



# GREENSHEET



No. 25/16

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Student Absence Line: 020 8509 9444

23rd March 2017

Week 'B'

## SCHOOL CALENDAR

Spring Term  
End: Friday  
31st March

Easter  
Holiday:  
Monday 3rd  
April 2017-  
Monday 17th  
April

Summer  
Term 2017  
Start:  
Tuesday 18th  
April End:  
Wednesday  
19th July

May Day  
Bank Holiday:  
Monday 1st  
May

Thursday  
11th May  
Year 7 Parent/  
Carers Evening  
4.30-7pm

Monday 15th  
May-Thursday  
26th May  
KS3  
Examination  
fortnight

Monday 15th  
May-Monday  
26th June  
Year 11 GCSE  
Written  
examinations

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## HEADTEACHER'S MESSAGE

Dear Parents and Carers,

All of us at WSFG extend our heartfelt sympathies to all those families and friends of the victims of Wednesday's terrorist attack in Central London. We also know that there may well be repercussions for Muslim members of our community, whether they be students, staff or local families, instigated through ignorance and bigotry. We all stand together at WSFG and condemn this agenda of senseless violence which is not carried out in the name of any of us.

We have had several trips and school events this week. Here are some of them:

On Monday, a group of drama students and staff went to the Old Vic to see the play which made Tom Stoppard famous, *Rosencratz and Guildenstern are Dead*, starring Daniel Radcliffe.

Our Year 7 netball teams continue to excel. Congratulations to the teams which have won all their games so far, this week beating Lammas 5-0 and Willowfield 2-0.

A Guinness World Record was broken by twenty two of our Year 9 students on the same day. They joined just under six hundred

other students at The Hackney Empire to join in the world's largest mental health lesson. This was our second record breaking attempt after last year's just failed to make the record books.

Also on Wednesday, in this issue you can read about the day that students had at Sir George Monoux College. They reported that they were impressed by some of the changes, including the later start, as they will explain. Plus we had thirty students from Year 8 taking part in a MyBnk 'Enterprise-in-a -box' activity here at school.

We hosted our annual Governors' Day visit on Thursday. We are very grateful for the commitment shown to the school by this invaluable group of parents and members of our school community. Also a huge thank you to our staff who gave up time to host our visitors, or else lead a training session. Thank you also to the local authority's Principal Advisor, Quality Standards, *Ogugua Okolo-Angus*, who helped prepare our governors for our forthcoming Ofsted inspection. Also on Thursday a group of Year 9 girls were partially off timetable with *Ms Wilkins* to devise our own WSFG News Report. Topics covered by our intrepid reporters included 'how social media benefits our society'; 'state pension might be raised to 70'; 'opinions' and 'sexism affects all genders'. I was particularly impressed by *Lulu Fletcher's* statement that 'the patriarchy in marketing is all too present' yet 'it's important to note that men experience this too', concluding that 'sexism can never benefit anyone'.

Today *Ms Robinson* is accompanying a group of Year 10 students on a CENLIG trip to the University of Oxford, whilst a group of Year 8 students are working with an artist mentor on the Barbican Box drama project. Plus we have a great many red noses in school!

Earlier this week, you should have all received a copy of the Waltham Forest Secondary Headteachers' joint letter to you, reproduced here. Over the next few years, our schools are facing the worst cut in resources for decades through the redistribution of funding away from London and the freeze placed on schools' income, despite increasing costs. These cuts have already begun to take effect across all Waltham Forest Schools. Please do write to your local MP so this matter is raised in Parliament.

Best wishes,  
Meryl Davies

## Waltham Forest Secondary Heads' Group



Dear Parents and Carers,

### School Funding Crisis

As you will be aware, schools across the London Borough of Waltham Forest are facing huge financial challenges and the Government's planned National Funding Formula is set to make things far worse for the borough's schools and its pupils.

The Government has stated that the scheme will redistribute funding across the country's schools in a more equitable way however it is clear that this will not be the case. Already, many MPs and Councillors across the country, representing all shades of political opinion, are supporting Head Teachers and Governing Bodies in complaining of the potential damage to children's education and opportunities. The likely outcome will be larger class sizes; a reduction in the subjects available at secondary level; less teaching time; fewer opportunities for sport and cultural activities; more difficulty in recruiting staff.

