "insect super glue." Neither lice nor nits can be blown off of hair or scalp.
- If live lice are found, you can treat with an FDA approved pediculocide and comb for nits. Combing with a fine tooth metal comb is one of the most important steps to removing nits and preventing re-infestation of lice. Even using plain coconut oil and a fine tooth metal comb is quite effective at removing lice and nits.
- Teach your children not to share clothing, hats, helmets, grooming articles or hair accessories.

Continued on page two. Including tips to help prevent head lice.

SAVE THE DATE - Peninsula Family Bazaar **Saturday, December 2nd 9:00 am - 3:00 pm**

Applications are now being taken for any community vendors that are interested in selling items or food. Please contact Teresa Salatino at ptapeninsula@gmail.com for more info and an application. Applications are due by 11/10.



**The Peninsula Student Store is reopening on
Friday, November 17 at 2:15 pm.**

Available for purchase are items such as:
school supplies, snacks, toys and crafts.

Students can bring one Panther Paw to be traded for one item worth \$.25. The Store will be located in front of the school, along Emerald St. All proceeds support Peninsula PTA.

Upcoming Events:

Wed. 11/1 - Thur. 11/9
Book Fair

Thurs. 11/2 5:30-7:00pm
Harvest Festival

Fri. 11/3
No School - Teacher Planning Day

Sat. 11/4 & 11/11
NO Saturday School nor
Caldera Creative Lab

Mon. 11/6
Kinder Tree Talk

Mon. 11/6
Kinder Tree Walking field trip

Wed. 11/8 & Thurs. 11/9
Conferences- No School

Fri. 11/10
No School- Veterans Day observed

Mon. 11/20
5th grade field trip to
Newmark Theater

Wed. 11/22-Fri. 11/24
No School- Thanksgiving

Mon. 11/27
Last week of SUN School

Tue. 11/28 1:45-2:15 PM
Principal's Coffee

Thurs. 11/30
Last day of SUN
SUN School Showcase

Fri. 12/1 8:15-11:00am
Picture Retake Day

Wed. 12/6 6:00-7:00pm
PTA Meeting

Parent-Teacher Conferences **Nov. 8th & 9th**

Sign up for a parent-teacher conference in the school office. You can also call the office to schedule your apt. or schedule with the teacher.
503-916-6275 option 0

A Note from the Health Room- Continued from page one.

How to Help Prevent Getting Head Lice

- Teach children to avoid head-to-head contact during play and other activities at home, school, and elsewhere (sports activities, playgrounds, slumber parties, and camps).
- Teach children not to share clothing and supplies, such as hats, scarves, helmets, sports uniforms, towels, combs, brushes, bandanas, hair ties, and headphones.
- Disinfest combs and brushes used by a person with head lice by soaking them in hot water (at least 130°F) for 5–10 minutes.
- Do not lie on beds, couches, pillows, carpets, or stuffed animals that have recently been in contact with a person with head lice.
- Clean items that have been in contact with the head of a person with lice in the 48 hours before treatment. Machine wash and dry clothing, bed linens, and other items using hot water (130°F) and a high heat drying cycle. Clothing and items that are not washable can be dry-cleaned or sealed in a plastic bag and stored for two weeks.
- Vacuum the floor and furniture, particularly where the person with lice sat or lay. Head lice survive less than one or two days if they fall off the scalp and cannot feed.
- Do not use insecticide sprays or fogs; they are not necessary to control head lice and can be toxic if inhaled or absorbed through the skin.
- After finishing treatment with lice medication, check everyone in your family for lice after one week. If live lice are found, contact your health care professional.

Please feel free to contact our school nurse Bill Tomlinson at 503-916-6254 if you have any questions or concerns