



# HOME Warren Bulletin SCHOOL

*Parents & Teachers -- working together for children.*

November 9, 2009

## Early Dismissal Wednesday

Just a reminder that this Wednesday is #3 in the series of early dismissal days this year. Students will be dismissed at 12:30, and teachers will be reporting to their workshops at Harwood, Crossett Brook, and the Warren School.

WASP will again offer an extended program. Contact them to reserve a place for your child.

## The "L" Word *Fran Blair writes.*

Unfortunately we have had a few cases of the little buggers. Lice are highly communicable and difficult to prevent. Early detection and treatment is the best way to combat them. You can help prevent the spread by frequently checking your child's head. Tell your child not to share combs, headbands, hats or clothing.

What to look for:

- Lice are small bugs, said to be the size of a sesame seed when they are first hatched but as they mature they get bigger. They lay their eggs, called nits, and attach them to the base of the hair shaft usually at the nape of the neck and around the ears. The life cycle of the louse is about ten days.
- Persistent itching of the head and back of neck can indicate head lice.
- Lice do not have wings and cannot fly. They do not jump, but can move very rapidly and can be passed from one to another by direct contact with the head or with an article that may have been on the head of an infected person. Lice can't live for more than forty-eight hours off of the human host.
- Since the lice themselves are so difficult to find, the head lice infestation is frequently diagnosed by finding the nits. Nits are teardrop shape and about the size of a grain of sand. They vary from yellowish brown to white and are attached to the shaft of hair with a waterproof cement-like substance that makes it hard to remove them.

Treatment:

- Ordinary shampoo will not kill the lice. There are many products that can be purchased to deal with killing the lice and their eggs. Follow the directions on the package. If in doubt about what to buy talk to a pharmacist or your health provider.
- The important part of the treatment is the picking of nits – thus the saying 'nit picker'. The kits provide a fine-toothed comb to be used to comb the hair after the treatment. It is a tedious task but the better job you do of removing all the nits the better chance you have of the lice not reappearing.
- Re treatment in 7-10 days is recommended.
- Wash all bedding and clothes that the infected person has come in contact with.
- Place stuffed animals in plastic bags and in the cold weather put them outside for 2-3 days. They can also be put in a dryer at very high temperature. Extreme heat and cold kill the lice not on the human host.
- Vacuum car seats, sofas, carpets and surfaces that have been in contact with the infected person's head.
- The child needs to be checked by the nurse before returning to class.

Lice are not life threatening just annoying. By all of us working together we can keep their spread to a minimum. Thank you for your help.



*Twenty-two Upper Unit students put on the great costumes for last week's performance of "Frankenstein Slept Here". The play was directed by Ruth-Ann Pattee, with ; it included some good laughs and sight gags, and provided the actors and the audience with some good theater.*

## What You Need to Know About the Flu

Fayston Elementary presents a round-table discussion with Dr. Phil Brown, an ER physician from CVMC on Wednesday, November 11<sup>th</sup> at 6 pm in the Fayston School Art/Music Room. The topic is "What You Need to Know About the Flu, Flu Vaccines and School Preparedness."

Pre-registration is required to ensure seating. Call or email Chris Dodge, Principal, at 496-3636 x103 or [cdodge@faystonelementary.org](mailto:cdodge@faystonelementary.org)

## Flatbread Organic Food Benefit Bake

American Flatbread is holding its annual "Organic Foods for Public Schools" benefit bake at the restaurant on Friday November 13, 2009! \$5 for every flatbread sold that evening will be donated to the public schools in the Mad River Valley to help offset the cost differences between buying local and organic food vs. conventional or surplus foods.

## Physical Education Notes *Leigh Clark writes...*

I plan to do a second edition of the *Warren School Student & Parent Fitness and Exercise Handbook* with new photos of current students performing the various exercises. Students who volunteer to help with this project will bring home forms requesting your permission.

If your child enjoyed working with Ross Greene last week, he would like you to know that he runs the Junior Tennis Program at Sugarbush Health and Recreation Center. You can contact him there if you would like to sign your child up for lessons or if you have questions regarding the Jr Tennis Program.

We're starting the gymnastics unit in PE today. Please remember to send in a pair of soup cans for your child to use in our light warm-ups.

## VR Thanksgiving Project *Jeff Knight writes,*

Your help is needed to make a Happy Thanksgiving. Once again this year *The Valley Reporter*, The Valley Council of Churches and Shaw's are combining forces to provide Thanksgiving dinners to Valley families in need. As we have done for many years we are selling a \$50 ad with the proceeds going to the purchase of a Turkey and fixings for families and individuals in need for Thanksgiving dinner. Over the past years the need has only grown and this year, sadly, is no exception with over 70 families and individuals at risk, but with your help we can make it a happy Thanksgiving.