Waltham Forest Council will be making its concerns known to the government and, across London, Councils are working to raise the importance of the issue with the Government, through their MPs and through the media.

The London Borough of Waltham Forest and other London Councils will be providing a response to the Government's consultation on the National Funding Formula.

Primary and secondary Heads Teachers want parents to have a voice in this campaign and to provide their support by responding to the consultation by 22 March 2017. Therefore, you may wish to access a parent-led website: <http://www.fairfundingforallschools.org>, which includes guides to responding to the consultation on the National Funding Formula, model letters to MPs, journalists and other useful resources.

By adding your voice, you are agreeing to support our call to the government to re-think the NFF and to invest more funding in schools, in particular to provide an additional £335m per year (1% of the DfE's schools budget) to ensure no school loses funding as a direct result of the implementation of the National Funding Formula.

Yours sincerely  
Waltham Forest Primary and Secondary Head Teachers

## Programme details

**Location:** Walthamstow School for Girls,  
Church Hill, Walthamstow, London E17 9RZ

**Date:** Wednesday 26th April for 13 weeks

**Time:** 4-7pm

**Facilities:** Refreshments and light evening meal provided  
For help with childcare, please speak to Eleni

**Contact:** Call Eleni : 07872 926873  
Email [eleni@racefound.org.uk](mailto:eleni@racefound.org.uk)  
Or  
Register online at <http://bit.ly/SFSC-WF>



A free inclusive course to help parents and carers raise happy confident children all ages from babies to teens



strengthening families  
strengthening communities

## About the programme

This is a popular parenting programme for anyone raising children. We welcome parents and carers from all backgrounds who would like to work on their parenting skills and build positive relationships with their children.

We can help you to recognise and respond to the challenges of being a parent and the risks and concerns facing our children. Whether you want to help your child do well at school, deal with bullying, avoid online grooming or getting in with the 'wrong crowd', or just feel more confident: SFSC can provide you with strategies to help you feel equipped as a parent and help you to keep your children safe.

*I found it very supportive being part of a group and sharing ideas with other parents.*

*I spend more time with my mum and we communicate better*

*I loved the programme and will ask my friends and relatives to go as well.*

SFSC runs for three hours a week for 12 weeks. Some groups provide free childcare and refreshments. There is also an introductory session where you can find out more. Just come along, bring a friend or partner if you prefer, and see if it's for you!

*I feel calmer about dealing with my children on a day-to-day basis. I don't get angry as quickly.*



## The course will help you to

- **Build** positive family relationships
- **Manage** anger and stress
- **Implement** effective discipline strategies
- **Gain** confidence and communication skills
- **Understand** your child's development
- **Recognise** and value your family and cultural traditions
- **Meet** others and share ideas



All groups end with a celebration.  
You will receive a certificate and a parent manual.



**The Strengthening Families, Strengthening Communities Parenting Programme** is a 13 week evidence based and accredited course, delivered in 3 hour sessions, for parents of children aged 0-18 years old. In addition to positive discipline techniques, the programme helps parents build a special relationship with their children based on unconditional love, giving their children the key skills they will need as they grow to make 'healthy and safe choices'.

The programme acknowledges the importance of each family's ethnic, cultural, historical and cultural **roots**. It encourages parents to examine their values and explore how to parent in a fast changing world by connecting to local resources, with an understanding that, "It takes a village to raise a child".

**The programme has been shown to be particularly useful in the parenting of secondary school aged children as they transition into adulthood: parents are shown through a series of 'rites of passage' how to support their children's mental, physical, social, cultural, historical, political and economic growth.** The programme is delivered in groups of approximately 20 parents by two trained facilitators, using a variety of fun and thought provoking techniques.

At the end of the programme, parents' achievements are celebrated with a graduation ceremony and the presentation of certificates. The programme has already been delivered to parents in the borough.

