



## **Welcome Back! I Need Your Help!!**

As our children wind up their adventures from summer and think about returning to school, it is once again time to be on our guard against head lice. While head lice do not carry disease, they can be an incredible nuisance and very challenging to get rid of! So as a community, we can work together to keep our environment inhospitable to head lice. The following measures will go a long way toward curtailing the spread of lice:

1. Parents-PLEASE check your child for signs of head lice 1-2 times a week before school starts, after sleep-overs, and 1-2 times a week through the fall.
2. Discourage the sharing of combs, bike helmets, hats, or clothing.
3. Long hair might be best managed in braids or other styles that limit exposure.

During head checks:

Use a strong light source and spend about 5-10 minutes per head. Section off small areas of hair and check the scalp and hair shaft for live lice and nits. The louse is about the size of a sesame seed and can be tan, grayish, or black in color. They cannot jump, hop or fly but they do move very quickly. The nits are tear shaped and can be white, clear or dark in color. They are cemented to the hair shaft and do not move when you gently slide your fingers over them.

If Head Lice are found:

Treat your child with an over the counter treatment shampoo and attempt to remove all nits. It can be very tiresome for your child and you, but it is the only way to ensure that the treatment will work. Be sure to remember to do a thorough cleaning of clothing, personal items, furniture, cars and carpets.

**Thank you for your help!!!**

Elaine Elliott

OES School Nurse

August 2010

Dear Parents,

In recent years schools have been challenged by the special medical needs of a growing number of students who suffer from food allergies. At OES, our goal is to keep our students as safe as possible and to make faculty, parents and students aware of these allergies and their consequences. The purpose of this letter is to share with you our current protocol for dealing with children who have allergies.

Currently parents submit information of their children's allergies by way of online forms. Teachers and staff that have contact with students will be notified of any health concerns. A list of identified students with food allergies will be given to the Food director. The nurse will ask parents to complete an Action Plan for students with food allergies and we will use this information to manage emergencies at school.

Fortunately, most allergies are not life-threatening and our current plan is sufficient to provide a safe environment for all students. Peanuts and other nut allergies, however, can be fatal. Peanut and nut allergies differ from most other food allergies because they are not usually outgrown, and a child who has an initial mild reaction may have a life-threatening reaction the next time.

We currently have several students who are allergic to peanuts and other nuts. While we cannot guarantee these children will never ingest food containing peanuts at school, we have a policy in place to reduce the risk as much as reasonably possible. In addition to educating those in our community about this deadly allergy, we have removed peanuts and all nut products from our dining hall, except for the occasional special dinners for our residential students.

**Our current policy is that OES dining halls are not serving peanut or other nut products. We ask parents to check with the classroom teacher/administration before bringing any food to school that will be shared with other students. This includes snacks, special occasions and potluck foods. Any food brought to school should not contain peanut and nut products. It's also important to note that these foods cannot be transported on school buses as well.**

Thank you for your support. If you have any questions, please feel free to contact us.

Sincerely,

Elaine Elliott, RN  
School Nurse  
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