

# FOREST FORUM 3/11/10

*From Harriet Rabinowitz, Central Office*

News of a case of head lice within a school can have parents scratching their heads, literally! If you find head lice, don't worry or be embarrassed. Head lice are a normal part of childhood - head lice infestations number somewhere between 12 and 25 million each year and target primarily younger children, under age 12.

If you're a parent you probably know what a hassle it is to treat head lice and just how frustrating it can be when your child comes home scratching their head yet again. Johns Hopkins Children's Center wants to remind everyone that the "yuck" factor notwithstanding, head lice are a nuisance, not a health threat. The fall and winter seasons are when the most cases of head lice are reported.

But parents can fight the spread of head lice by working together:

- Check your family's hair for lice regularly - once a week is ideal!
- Visit your local pharmacist for guidance on the various treatments available.
- Get treatment for you or your family as soon as you find live lice.

Let your friends and family know as soon as you've found live lice.

## **SIGNS AND SYMPTOMS:**

**Itching** Many children infested with head lice have no symptoms. When symptoms do occur, itching of the head is the most common.

**Sores in the head caused by scratching** At times, tiny red areas on the scalp may be seen due to the bites of the louse. Sores in the head may also develop from continued itching and scratching.

**Tickling feeling or something moving in the hair** Another symptom reported by some people is a tickling or crawling feeling in the hair.

**Sleeplessness** Sleeplessness is also a common sign of lice infestation since lice like the dark and are more active at night.

**The most obvious sign that someone is infested is the presence of lice themselves.**

**Head lice can infest all people, regardless of age, race, social-economic status or hygiene practices.**

## **TREATMENT AND MANAGEMENT**

1. Careful inspection of the hair and scalp to identify lice.
2. Use of pediculicidal (head lice) product or an alternative therapy.
3. The manual removal of nits (eggs)
4. The cleaning of personal items and the environment.
5. Daily checks of the hair and scalp.

For more information please go to: [www.Headlice.org](http://www.Headlice.org) or call Michelle Vitalo in the Forest Road Health Office.

**BRAVO!!!** Thank you for your cooperation in making a major improvement in traffic safety on Jasmine Lane! Many of our families have commented upon the smooth flow of traffic now that we are using the designated area on Jasmine for immediate pick-up and drop-off only and even the children have noticed. Please be reminded that Forest Road also has No U TURN signs posted and that we do have buses dropping off children in the front of the school. **SAFETY TIP:** Leave the house a few minutes early so you don't feel rushed when bringing your child to school.

*From The Green Team...*

## **Spring Into a New Habit**

By Chelsea Reyes, Marc Macenat, Jibrael Basdeo, Dahlia Woodley

As we enter into the new season of Spring the Green Team wanted to share some of our "green resolutions" that you can do for the rest of the year!

Our Green Team resolution is to go green and STAY green! Here's how:

**You can stop littering.** Make sure you put garbage where it belongs and remember to recycle or compost the rest!

**Conserve water.** Turn off the sink when it is not in use and make sure to fix any leaks!

Try new things for the new year, like composting and precycling. (Precycling means to think about where the item will end up BEFORE you buy it.)

**Conserve energy.** Make sure all appliances and lights are turned off when you are not using them!

**Think of the 3 R's.** Reduce, reuse and recycle!

Hope your Spring is a Green One!!

## **WORLD MATH DAY**

**March 3, 2010**

**Uniting the World in Numbers!**

**...Sue Stiefel**

Forest Road Elementary School joined in a celebration of numbers as students from across the globe united in their quest to set a world record in answering mental arithmetic questions. The children were part of this great educational event involving more than 1,133,246 students and 56,082 schools from 235 countries. The event set a new world record with 479,732,613 correct answers. Utilizing the computer lab all day and working at home after school, students were able to participate in this global event involving their peers from around the world. Leading the way for Forest Road was Liz Poserio with 2,847 correct answers. Congratulations to all participants on a job well done! We look forward to participating again next year.