Here are some of their comments:

*Dad: Thanks so much for inviting me to the programme. Learned a lot and enjoyed it just as much.*

*Mum: I know I have a really quick temper, but I like it here and I am relaxed because it's interesting and not like school.*

*Mum and Dad: We like that this is real. This programme acknowledges the bad stuff that can happen to kids and works with that*

**The programme starts with an introductory session on Wednesday 26th April from 4pm until 7pm. Materials, refreshments and food will be provided. Come and see if this is something for you.**

For more information, to ask about childcare or to book a place, **please contact**

**Eleni Bloy:**

**07872 926873**

[eleni@racefound.org.uk](mailto:eleni@racefound.org.uk)

## School Attendance Guidance

### School Attendance

Effective schools convey their positive regard for regular attendance to parents or carers, students and teachers. Children quickly pick up the message that their presence is important. The twice-daily requirement to register students can and should be perceived as an opportunity for the school to receive students formally from home, and serve as an introduction to the session.

Students are expected to attend school for the full 190 days of the academic year, unless there is a good reason for absence. There are two types of absence:

- Authorised (where the school approves student absence)
- Unauthorised (where the school will not approve absence)

If a student is absent, parents or carers should call the school on the first day of the absence before 9.00am, stating a reason. A note should be sent on the day the student returns to school explaining the absence. The school will then decide whether to authorise the absence. If authorisation were to be refused, for instance if a student was kept off school for a birthday, then the parents or carers would be informed. A note is essential for authorisation of absence.

If contact, explaining the student's absence, fails to be made by parents or carers, then the school will try to contact the home by telephone or text on the initial day of absence.

Since the start of the 2015/16 academic year, a pupil has been classified as a persistent absentee if they miss 10 per cent or more of the school possible attendance sessions. (DFE guide)

Students with 100% attendance during the term will be rewarded by the school with a certificate at an assembly.

Those with 100% attendance for the year will be formally recognised at the end of year assembly.

### Family Holidays during Term Time

A student's absence during term time can seriously disrupt her continuity of learning. Not only does she miss the teaching provided on the days they are away, she is also less prepared for the lessons building on that after her return. There is a consequent risk of underachievement which we and you must seek to avoid.

The school DOES NOT authorise absence during term time for family holidays or trips abroad. Parents or carers do not have the right to take their child out of school for

holidays and the school will only grant leave of absence in truly exceptional circumstances. A student who is absent longer than 10 days after an agreed return date can legally be removed from the school roll.

In considering whether or not to authorise leave of absence, the school will consider each case individually, taking into account a student's overall attendance, their stage of education (e.g. examinations) and the reason for the absence.

New leave of absence forms can be obtained from the school office, and all requests should be submitted to our attendance manager at least four weeks before the first day of requested absence. Arrangements for trips should NEVER be made before permission has been sought from the Headteacher.

### **Lateness**

School begins at **8.45am** and all students are expected to be in school, ready for registration at this time. Any student arriving later than 8.45am but before 9.05am should go straight to registration. If your daughter has an assembly however, she should sign in at the gate or school office on arrival and then go to assembly. Students arriving after 9.05am will be required to produce a note from their parents or carers explaining the reason; otherwise they will be marked with having an unauthorised absence. Any student arriving late for school will be detained the same evening for ten minutes.

Students who are consistently late are disrupting not only their own education but also that of others. Where persistent lateness gives cause for concern, further action may be taken.

What can parents and carers do to help?

- Let the school know as soon as possible why your daughter is away.
- Send a note when she returns to school.
- Make appointments outside school time.
- Do not allow your daughter to have time off school unless it is really necessary.

If you are worried about your child's attendance at school what can you do?

- Talk to your child; it may be something simple.
- Talk to your daughter's Form Tutor/SPL/attendance manager.

If it continues:

- The school may refer the matter to the Education Welfare Service.

Ms King  
Student Attendance Manager

## Information for Parents / Carers and Students

### The final day of Spring Term is Friday 31<sup>st</sup> March 2017

ALL lessons 1 – 5 are as normal.

No student will be allowed to remain in school and the gates will be locked at 3.45pm

There will be a normal breaktime and lunchtime offer in the canteen.

Friday 31<sup>st</sup> March will be a non-uniform day with proceeds going towards the Year Group chosen charity.

