



### Headteacher's Message.

The children have had a fabulous week filled with lots of learning and fun. Next week we are taking part in Anti-Bullying week. I cannot wait to see all of your odd socks on Monday!

Have a lovely weekend.

Mrs James.

Above: KS1 Children learning about Fireworks and Bonfires.

Please ensure your child is sent into school with a warm coat. It is getting very cold and the children still play outside during break and lunch times.



### School Office

Please inform the school office of any changes to your personal details such as phone numbers and addresses. It is important we have your current phone number in case we need to contact you.

### Christmas Dinner Day

A letter would have gone home with children yesterday telling you about our Christmas Dinner Day.

Please ensure this slip is returned if you would like your child to have a Christmas Dinner on 15th December.



### Anti Bullying Week

To support Anti-Bullying week next week we are asking everyone to wear odd socks with their school uniform on **Monday.**



### Remembrance Day

On 11th November 2021 we showed our respect to the fallen soldiers by holding a 2 minutes silence at 11:00am.



### BBC Children in Need

Friday 19th November 2021

TOGETHER  
WE CAN  
support BBC  
Children in Need

For Children in Need this year we are taking part in their Fancy Dress Friday event. We are asking for a donation of £1 and would love to see everyone in their best fancy dress costume.



Each class will give out awards for the; funniest costume, most creative costume and best costume overall.

## 10 TRUTHS ABOUT HEAD LICE

GET THE FACTS ABOUT THIS CREEPY, CRAWLY PARASITE AND LEARN HOW TO DEAL WITH AN INFESTATION



- 1 Lice are **NOT A PRODUCT** of **POVERTY** or **POOR HYGIENE**.
- 2 Head lice **CANNOT HOP, JUMP or FLY**. They crawl from person-to-person from direct contact, like **POSING FOR A SELFIE** or using **A FRIEND'S HAIRBRUSH**.
- 3 Sometimes, **LICE DON'T CAUSE SYMPTOMS FOR 4-6 WEEKS**. The main symptom is **ITCHING**.
- 4 Head lice **DO NOT** spread disease.
- 5 Contrary to popular belief, head lice **CANNOT BE SPREAD** by pets.
- 6 Lice **LIVE CLOSE** to the **SCALP** on the head and on the **BACK OF THE NECK**.
- 7 **LICE EGGS** – called nits – are very **HARD TO REMOVE** by hand. Use a **NIT COMB** to **SCRAPE** them off the **HAIR SHAFT**.
- 8 Adult lice usually **DIE AFTER 48 HOURS** and **NITS DIE A WEEK** or two **FOLLOWING REMOVAL**.
- 9 Washing clothes and bedsheets in **WATER HOTTER THAN 130 F** will kill living lice and nits. Items that cannot be washed should be **PLACED IN PLASTIC BAGS FOR TWO WEEKS**.
- 10 Head lice **CANNOT BE KILLED BY REGULAR SHAMPOO** or frequent **BATHING**. **TREATMENT** of lice may **TAKE TWO APPLICATIONS** of a medicated shampoo applied **9 DAYS APART**.

## Head Lice

We have cases of head lice currently in school. Please check your child's hair regularly so you can start treatment as soon as possible.

The best way to treat Head Lice is by combing through the hair thoroughly with lots of conditioner. You can also use medicated sprays and lotions.

We have lots of nit combs available at school, if you need one please pop to the front office.

Here are some recommended treatments you can also try;

- ◇ Full Marks Solution—Superdrug
- ◇ NitWits All-In-One—Superdrug
- ◇ Vosene Kids Conditioning Defence Spray—Wilko
- ◇ Vamousse Head Lice Treatment Mousse—Boots

It is important to remember that Head Lice are not a sign of poor hygiene. They can travel from head to head with close contact.

**Please ensure your child's hair is tied up for school if it is long enough.** This helps prevent the spread of Head Lice.



## Family Support

Our Family Support Worker is Mrs M Pinks.

She is contactable by calling the school office or emailing [pinks.m@stowevalley.com](mailto:pinks.m@stowevalley.com)

Mrs Pinks organises parenting courses and programmes throughout the year including a Family Food course to get families eating healthier. We still have spaces on our Family Food course. To get involved, email [pinks.m@stowevalley.com](mailto:pinks.m@stowevalley.com).

## Rokeby Newspaper Reporters

On the 11th of November Rokeby will be showing their respect by having a two minutes silence. Over this week all the children have been learning why we have Remembrance Day. Year 6 have created silhouette art work of Flanders Field. Year 2 created freeverse poems and Remembrance Day medals. Year 4 have been busy learning about where and when poppies/Remembrance Day came from and why. Year 3 have been learning songs that the soldiers sang in the trenches in World War 1.

*This article was written by Aaleah in Year Six.*