



Longmeadow Primary School

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Letter No: 04/2026

9th September 2026

Dear Parents and Carers,

Headlice

I am writing to inform you that Headlice have been found in your child's class. We would ask you to check your child's hair and treat if necessary (see overleaf for information sheet).

Yours sincerely,

The School Office

BEWARE — TREAT THEIR HAIR!!

HEADLICE IN YOUR CHILDS CLASS

PLEASE READ AND TREAT AS REQUIRED

HOW DO YOU CATCH HEADLICE?

Long or short, clean or unwashed hair – headlice are not fussy about which head they live on. However, they cannot jump, swim or fly. They can only walk, so it's actually harder than many people think to get infected.

TOP TIPS

There are four symptoms that may indicate your child has headlice:

- Adult lice seen in hair.
- White dandruff-like spots attached to hair – these could be nits, the eggshells left from hatched lice.
- Itchy scalp.
- Red patches on scalp.

HOW DO YOU CHECK FOR HEADLICE?

They can be hard to find – they are very well camouflaged and far from obvious when the hair is combed. You need to thoroughly inspect the whole head; you can do this by wet combing.

- Wash hair using an ordinary shampoo. Add conditioner and leave in.
- Use a wide toothed comb to detangle hair.
- Comb the hair using a fine-toothed comb. Start right at the root of the hair and draw the comb all the way down to the end. Do this for the whole head and check the comb each time for headlice. Pay special attention to the nape of the neck and behind the ears.

Regularly wet-combing your child's hair is the best way of keeping headlice at bay. The sooner you detect them, the sooner you can get rid of them and prevent other family members from getting headlice.

HOW DO YOU GET RID OF HEADLICE?

If living headlice are found the whole family should be checked and if infestation is found, all should be treated, not just the children. There are several ways in which to deal with headlice. The first is simply to wet-comb the hair every couple of days with a head lice comb, getting rid of any lice and eggs by hand.

A quicker method is to use a specially formulated hair treatment for killing head lice. These can be obtained from your pharmacist or visit your Doctor