The cost of wearing non-uniform will be **£1.00** and must be paid **IN ADVANCE** to Form Reps.

The jewellery rules still apply on this day and lanyards **must** be worn.

### The first day of the Spring Term for students is Tuesday 18<sup>th</sup> April 2017

All Students are expected in **FULL** school uniform and to be in school at the correct time for their Year Group.

The Focus of the Fortnight from 18<sup>th</sup> April will be on Uniform and Lanyards.

This will be a Week B.

Have a safe and enjoyable holiday!

Ms. Pratt

Assistant Headteacher.

## SQUID Payment System Update

### How to access the new SQUID online portal



Dear Parents, Carers

If you haven't already done so, you now need to access the sQuid Online services via their new Portal.

You can also download the sQuid App for iOS and Android devices by clicking the relevant links in the App store or Google Play button to download the App to your phone.

You must use this link now for Catering and School Trips & Offers payments. Please ensure that you bookmark this link.

### **There are 2 ways to access the new portal:**

1. Via the "WSFG" website and click on the sQuid Icon located in the bottom left corner. Go to "sign in" at the top of the page and select, that will take you to the new "login" page.

Choose the first choice "New sQuid Online Portal" and continue as normal.

2. Login from the internet directly typing in this link address:  
<https://portal.squidcard.com/login>

Follow the on screen instructions. Your log in number and email address are the same.

Ms Barbier  
Finance Manager

### **Students must ensure their one card is topped up**

You can either top up by a cheque made payable to "Olive Dining" and place it in the box in the Dining Hall before 8.45am each day, or by cash by using the cashloader machine in the student entrance or Dining Hall before 8.45am, at breaktime, lunchtime or after 3.30pm. All cheques will be loaded by before morning break. Any top ups made via the cashloader machine will show instantly on your account.

## Year 8 Outdoor Adventurous Activities Trip

Reminder for parents and carers

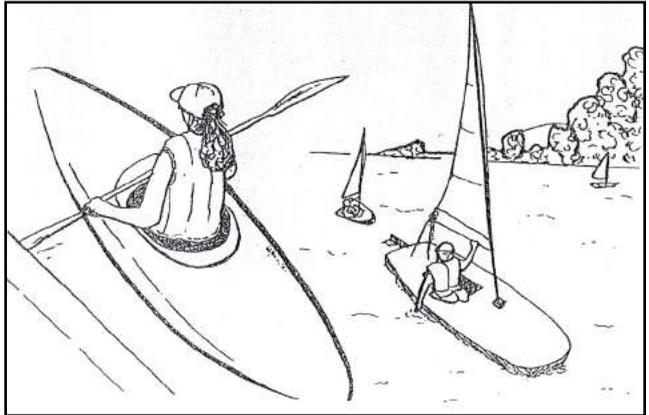
This is a polite reminder that **payment of £25** for this trip should be paid in full by **Friday 31<sup>st</sup> March 2017**.

This can be paid by cash or cheque (payable to Walthamstow School for Girls) and handed in to Student Services.

Payment can also be made via Squid through the existing portal, only up until 31/03/17.

Should you have any queries or concerns regarding this, please contact me.

Many thanks.  
Ms Famiglietti



## Lost Property

We have a large amount of lost property.

Please make sure all clothing, including P.E. kit, is clearly labelled so that it can be easily returned

Students are reminded that you can collect lost property at 3.30pm every day. Parents and carers may also collect lost property any day after school.

Any items not collected by the end of term may be disposed of.

Ms Jolliffe  
Student Services



## DEAR Day – Thursday 30<sup>th</sup> March 2017

Once again students in Years 7-9 will be participating in Drop Everything and Read Day next week.

The first three lessons of the day will be committed to students (and all staff) dropping everything to read for the first 15 minutes of the lesson.

Students are to remember to bring in a book – or get a book out from the library in advance of Thursday 30<sup>th</sup> March as students will not be allowed out of lessons to get a book out of the library. You must come into school prepared.

Mrs Jean-Baptiste  
Accelerated Reader



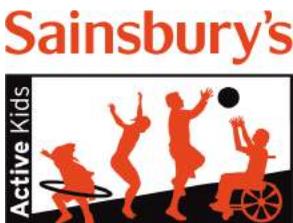
## Sainsbury's Active school vouchers

WSFG are once again collecting Sainsbury's Active school vouchers.

