



# Leckhamptonbulletin

C of E Primary School



Dear Parents

This week, our children have been learning about on line safety and what this means for them. One Day Creative Workshops visited the school over four days and children had an opportunity to develop their understanding and knowledge about staying safe online. All parents will have received an email regarding an information evening for parents on this subject. We are delighted that Alan Earl, from the South West Grid for Learning, will be sharing ideas and ways in which parents can best support their children with the technology available to them.

Many thanks to all of our families who raised sponsorship money for Team GB's Paralympic Athletes. The school also receives funding to develop its sports resources and equipment through the Sports for Schools event. Jack Rutter's visit and presentation was incredibly inspiring and certainly got everyone in the mood for circuits that morning. An incredible £3350 has been raised so far; thank you to everyone for your support with this event. If you haven't seen Jack Rutter's tweet about his visit, follow the Twitter sign on our website or why not follow us on Twitter?

### *Class Collective Worship*

Over the past years, Leckhampton School has worked hard to ensure that children come into worship reflecting on the value of the half term. Class teachers focus the children's attention on this prior to worship and a great deal of thought and time goes into a class sharing their ideas with the rest of the school family. Bringing a school family of over 450 individuals together, in a quiet and reflective manner has taken time to achieve! I know many of our families relish the opportunity in sharing this special part of the day with their child.

Last bulletin, I asked for parents to support us in the following ways;

- only one member of each child's family is able to attend.
- once the children leading Worship are in situ, please could we ask for silence. We ask all members of the school to respect this request and to listen to the piece of music chosen by the class.
- please refrain from bringing hot drinks into worship.

Sadly, this is not happening. Once again, I politely ask that parents and families follow these three simple requests so that we can all continue to enjoy Worship together.

Thank you for your support.

*I should like to wish you and your family a restful half term.*

*Best Wishes  
Sam Porter*

**We have had several separate reports of head lice in school and below is the nhs guidance for your information. If your child has headlice please help to cut down the amount of cases by following the advice, thank you.**

**Head lice are tiny insects that live in hair. Nits are the empty egg cases attached to hair that head lice hatch from.**

Head lice are a common problem, particularly in school children aged 4-11.

They're largely harmless, but can live in the hair for a long time if not treated and can be irritating and frustrating to deal with.

### **How to spot head lice**

Head lice can be difficult to spot, even when the head is closely inspected.



They're very small whitish or grey-brown insects that range from the size of a pinhead to the size of a sesame seed.

The only way to be sure someone has head lice is to find a live louse by combing their hair with a special fine-toothed comb. This is called detection combing.

Less reliable signs of head lice include:

- small white eggs or nits (egg cases) in the hair behind the ears or at back of the neck see image above
- an itchy scalp
- a rash on the back of the neck
- feeling as though something is moving in the hair

### **How to get rid of head lice and nits**

Treatments to get rid of head lice are available to buy from pharmacies, supermarkets and online. You don't usually need to see your GP.

The main treatments are:

- lotions or sprays that kill head lice these can be very effective, but some aren't suitable for pregnant or breastfeeding women, or for children under two
- removing head lice with a specially designed comb this is suitable for everyone and relatively inexpensive, but needs to be repeated several times and can take a long time to do thoroughly

A pharmacist can advise you about the treatments available if you're not sure which is best for you or your child.

Make sure you carefully follow the instructions that come with the treatment you choose.

Read more about the treatments for head lice.

## How you get head lice

Head lice are spread by direct head to head contact. They climb from one person's hair to another's.

Head lice:

- can't fly, jump or swim
- are very unlikely to be spread by objects such as hats, combs and pillows
- don't have a preference for dirty, clean, short or long hair
- only affect people and can't be caught from animals

Once detached from the hair, head lice will usually die within 12-24 hours.

## Preventing head lice

It's very difficult to prevent head lice.

You may want to consider regular detection combing for example, on a weekly basis if you're concerned about your children or yourself.

Lotions and sprays don't prevent head lice and should only be used if a live louse has been found in your or your child's hair.

Staying off work or school and washing clothing and bedding on a hot wash is unnecessary, as it's unlikely to help prevent the spread of head lice.

**The only way to be certain that you or your child has head lice is to find a live louse.**

Spotting head lice in hair can be very difficult, so it's best to try to comb them out with a detection comb.

Detection combs are special fine-toothed plastic combs that you can buy from your local pharmacy, supermarket or online. A comb with flat-faced teeth and a tooth spacing of 0.2-0.3mm is best.

Detection combing can be carried out on dry or wet hair. Dry combing takes less time, but wet combing is more accurate because washing with conditioner stops head lice moving.

