



6 August 2025

Head Lice in Junior School

Dear Parents and Carers,

A case of head lice has been reported in Junior School. We kindly ask that you thoroughly check your child's hair carefully for lice and eggs. If any lice are found, please ensure the appropriate treatment is administered before your child returns to school. For best results, the treatment must be repeated within 7 days to eliminate lice.

Treatment may take a variety of forms:

- Use of a lotion/shampoo available from a local pharmacy (please read instructions carefully – you must comb hair after treatment to remove eggs. These treatments do not kill eggs).
- Use of an electronic nit comb – kills and removes lice from hair as you comb.

Some preventative tips:

- Carry out routine checks of hair each week.
- If your child is scratching their scalp, check immediately for head lice or eggs in the area of the itch.
- After an infestation, ensure that you repeat treatments over a period of weeks.
- Use shampoos which contain lavender oil or tea-tree oil.
- Spray a mix of water and lavender oil or tea-tree oil on hair (only a couple of drops of oil in the mixture).
- Keep hair clipped back and tied up. Loose and long hair allows for the easy transference of lice from one head to another.

This website may be of some assistance www.nitwits.com.au

If you receive a call from the College regarding head lice at any point, please do not feel embarrassed. Head lice are common, and children can expect to be affected by lice infestations at some stage.

If you have any questions or concerns, please contact the College on 8824 5844 or email info@rhac.nsw.edu.au

Kind regards,

Dr Kaye Chalwell
Head of Junior School