Message to students:

Please bring them into school and deposit them in the box which will be located outside Norris Hall under the machine where you top up your one card.

P.E. Faculty



## Message for Year 11 Students

### Year 11 Literature Revision - Poetry Lectures

Lectures will be **one hour** and take place in Norris Hall.

Each lecture is open to all students but you must be punctual (lectures will begin promptly at 3.45pm), you must stay for the duration of the lecture and you must come prepared to listen and make notes in the revision booklet or revision cards provided in lessons. Our first lecture was well attended so don't miss out!

#### **Lecture 4 – Wednesday 29<sup>th</sup> March**

*The Manhunt*  
*A Wife in London*

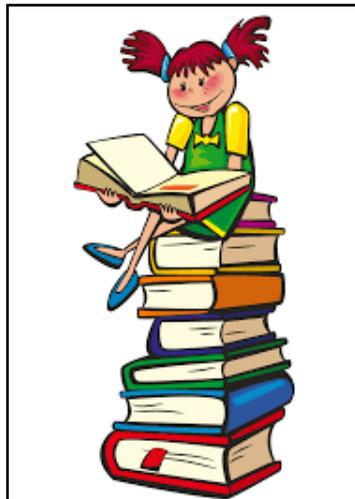
#### **Lecture 5 - Wednesday 19<sup>th</sup> April**

*Mametz Wood*  
*The Soldier*  
*Dulce et Decorum Est*

#### **Lecture 6 – Wednesday 26<sup>th</sup> April**

*Hawk Roosting*  
*Ozymandias*

Ms Baldwin  
Head of English



## UKMT Challenge - Tuesday 14th March 2017

A big congratulations to our team of four strong mathematicians *Hafsah Kurshid 9H, Kate Lucas 9G, Aini Noorally 8W and Dorothy Kouame 8W* who took part in this year's United Kingdom Maths Team Challenge.

After a gruelling yet fun four rounds of challenging maths problems, including a relay which got the girls running as fast as they could, WSFG finished a very respectable 13th place (out of 28).

The team were up against some highly selective grammar and independent schools so this was indeed a huge achievement-well done girls!



Ms Hafiz

Apologies: incorrect names were published in last week's Greensheet

### Maths inspiration update

Be inspired by our updated film poster on the Maths corridor, with thanks to the Empire Cinema.

If you haven't seen *Hidden Figures* yet, it is still showing at the Empire.

As it says on the poster 'Genius has no race. Strength has no gender. Courage has no limit'

Ms Robinson







I looked up some quotes about Pi to find out more about it. This is my favourite 'Love is like Pi, natural, irrational and very important' by Lisa Hoffman Pi is irrational as it can't be written as a fraction, and love is irrational as it is not logical.

Fatima Zahid 7C

I found the day lots of fun and really interesting. I learnt Pi by memorising it in chunks and was very pleased with my prize.

Ilgın Bekem 7G

I took part in the Pi competition. It was a really extravagant and fun lesson. I was very pleased that I improved each time I tried. We were all given three chances. I recited Pi to 27, then 39, then 45 decimal places, from a starting point of not knowing Pi at all. The practice really helped.

Banin Raza 7H



Pi Day is always a fantastic opportunity for the girls to experience the effect of having a GROWTH Mindset. Nobody is born, knowing Pi. With effort and practice, anything is possible!

Ms Robinson



## Guinness Book of Records World's Largest Mental Health Lesson!

Earlier this week, Ms Jean-Baptiste, Mr Ramlagan and I took twenty two Year 9 students on a reward trip to try to break the record of the world's largest mental health lesson! We travelled to Hackney Empire to participate in this once in a life time opportunity.