## Wet detection combing

To use the wet detection method:

- Wash the hair with ordinary shampoo and apply plenty of conditioner.
- Use an ordinary, wide-toothed comb to straighten and untangle the hair.
- Once the comb moves freely through the hair without dragging, switch to the louse detection comb.
- Make sure the teeth of the comb slot into the hair at the roots, with the edge of the teeth lightly touching the scalp.
- Draw the comb down from the roots to the ends of the hair with every stroke, and check the comb for lice each time remove lice by wiping the comb with tissue paper or rinsing it.
- Work through the hair, section by section, so that the whole head of hair is combed through.
- Do this at least twice to help ensure you haven't missed any areas and continue until you find no more lice.

If you find head lice, you should check the rest of your family. Treat everyone found to have head lice on the same day.

## Dry detection combing

To use the dry detection method:

- Use an ordinary, wide-toothed comb to straighten and untangle the hair.
- Once the comb moves freely through the hair without dragging, switch to the louse detection

comb.

- Make sure the teeth of the comb slot into the hair at the roots, with the edge of the teeth lightly touching the scalp.
- Draw the comb down from the crown to the ends of the hair with every stroke.
- Look for lice as the comb is drawn through the hair. If you see a louse, trap it against the face of the comb with your thumb to stop if being repelled by static electricity.
- Comb each section of hair three or four times before moving on to the next section, until the whole head has been combed through.

If you find head lice, you should check the rest of your family. Treat everyone found to have head lice on the same day.

**Treatments to get rid of head lice are available to buy from pharmacies, supermarkets and online.**

The main treatments are:

Lotions and sprays

Wet combing

Everyone with head lice in your household should be treated on the same day.

If a treatment doesn't work the first time, you can try it again, try a different treatment, or get advice from your school nurse, health visitor, pharmacist or GP.

### **Lotions and sprays**

There are several different products that can be applied to the scalp and hair to kill head lice, including:

- dimeticone 4% lotion or lotion spray applied and left for 8 hours (usually overnight)
- dimeticone 4% spray gel applied and left for 15 minutes
- mineral oil and dimeticone spray applied and left for 15 minutes
- isopropyl myristate and cyclomethicone solution applied and left for 5-10 minutes

Some treatments need be done twice seven days apart to make sure any newly hatched lice are killed.

Detection combing should usually be done two or three days after finishing treatment, and again another seven days after that, to check for any live head lice.

Always check the pack or leaflet to see if a product is suitable for you, particularly if you're pregnant or breastfeeding, or your child has head lice and is less than two years of age.

Your pharmacist can recommend a suitable treatment and advise you how to use it correctly if necessary.

### **Wet combing**

Wet combing involves removing head lice with a special fine-toothed comb. It's suitable for everyone and is relatively inexpensive.

A number of lice removal combs are available to buy. Combs with flat-faced teeth spaced 0.2-0.3mm apart are best for removing head lice, although combs with smaller gaps can be used to remove eggs and nits (egg cases) after treatment.

The comb may come with instructions outlining how to use it. A commonly used method is described below.

- Wash the hair with ordinary shampoo and apply plenty of conditioner.
- Use an ordinary, wide-toothed comb to straighten and untangle the hair.
- Once the comb moves freely through the hair without dragging, switch to the louse detection comb.
- Make sure the teeth of the comb slot into the hair at the roots, with the edge of the teeth lightly touching the scalp.

- Draw the comb down from the roots to the ends of the hair with every stroke, and check the comb for lice each time remove lice by wiping the comb with tissue paper or rinsing it.
- Work through the hair, section by section, so that the whole head of hair is combed through.
- Do this at least twice to help ensure you haven't missed any areas, until no more lice are found.

Repeat this procedure on days five, nine and 13. Detection combing should be done on day 17, to check for any live head lice.

### Treatments not recommended

The following treatments aren't recommended because they're unlikely to be effective:

- products containing permethrin
- head lice "repellents"
- electric head lice combs
- tree and plant oil treatments, such as tea tree oil, eucalyptus oil, and lavender oil
- herbal remedies

There's also no need to stay off work or school or wash clothing and laundry on a hot wash, as this is unlikely to be useful.

