



CONTACT INFORMATION

61 Russell Jarvis Dr.
Markham L3S 4B1

Phone: 905-472-4764
Fax: 905-472-2322

Email: legacy.ps@yrdsb.ca

Office Hours: 8:45am - 3:30pm

PRINCIPAL

Laura Ryckman

VICE-PRINCIPAL

Jeffrey Demacio

SUPERINTENDENT

Peter Tse

TRUSTEE

Juanita Nathan



legacy.ps.yrdsb.ca

CHECK US OUT
ONLINE

LEGACY eBulletin

#TWEETSweet Cyber-Bullying Presentation

Our grade four through eight students participated in an excellent workshop presented by April Reimer on Friday morning. Her inspiring story and the creation of the #tweetsweet campaign is helping young people prevent cyber-bullying and promote positive messages through online social media.



About #tweetsweet

This campaign was created to challenge students to spread positive messages through online social networks. With the rapid increase of technology, cyber-bullying has grown into a national wide issue. Social network sites are where cyber-bullying is produced but just like these sites can be used for harm, they can also be used for good. This is where #tweetsweet comes in.

By adding this hashtag to a positive tweet, picture, comment etc. said to someone else or about someone else on Twitter, Instagram and Facebook it will send out positive content out into the online community. This hashtag will help follow this movement and at random one lucky user will be rewarded with a pair of Toronto Maple Leaf tickets to a home game at the Air Canada Centre. The tickets will be given out twice a month for the remainder of the 2014-2015 season. So #tweetsweet might get you sweet seats!

Watch The Quest Conference

The YRDSB Quest Conference was held this past November and saw over 1000 attendees come together to discuss current issues in education. The theme was *Deep Learning in a Digital World*. The conference supported the on-going investigation of deep learning research and practice in a world influenced by technology that seems to be in constant flux. Quest 2015 will be broadcast on Rogers TV beginning February 4, 2016. To view the full broadcast schedule, please visit the [Rogers TV website](#).

Family Day Monday, February 15th

This year marks the 8th time that Ontario has observed family day. This fun day off school can be observed by enjoying activities together as a family.

Report Cards Go Home February 17th

Monday, February 8
Day 5
♦ LUNAR NEW YEAR
1:00pm Ellie
Tuesday, February 9
Day 1
3:30pm Ski Club
Wednesday, February 10
Day 2
11:00am Wacky Snack Wednesday
12:50pm Pizza Day
Thursday, February 11
Day 3
Friday, February 12
Day 4
Valentine's Day
9:00am Graduation Photos
11:00am Distribute Valentine Smart
Monday, February 15
Family Day

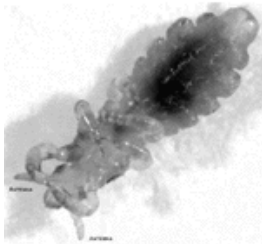
Head lice

Head lice are tiny insects that live on the scalp, where they lay their eggs. Head lice do not spread disease. Having head lice does not mean you are not clean.

What do head lice look like?

Lice have 3 stages – the egg (nit), the nymph and the adult.

- Nits are whitish-grey, tan or yellow ovals, approximately the size of a grain of sand. They stick to the hair close to the scalp and can look like dandruff. Nits hatch in 9 to 10 days.
- Nymphs are baby lice. They look like adult lice but are smaller.
- Adult lice are approximately the size of a sesame seed and are hard to see. Adult lice can live for up to 30 days on a person's head, but they die within 3 days away from the scalp.



(Figure 1) An adult louse measures 2 mm to 4 mm.

Reprinted with permission from www.headlice.org

How do they spread?

Head lice spread easily, especially where people are in close contact. They are very common among school-aged children or children attending child care.

- Head lice spread through direct hair-to-hair contact or indirectly by sharing things like hats, combs, hairbrushes and headphones.
- Head lice don't fly or hop, but do crawl very quickly.
- Head lice that live on people can't live on pets, such as cats or dogs.

How do you know you have head lice?

One of the first signs of head lice is an itchy scalp. But it is possible to have head lice without any symptoms.

If you think your child has head lice, check his hair for nits right away, then again after 1 week and after 2 weeks.

How do I check for head lice?

To confirm a case of head lice, you need to find live lice. Children can have a few nits without actually having a case of head lice. Usually children have no more than 10 to 20 live lice.

- Good lighting is important when you are checking.
- Head lice move fast and are hard to see. They are usually found very close to the scalp, at the bottom of the neck and behind the ears.
- To look for nits, part hair in small sections, moving from one side of the head to the other. Check carefully, looking close to the scalp.

How can head lice be treated?

Insecticides are chemicals that kill insects (bugs). In Canada, 3 insecticides are approved to treat head lice:

- pyrethrin (found in R&C Shampoo + Conditioner)
- permethrin (Nix Creme Rinse or Kwellada-P Creme Rinse)
- lindane (Hexit Shampoo or PMS-Lindane Shampoo).

Pyrethrin and permethrin are safe when used on humans. However, lindane can be toxic (poisonous). **Products with lindane should not be used on infants or young children younger than 2 years of age.** You don't need a prescription for these products.

- Follow package directions carefully.
- Don't leave the shampoo or rinse in the hair longer than directed.
- Rinse hair well with cool water after the treatment. It's best to rinse over a sink, not in the bath or shower, so that other parts of the body don't come in contact with the product.
- Repeat the treatment after 7 to 10 days.

Sometimes, these treatments can make the scalp itchy or can leave a mild burning feeling. If your child is scratching after treatment, it does not necessarily mean the lice are back.

A noninsecticidal product called isopropyl myristate/cyclomethicone (Resultz) has also been approved for use in Canada, **but it should only be used in children 4 years of age and older:**

It works by breaking down the waxy exoskeleton ('skin') of lice. The lice get dehydrated and die.

- Apply to a dry scalp and rinse after 10 min.
- Repeat after 1 week.

Do not treat anyone with a head lice product unless you find lice in their hair. Check all family members if someone in the house has head lice.

What about other treatments?

- Some people use home remedies such as mayonnaise, petroleum jelly, olive oil, vinegar or margarine. Although these products may make it hard for lice to breathe, they probably won't kill them.
- There is very little evidence that wet combing works (removing lice by combing wet hair with a fine-tooth comb).
- There is no evidence that products such as tea tree oil or aromatherapy work to treat head lice.

- **Never use gasoline or kerosene.** These products can be extremely dangerous.

Should the house be disinfected if someone has head lice?

Because head lice don't live long off the scalp, there is no need for extra cleaning.

To get rid of lice or nits from items like hats or pillowcases:

- Wash the items in hot water and dry in a hot dryer for 15 min; or
- Store the items in an airtight plastic bag for 2 weeks.

Should children with head lice stay home from school?

Children with head lice should be treated and can attend school or child care as usual.

'No-nit' policies that keep children with head lice away from school are not necessary because:

- Head lice are common among young children.
- Head lice don't spread disease.
- Cases of head lice are often misdiagnosed.
- Children can have head lice for several weeks with no symptoms.

If your child has head lice, treat it. Teach your child to avoid head-to-head contact with other children until the lice are gone. Children should not share combs, hairbrushes, caps, hats or hair ornaments.

More information from the CPS:

- Head lice infestations: A clinical update (position statement)
-

Reviewed by the following CPS committees:

- Infectious Diseases and Immunization Committee

Last Updated: **October 2008**

© 2016 - Canadian Paediatric Society
www.cps.ca - info@cps.ca

The information on Caring for Kids should not be used as a substitute for medical care and advice. If you have specific concerns about your child's health, please see your child's paediatrician, family physician, or another health care provider.