**With nearly 600 participants we broke the record and are now in the Guinness Book of Records for having participated in the world's largest mental health lesson! It was fantastic and the girls were a credit to our school.**

Here is some of their feedback:

*I found today really interesting, particularly to learn about the amount of people who go through mental illnesses and get to recover from it but also the amount of*

*people who don't seek help. I want to learn more about mental health because it is important. Mental health should be taught in schools as everyone needs to be aware and understand what can be done to help. Thank you for taking us on this trip, we learnt a lot and broke the record!*

*Laila Boaten-Rolfe 9S*

*I really enjoyed this trip and I was shocked by the facts, especially to find out that 75% of adults develop their mental illnesses before the age of 18! That's why it is so important to treat them to prevent the illness from developing. We made the world record and I loved the speeches and guests at the end!*

*Sathana Sivotejanan 9S*

**One in four people are affected by a mental illness each year.** Whilst these can have devastating impacts on people's lives, they are also treatable, just like physical conditions. And one day, we hope through research they will also become preventable.

Ms Desbenoit  
SPL Year 9 / Diversity Co-ordinator

## School History

Miss Annie Euphemia Birch is shown in the Staff Register as teaching Art from 1909 to July 1919. At the age of 34, she pursued another career path and the *Iris* for December 1921 tells us all about this.

For many years the school had an Old Girls Association (OGA). Members were involved in the life of the school and also helped to produce *Iris*, the school magazine. Pictured here is a pewter badge which was worn by the OGA members and may well have been made by Miss Birch, as she taught pewter work to our students.

Ms Kelly  
LRC Manager



### Number 6, Thackeray Street.

*It is a long time since Thackeray walked down this street, and, attractive as it may have been in those days, I feel it lacked the charm of a quaint little studio, where such delightful handicraft as jewellery of exquisite old world design, pewter work and leather articles of every colour and description are now made and sold by our late Art Mistress, Miss Anne Birch, whose work has been so much admired in all our School exhibitions.*

*On passing down Thackeray Street you are at once attracted by the gay little window, with its display of many artistically blended colours, and you are invariably tempted to explore the interior, where the attraction is even greater, particularly if you are able to see Miss Birch at her work.*

*A little persuasion on the part of the explorer usually results in an offer to test her skill at producing a silver bead by the aid of a blow-pipe, and later, sometimes, a visit to the inner sanctuary, i.e., the studio on the lower floor. The attractions of the lower floor studio I think I will leave you to find out for yourselves. I must say it always reminds me of Peter Pan's underground home.*

*This little art shop was started merely as an experiment, but after two years it has become an accepted fact, so that we cannot now imagine Kensington without "No.6."*

D. Squire.

# WSFG PRESENTS... A NIGHT OF STEEL PANS

30 MARCH 2017

19:00 HEWETT HALL

TICKETS:

ADULTS £4

CONG. £2

Tickets available from  
Student Services



FREE  
ENTRY

# CHARITY WALK for PEACE

E: [info@charitywalkforpeace.org](mailto:info@charitywalkforpeace.org)  
W: [charitywalkforpeace.org](http://charitywalkforpeace.org)

**SUNDAY 26<sup>th</sup> March 2017**

Frederick Bremer School  
Siddeley Road  
Walthamstow  
London E17 4EY

A 5K walk  
in pursuit of  
Service to Humanity

 @charitywalk\_uk

**Every Penny Raised Goes To Charity**

**IN AID OF**



**Mayor of Waltham Forest  
Charity Appeal 2016-2017**  
Supporting Bowel Cancer Treatment  
at Whipps Cross Hospital.

**PROGRAMME**

9.00am Welcome & Registration  
10:45am Opening Ceremony  
11:00am Start of Walk  
1pm Lunch



DONATE VIA

**JustGiving**

[www.justgiving.com/cw-fp](http://www.justgiving.com/cw-fp)

**JustTextGiving**

Please text CWFP33 £3  
to 70070 to donate £3.00

Mayor's Office - London Borough of Waltham Forest  
Tel: 0208 8496 4516 [mayer@walthamforest.gov.uk](mailto:mayer@walthamforest.gov.uk)

Arif Khan Regional Coordinator - Charity Walk for Peace  
Mobile: 0747 6430368 [rawahuddin.khan@gmail.com](mailto:rawahuddin.khan@gmail.com)

A walk organised by the Ahmadiyya Muslim Elders Association  
Charity Walk for Peace - Registered Charity No. 1161567



