



Newsletter 10

12th November 2009

New events and old reminders

There are only a few announcements for this week's newsletter, but they certainly are important ones. Please take notice of them.

First though, I would like to say a huge thank you to everyone for helping to make the street in front of the school a safer place by using other parking facilities away from the front of the buildings. It certainly has made a significant difference to the visibility in both directions as well as the flow of traffic. Conclusive evidence that you DO read the newsletters!

Nasty nits

Every school is plagued by the occasional appearance of headlice and St Paul's BPS is no exception. Although the lice themselves are easily controlled with chemical shampoos, the eggs or 'nits' are a little more difficult to eradicate. The problem being that, if they aren't removed from the hair, they hatch into a new generation of lice and we end up going round in circles. Here is some advice from our school nurse, Sarah.

PREVENTION (is better than cure!)

- The most effective prevention is to do regular (weekly) checks at home and to treat quickly and effectively should anything be found.
- Remember that shorter hair = less surface area = less severe infestation.
- Tie long hair back as often as possible.
- Use of 'repellent' lotions such as tea tree shampoo may help to repel the insects.
- Remind children not to spend too much time with their heads together (a difficult task!)

TREATMENT

Removing the lice (insects)

The lice are usually effectively removed using a medicated shampoo from the pharmacy (see pharmacist for latest recommended products). Use exactly as directed on the bottle. You will still need to do the wet bombing method (see below).

Removing the nits (eggs)

NITS CAN ONLY BE REMOVED USING THE 'WET COMBING' METHOD. This involves sectioning the hair off into very small sections and combing through using lots of conditioner to avoid pulling at the hair. The eggs should move down the shaft as you comb through and should then be washed or wiped off the comb each time. If they do not come out doing this you need to manually pull them out, one by one ('nit picking!'). Removing the nits is a long and laborious process and takes time but has to be done otherwise they will hatch and a new family of lice begin!

As a general rule we will not send children home with nits but if live insects are found we will ask parents to come and collect children. And lastly, contrary to popular belief, lice cannot jump. They need to have direct head to head contact to transfer from one person to another.

Newsletter heaven

Just a reminder that this term we are going to strive to put an end to the endless reams of paper and printer ink that keep going into our weekly newsletter. Our weekly newsletters will be published electronically from January 2010. They will be emailed every Friday to each family (to as many email addresses as you like) and published on our website. If there is a specific need for a paper copy, these can be requested from the school office. We will begin emailing trials on Friday 4th December 2009, so please let us know if you don't receive an e-newsletter on that date.

Nederlands voor jou (Dutch for you)

Do you get frustrated that you don't understand any Dutch? Would you like to know how to ask for bread in your local bakery, order meat at your butchers, exchange everyday pleasantries with your neighbours, and lots more!

A weekly Dutch beginners course will start on Tuesday 12 January from 9.15 - 10.30am at school. If you're interested in attending this course please give your details to Sarah in the office by Friday 20 November. A weekly fee of 5 euros will be payable to cover the tutors time and any photocopying materials.

If you need further information please contact Vivienne Kamphuis on 0477 388983 or vivienne.bird@telenet.be

Now that's what I call music!

Do you enjoy singing popular, upbeat music? Will one of your New Year's Resolutions be taking up a new hobby or re-kindling a favourite past-time? If the answer is yes, then read on!

A new adult choir is being established, starting on Thursday 07 January 2010 from 8.00 - 9.30pm. We will meet in the school hall of St. Paul's British Primary School, Stationsstraat 3, Vossem on alternate Thursdays. We aim to sing for pleasure and have fun, whilst making new friends.

No auditions, but a good voice and ear for music are desirable. A minimal joining fee of €25 for the year and a small weekly payment of €2.50 will cover the cost of music and overheads.

For more information contact Rachael Bateman, 02 306 5515 or rachael_bateman@hotmail.com or Sian Macey, 02 731 3201 or maceycardiff@hotmail.co.uk

November 'Ark Bible Club'

For all boys and girls from age 5-10! Another fun **Ark club party** is on its way SOON, and we hope you can join us! On Tuesday, 17th November 2009, our Middle Eastern theme will be "**A Queen & her King.**" You won't want to miss it! We'll start with snacks & games right after school, then the club time will start at **4:15 pm**.

Please register if you can come so we can plan ahead for snacks, etc. Contact: Mrs. Didi Hegnauer at edith.hegnauer@telenet.be or 02.725.1262 (Mothers, we would welcome your help for snacks! If it is possible for you, please also contact Didi. Thank you!)

Dates for the diary

Friday 13 November
Tuesday 17 November

Friday 20 November
Wednesday 25 November

Friday 27 November

In-Service (school closed to pupils)
Parent Contact Meetings – 6:00 to 8:00 pm
The Ark Bible Club - 4:30 to 5:45 pm
Celebration Class Assembly – Year 2 at 9:00am
Nursery Parent Meetings – 1:30 to 3.30 pm
Parent Contact Meetings – 4:00 to 6:00 pm
Celebration Class Assembly – Reception at 9:00am