### Additional information

#### Useful organisations

##### Parentline Plus

520 Highgate Studios, 53-79 Highgate Road, Kentish Town, London, NW5 1TL

Tel : 0808 800 2222

<http://www.parentlineplus.org.uk/default.aspx>



**create club**  **After School Arts Club**  
New for January 2017, we have a brilliant programme of creative fun called 'ART-tastic Nature'

- Get Creative Designing A Colourful Season Tree
- Let Your Imagination Go Wild As We Explore Bugs And Beasties!
- Be Inspired By Decoupage
- Have A Go At Making Your Own Paint And Tools
- Unleash Your Creativity With Clay Creations
- Explore The Depths Of The Deep Blue Sea

**EXPLORING**  
OBSERVATION COMMUNICATION DEVELOPMENT ATTENTION  
**IDEAS** LISTENING INVESTIGATION  
BALANCE RYTHYM PROBLEM SOLVING THINKING  
**SENSORY MATERIALS CONFIDENCE**  
MOVEMENT CONCENTRATION UNDERSTANDING  
MAKING FRIENDS AWARENESS **SHARING PATIENCE**  
SORT AND ORGANISE **HAND EYE CO-ORDINATION**  
**CREATIVITY**

**For:** Key Stages 1 and 2 children. Supervision from 2 staff with enhanced DBS checks.  
**Where:** The Wheatsheaf, 283 Old Bath Rd, Leckhampton, Cheltenham GL53 9AJ  
**When:** Tuesdays 4.00 – 5.00 pm  
**Dates:** 10<sup>th</sup> Jan, 17<sup>th</sup> Jan, 7<sup>th</sup> Feb, 21<sup>st</sup> Feb, 28<sup>th</sup> Feb, 7<sup>th</sup> Mar, 14<sup>th</sup> Mar, 21<sup>st</sup> Mar, 28<sup>th</sup> Mar, 4<sup>th</sup> April  
**Cost:** Blocks of 5 weeks for £30  
**Book Now:** <https://bookwhen.com/the-creation-station-gloucestershire-che>  
**Contact:** [debbiekersley@thecreationstation.co.uk](mailto:debbiekersley@thecreationstation.co.uk) 01242 639 432  
**See:** [www.createclub.co.uk](http://www.createclub.co.uk)





**Join the stars of CBeebies!!**  
 +Theo the Mouse and Wendy!!!

“A triumph - delightful”  
 - The Stage

“A really well paced show”  
 - Primary Times

See the stars of 'Spotbots' and 'Justins House' battle to play an array of different characters in lots of adventures on the high seas. This show is jam-packed with swashbuckling fun and our intrepid trio are itching for action! With songs, cheering, booing, puppets, loads of colourful costumes and there maybe even a naughty monkey or two too! Aaargh you ready?!

**TREASURE ISLAND**

f /treasureislandthetour

**Cheltenham Town Hall**  
 FRIDAY 17TH FEB 2017 - 2pm - Tickets £13  
 cheltenhamtownhall.org.uk 0844 576 2210

**Ideal for kids aged 2-8!**

## STOP PRESS – exciting ECO news

It is fun and it is free!

For several years Leckhampton CE Primary School has been a part of 'The POD', an online programme for greener schools. The Waste Week campaign we will be running is organised by The POD. They produce a **POD ezine** specifically aimed at children. It contains information, quizzes and interactive activities that children can participate in at home or school. The website is: [jointhepod.org](http://jointhepod.org) and then click on the Student Zone.

Please consider involving your children as it is both educational and fun.

Mr Seeley

# DANCE CLASSES FOR CHILDREN

## Fun, friendly children's classes at The Pavilion

All children's classes will incorporate varied styles of dance to keep them on their toes. Mixed styles – from Ballroom & Latin to Freestyle.

Alongside teaching your child to Dance our aim is to give each child *confidence, balance, co-ordination and the chance to make new friendships*, with routines tailored to their age group.

Also focusing on children's own choreography, giving them a chance to work in partnership with other children. Learning to listen well to others, share ideas and express themselves to music.

All in safe, a non-competitive atmosphere where all abilities are encouraged. Suitable for Boys and Girls.

### Dinky Dancers

(Suitable for ages 3 to 8)  
4.15pm – 5.00pm  
£4.50

### Dancing Divas

(Suitable for ages 8 to 16)  
5.00pm – 6.00pm  
£5.00

## FRIDAYS

## NEW CLASS

STARTING 3<sup>RD</sup> MARCH 2017

**The Pavilion, Hatherley Lane,  
Cheltenham, GL51 6PN**

FOR MORE INFORMATION Call - 07970 275 510

Email - [lisalee.moredance@gmail.com](mailto:lisalee.moredance@gmail.com)

[www.dancedanceandmoredance.co.uk](http://www.dancedanceandmoredance.co.uk)

To make sure you don't miss any updates

Find us on  Lisa Lee - Dance Dance and More Dance



### FEBRUARY HALF TERM

#### HOLIDAY CAMPS @ BACCARRAS SCHOOL

The camps are for children who are aged 8-12 years old and not just about sport, but children enjoy being active through a variety of fun games and activities as well as arts and crafts and other fun games & tasks. Activities which children can pick from include:-

- Dodgeball
- Goalball
- Ultimate Frisbee
- Drawing, Painting & Making things
- It's a Knockout!
- Bench ball
- Orienteering & Problem Solving
- Football, Rugby, Tri Golf, Tennis & Netball challenges
- Street Dance
- Parachute games
- Archery
- And Much More!