London  
forest  
Choir



**JS BACH**  
***St Matthew Passion***

Saturday 8 April 2017

5.30pm (Supper interval 7.00–8.30pm)

Chingford Parish Church, The Green, E4 7EN  
London Forest Choir

**Jonathan Rathbone** conductor

**Matthew Minter** Evangelist  
**Omar Ebrahim** Christus

**Jenny Morris** soprano  
**Frances Jellard** alto  
**Andrew Busher** tenor  
**Nicholas Garrett** bass

**Southend Boys and Girls Choir**

**Sylvan Ensemble**

Tickets £15 on the door or  
£13 in advance; students and  
benefit recipients £7.50. Call  
020 8281 6090, or  
buy online at  
[www.londonforestchoir.org](http://www.londonforestchoir.org).

[www.londonforestchoir.org](http://www.londonforestchoir.org)

Registered charity no. 272799

## School Calendar for 2016-17

### Spring Term 2017

**Start: End: Friday 31st March**

### Easter Holiday

**Easter Holiday: Monday 3rd April 2017-Monday 17th April**

Good Friday Bank Holiday: Friday 14th April

Easter Monday Bank Holiday: Monday 17th April

### Summer Term 2017

**Start: Tuesday 18th April                      End: Wednesday 19th July**

### Holidays

**May Day Bank Holiday: Monday 1st May**

Thursday 11th May                      Year 7 Parent/Carers Evening 4.30-7pm

Monday 15th May-

Thursday 26th May                      KS3 Examination fortnight

Monday 15th May-

Monday 26th June                      Year 11 GCSE Written examinations

**Half Term: Monday 29th May-Friday 2nd June**

Friday 23rd June                      Leavers' Day

### YEAR 11 2017 Summer Written Examination timetable

The Year 11 Summer written examinations begin on **Monday 15<sup>th</sup> May and finish on Monday 26<sup>th</sup> June 2017** a copy of the timetable can be found on the school's website under the Exams section.

Please be aware that all examinations are set externally by the examination boards and the school cannot make any changes and is not accountable for any changes made by the examination boards. It is also important to remember that these examinations **cannot be taken at another time** so attendance is vital to ensure grades are achieved.

Many thanks,

Mrs Brickett

Examinations and Assessment Manager

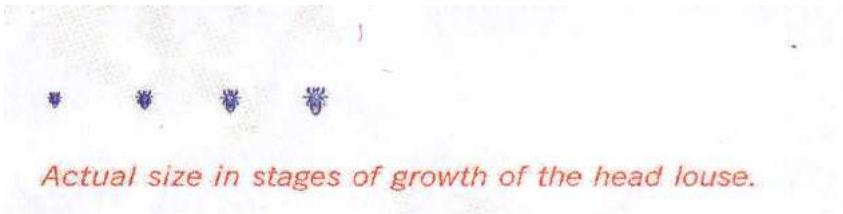
## Prevention and Treatment of Head Lice



### Detection Treatments

Head lice are well camouflaged and hide when disturbed by combing. They do not always cause itching, particularly when recently arrived on the head. They may also be few in number and a quick inspection is unlikely to detect them. The following method of detection is effective:

- Wash the hair using ordinary shampoo, then use a wide toothed comb to straighten and untangle the hair. It is easier to do this with wet hair, and using hair conditioner
- Once the comb moves freely through the hair, without dragging, switch to a fine tooth comb. Make sure the teeth of the comb slot into the hair at the roots and draw down to the ends of the hair with every stroke. The comb must be fine enough to catch the lice - size indicated below – do not confuse lice or their eggs with clumps of dandruff or other debris.



- Check the comb for lice after each stroke as you work through the hair section by section, so that the whole head of hair is combed through, then rinse out the conditioner and repeat the combing procedure in the wet hair.
- This can be undertaken on a regular basis – eg. At routine hair washing sessions - to detect the presence of lice before they can spread. Check all family members at the same time and arrange treatment when lice are found

### Treatment

If you find lice, then there are two options. Whichever option you choose it is important to recognise that neither will protect against re-infection if head to head contact is made with someone with head lice at a later date. You may therefore wish to undertake occasional checks during hair washing sessions.

