



ST JAMES CATHOLIC PRIMARY SCHOOL, HEBBURN

23rd January 2026

Dear Parents and Carers,

Head Lice in school

We have had several cases of head lice throughout the school.

To prevent the spread of head lice we can only stress how important it is for parents to check their children's hair regularly (at least once a week) for any sign of infestation.

Head lice and nits are very common in young children and their families. They do not have anything to do with dirty hair and are picked up via head-to-head contact.

Head lice can make your head feel:

- itchy
- like something is moving in your hair

The only way to be sure someone has head lice is by finding live lice. You can do this by combing their hair with a special fine-toothed comb (detection comb). You can buy these online or at pharmacies.

How to get rid of head lice

Treat head lice as soon as you spot them. You can treat head lice without seeing a GP.

You should check everyone in the house and start treating anyone who has head lice on the same day.

Wet combing

- Lice and nits can be removed by wet combing.
- You can buy a special fine-toothed comb (detection comb) online or from pharmacies to remove head lice and nits.
- There may be instructions on the pack, but usually you: wash hair with ordinary shampoo apply lots of conditioner (any conditioner will do) comb the whole head of hair, from the roots to the ends. It usually takes about 10 minutes to comb short hair, and 20 to 30 minutes for long, frizzy or curly hair.
- Do wet combing on days 1, 5, 9 and 13 to catch any newly hatched head lice.
- Check again that everyone's hair is free of lice on day 17.

Medicated lotions and sprays

If wet combing has not worked or is not suitable, you could try a medicated lotion or spray. These kill head lice in all types of hair, and you can buy them from pharmacies, supermarkets or online.

- Head lice should die within a day.
- Some lotions and sprays come with a comb to remove dead lice and eggs.

Mrs Francesca Heslop
Headteacher
BSc (Hons) P.G.C.E.

Email:
info@stjameshebburn.co.uk
Tel: 0191 4832672

Solway Road,
Hebburn
NE31 2BP



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- Some treatments need to be repeated after a week to kill any newly hatched lice.
- Check the pack to see if they're suitable for you or your child and how to use them.
- If lotions or sprays do not work, speak to a pharmacist about other treatments.

You cannot prevent head lice

There's nothing you can do to prevent head lice **BUT YOU CAN** help stop them spreading by wet or dry combing regularly to catch them early.

Thank you for your support.

Kind regards,

Mrs. Francesca Heslop
Headteacher

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