Move More Camps are delivered by Cheltenham & North Tewkesbury School Sport Network. We have been delivering in schools for over 10 years improving the level of PE and school sport. 45 primary schools are members of the network and each year we have over 8000 children attend events and deliver various different initiatives & programmes to over 10,000 children.

All of our staff are DBS checked and suitably qualified.



	Day Rate	Advanced Bookings*	Week Rate	Advanced Booking
Half Day AM 09:00-12:30	£20.00	£16.00	£80.00	£68.00
Half Day PM 13:00-15:30	£15.00	£12.00	£60.00	£51.00
Full Day 09:00-15:30	£25.00	£20.00	£100.00	£85.00
Extended Day 08:30-17:30	£30.00	£24.00	£120.00	£102.00

To register please visit [www.movemorecamps.co.uk](http://www.movemorecamps.co.uk)  
or call 01242 711326

\*Advanced bookings are 7 weeks in advance







# FEBRUARY HALF-TERM SPORTS CAMPS

www.isporta.co.uk



**BOURNSIDE SPORTS CENTRE / BALCARRAS, CHELTENHAM  
& CHOSEN HILL SPORTS CENTRE, CHURCHDOWN  
MULTI-SPORTS and FOOTBALL FOR GIRLS & BOYS**

BALCARRAS, CHELTENHAM		BOURNSIDE, CHELTENHAM		CHOSEN HILL, CHURCHDOWN	
Mon 13 <sup>th</sup> February	MULTI-SPORTS & FOOTBALL EACH DAY	Wed 15 <sup>th</sup> February	MULTI-SPORTS & FOOTBALL EACH DAY	Mon 13 <sup>th</sup> February	MULTI-SPORTS & FOOTBALL EACH DAY
Tues 14 <sup>th</sup> February		Thurs 16 <sup>th</sup> February		Tues 14 <sup>th</sup> February	
		Fri 17 <sup>th</sup> February		Wed 15 <sup>th</sup> February	
		Thurs 16 <sup>th</sup> February			
			Fri 17 <sup>th</sup> February		

**ONLY £15.00 PER DAY PER CHILD - 4yrs to 12yrs**  
FROM 09:00AM (drop off available from 08:30am) ~ TO 4:00PM (collection by 4:30pm)

**ESSENTIALS:** PACKED LUNCH/SNACKS, PLENTY TO DRINK, SHIN PADS (for football), OUTSIDE CLOTHING (appropriate for weather conditions), APPROPRIATE FOOTWEAR (e.g. football boots/trainers), RAIN COATS & JUMPERS (PLEASE allow for ALL weather conditions!!)

TO BOOK PLEASE CLEARLY COMPLETE RETURN SLIP & SUBMIT PAYMENT TO ADDRESS STATED BELOW. BOOKINGS CONFIRMED VIA E-MAIL (only once payment has been received). LIMITED PLACES FOR ALL DAYS SO PLEASE BOOK EARLY - FIRST COME/FIRST SERVED

Please Post Booking Form & Payment to: Isporta Coaching, Laurel Cottage, Bamfurlong Lane, Cheltenham, Glos. GL51 6SW  
CONTACT NUMBERS: 01242 500446-07801801922 - E-MAIL: enquiries@isporta.co.uk

.....

Child Name: ..... Age: ..... DOB: .....

Current School Attending: ..... Class Year: .....

Parent/Guardian Name: ..... E-mail: ..... Mobile: .....

Address: ..... Postcode: .....

ANY MEDICAL CONDITIONS/ALLERGIES: .....

NO. DAYS/PLACES BOOKED: ..... DATES REQUIRED: ..... VENUE: .....

**FULLY OFSTED REGISTERED - WE ALSO ACCEPT CHILDCARE VOUCHERS**

I give permission for my child(ren) to attend the Isporta Holiday Club and accept Isporta Coaching are not responsible for any loss/damage, personal injury, howsoever caused, for the duration of the activity. I enclose a cheque for the sum of £..... made payable to Isporta Coaching.

SIGNED: ..... (Parent/Guardian) PRINT NAME: ..... DATE: .....