### Option 1: Lotions and creme rinses using insecticides

- Do not use lotions or rinses unless you find a living moving louse. Check all close family/friends by the "wet combing" method, as described, and treat anyone who is found to have lice at the same time, to prevent re-infection.
- Ensure you have enough lotion/rinse to treat all those affected and follow the instructions on the packet carefully, eg. as to how long the treatment must remain on the hair to be effective, how often you may apply the product etc.
- The product may be capable of killing eggs, as well as lice, but there is no certainty of this. Check for baby lice hatching out from eggs 3-5 days after you use it, and again at 10-12 days.
- If the lice appear to be unaffected by the product (some lice may have developed resistance to a particular insecticide) or if the problem persists - then you should take advice from your local school nurse, health visitor, pharmacist or GP, who will be able to advise you on alternative treatments and explain how to use these to best effect. You should seek advice where whoever is being treated is either Under 1 year of age, suffers from asthma or allergies, or is pregnant or breast feeding.

### Option 2: The "Bug Busting" treatment method

This aims at systematic removal of live lice by combing through the hair and physically removing any lice found. Success depends largely upon adopting a painstaking approach - as described in the "Bug Buster" kit. The kit, which includes an illustrated guide and combs, is available from some pharmacies, and by mail order from:

Community Hygiene Concern  
 160 Inderwick Road, London, N8 9JT  
 Bug Buster: Help Line: 020 8341 7167  
 Fax: 020 8292 7208  
[www.chc.org/bugbusting](http://www.chc.org/bugbusting)  
 Charity reg. no: 801371

- Only one kit is required for a family and it is reusable. Four sessions spaced over 2 weeks are required to clear the lice, as long as the person does not catch more lice, in which case half-weekly sessions must continue.
- Some schools find it helpful to adopt a whole-school approach (where all parents check their children and family members on the same evening and treat as needed), A "Bug Buster" Teaching Pack is available to assist this process. For further information send three 2nd class stamps loose, plus a self-addressed sticky label to the above address.
- Taking part on "Bug Busting" days can help to prevent lice circulating, ie. if all cases are identified and treated successfully at the same time there will be fewer opportunities for lice to circulate amongst children and their families.

## Facts

- Head lice *are* small, six-legged wingless insects, pin-head size when they hatch, less than match-head size when fully grown and grey/brown in colour. They are difficult to detect in dry hair even when the head is closely inspected. They very often cause itching, but this is not always the case, particularly when recently arrived on the head.
- Head lice cannot fly, jump or swim, but spread by clambering from head to head. Anyone with hair can catch them, but-children who have head to head contact, either at school or during play, *are* most commonly affected.
- Head lice feed by biting and sucking blood through the scalp of their host. The female louse lays eggs in sacs (nits) which are very small, dull in colour, and well camouflaged. These are securely glued to hairs where the warmth of the scalp will hatch them out in 7-10 days. Empty egg sacs are white and shiny and may be found further along the hair shaft as the hair grows out. Lice take 6-14 days to become fully grown, after which they are capable of reproduction.
- Head lice are not fussy about hair length or condition. Clean hair is therefore no protection, although regular (eg. weekly) hair washing and combing sessions offer a good opportunity to detect head lice, and arrange treatment if discovered.

## Head Lice

Lice hang on tight to the hair, usually close to the scalp where there is warmth, food and shelter from detection. Full grown lice take the opportunity to move from head to head during close contact. Younger lice tend to remain for about 6 days on the head where they have hatched.

Head lice need to maintain contact with a host in order to survive. Those lice that leave the host voluntarily, or fall off, are likely to be damaged or approaching death (their life span is about 3 weeks) and so unable to start a new colony. There is no need to wash or fumigate clothing or bedding that comes into contact with head lice.



*magnified photo of the human head louse and louse egg (nit).*

If you *are* at all worried about head lice or feel you need more advice on how to cope, then you should consult your school nurse, health visitor, pharmacist or family doctor.

Further copies of this leaflet maybe obtained from:  
 Department of Health, PO Box 777, London SE1 6XH  
 Fax: 01623 724 524 (Email: [doh@prolog.uk.com](mailto:doh@prolog.uk.com))