



Waikite Valley School

Developing Learners for Life

1090 Waikite Valley Road, RD 1, Rotorua 3077 Tel 07 3331888

Weekly Panui – Monday 4th December 2017

Kia ora Koutou Whanau,

**WE ARE STILL WAITING FOR THE RETURN OF A FEW SCHOOL UNIFORMS :)
UNLESS YOU ARE IN THE BOP CHAMPS—RETURN THIS WEEK PLEASE**

Lake Waikaremoana -the Great Walk

On Monday 27th November our 9 GPA students, Mrs. Shelley Muller, Mr. Michael Dent and Mrs. Topp headed out to tackle the mighty Great Walk around Lake Waikaremoana. We hiked for 4 days, starting at Onepoto and climbing for 6 hours to arrive at the top of the Panekire Bluff. The following 3 days we hiked steadily, covering just over 50 kms by the end of the trip. This was the hike of a lifetime for our kids and an experience they will not forget!



Above: View from the Panekire hut
Right: one of the swing bridges, playing in the lake, a short break half way up the bluff

Below: ready to head out on the last day, taking a break on the trail



IMPORTANT DATES

Monday 4 December

- ★ End of Year Reports to go home
- ★ Parent/Teacher conferences 3-5pm

Wednesday 6 December

- ★ **BAY OF PLENTY ATHLETICS CHAMPIONSHIPS**
- ★ Parent/Teacher conferences 1-6pm
- ★ Board of Trustees Meeting 6.30pm



Thursday 7 December

- ★ Year 5-8 Digital Citizenship workshop 9-11am
- ★ Sharing Assembly (All classes sharing) 2pm

Friday 8—Saturday 9 December

First Lego League Tournament Team competing at National Tournament in Karaka

Monday 11 December

End of Year Prize-giving—community hall 6pm (please bring a plate)

Thursday 14 December

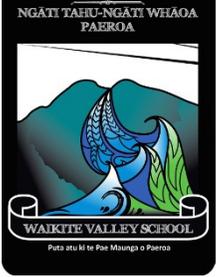
PTA family picnic day—12pm-3pm

Friday 15 December

Last school day for 2017—school closes at 3pm

Tuesday 30 January

First day of school 2018



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www.waikitevalley.school.nz office@waikitevalley.school.nz

HEADLICE NOTICE

Dear Parent/Caregiver,

We have noticed a couple of cases of head-lice in our classrooms.

During school we ask that you follow the simple **CHECK, TREAT, COMPLETE** routine below to ensure you are doing your bit to prevent any future outbreaks:

CHECK:

- Your child's hair once a week.
- Use a proper detection comb - with teeth no more than 0.3 mm apart to trap head lice
- If head lice are spotted, treat the whole family, including yourself and ask close family and friends to check as well.

TREAT

- You can make an appointment with the doctor who can prescribe remedies which will be hugely subsidized if purchased with a prescription
- Use a clinically proven treatment to which lice are very unlikely to build up a resistance
- Leave the treatment on for the recommended time for maximum effect

COMPLETE

- Repeat the treatment for a second time seven days after the first to kill any lice that may hatch from eggs during that time
- Check that all head lice have gone within two to three days of the final application of head lice treatment to complete the process.

We have a Robi comb at school for your use if you require it. You will also need to check the rest of your family and wash bedding and hats etc. Please also ensure that you continue to check every few days as no single treatment is 100% effective and follow up treatment and checking is essential to break the cycle. Head lice can spread easily and treatment can be costly and time consuming for all concerned so your **prompt attention to this issue is appreciated.** **Can we all please take the time to ensure our children are nit-free by the start of the school year in 2018.**

Thank you for your co-operation.

The Staff - Waikite Valley School.

Below are some facts and helpful advice regarding head lice and treatment

Facts

- Head lice are not known to spread disease but they can be annoying because they may cause itching and loss of sleep.
- Head-to-head contact with an already infested person is the most common way to get head lice.
- Head lice move by crawling; they cannot hop, fly or jump from person to person.
- Head lice and their eggs (nits) soon perish if separated from their human host. Because they need food, humidity and warmth to survive it is unlikely they will be found alive on car seats, curtains or carpets. clothing or personal items such as combs, brushes or towels.
- No approved treatment will kill all the unhatched eggs. Which is why regular checking and treatment is so important.
- Head lice cannot swim. They can survive under water for several hours but are unlikely to be spread by the water in a swimming pool.
- Anyone can get head lice. It is not related to poor personal hygiene or cleanliness in the home. Headlice feed on blood, not dirt.
- Children do not get headlice from dogs, cats, and other animals.

Treatments

There are a variety of treatments available to families ranging in cost from very cheap to very expensive. Cost is no measure of effectiveness. The best way to break the cycle is regular checking and regular treatment, regardless which option you choose.

Chemical

There are a variety of commercially made shampoo-type preparations for headlice control.

These can be purchased from your local chemist, who will also be able to advise on the products available. It is important to follow the directions carefully, they often require repeat treatments.

Physical methods

Physical methods of removing nits and lice can be effective on their own but they are time consuming. Eggs are cemented strongly to the hair shaft and simple washing usually doesn't remove them. Metal nit combs are the most effective way of physically removing the nits.

Wet Combing

The easiest way to find lice is to put lots of conditioner on dry hair - at least three times as much as usual. Conditioner stuns the insects for about 20 minutes and makes them easier to comb out. Repeat the combing at least twice more on consecutive nights if possible and then weekly.

Other tips and tricks (NB: please use at your own discretion these are home remedies parents have told us about but we can not guarantee effectiveness or safety.)

Some people use vegetable (or olive) oil to help find and/or suffocate the lice, wrapping the hair in gladwrap for 10 minutes then combing thoroughly with a fine comb with the oil still in.

Others suggest using white or apple cider vinegar first to help dissolve the 'glue' that holds the nit eggs to the hair shaft.

Another parent uses green Listerine on the hair, then wraps hair in gladwrap and combs, redo in 2 days.

Physically combing the hair is a very important part of the process. It isn't possible to rely on products alone.

Tea Tree Oil - a few drops put in your everyday conditioner, or mixed with water and put in a small pump/spray bottle and used daily as a preventative spray.

Some people suggest the heat from hairdryers or hair straighteners can be helpful in preventing headlice, (not as a treatment for bad infestations).

RECIPE FOR HEAD LICE TREATMENT

5ml Tea Tree Oil approx.

1 cup White Vinegar - or cider vinegar

2 tablespoons Shampoo - or conditioner

Mix ingredients in a clean plastic bottle. Shake well to dissolve essential oil. Apply as much as you need to cover the head, scalp and hair. Cover head with glad wrap. Leave for half an hour. Rinse briefly.

Repeat every 4 days for 5 applications to break the hatching cycle successfully. Combing with a nit comb would be a good idea as well.

Note: Test for possible sensitivity by putting a little of the final mixture on the inside of wrist or elbow.

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