



WEEKLY NEWS



From the office of Buckingham Elementary - Week Of

Dec 18th - Dec 22nd



"Winter Magic"

Our Christmas Concert will take place on Tuesday, December 19th at 1:30 pm and Wednesday, December 20th at 6:30 pm.

Please come and join us.

Tickets are required for the evening performance. Notices are available at the office.



The Pancake Breakfast will be on Friday, December 22nd. It is also Pajama Day and we will be having a sing-along after the breakfast. Don't forget your reusable plate, fork and knife stored in a reusable bag.



REMINDERS
<u>Monday – Dec 18th</u> Dress rehearsal—please send costumes
<u>Tuesday –Dec 19th</u> Subway Day Winter Concert – 1:30 pm
<u>Wednesday – Dec 20th</u> Sushi Day Winter Concert – 6:30 pm
<u>Thursday – Dec 21st</u> Pizza Day
<u>Friday – Dec 22nd</u> Pajama Day Pancake Breakfast (don't forget your cup, plate, cutlery) Sing-along with band 10:45 am Last day of School

Reminder that the last sushi order ended Dec. 13th. Unless you ordered for the next session, your child will not have sushi on Wednesday.



In order to prevent the spread of lice in the school and in your homes, we have included some information from Fraser Health on how to check and treat family members.

Reminders of Upcoming Events

- **Christmas Concert** – Dec 19th @ 1:30pm
- **Christmas Concert** – Dec 20th @ 6:30pm
- **Pancake Breakfast** – Dec 22nd
- **Pajama Day** – Dec 22nd
- **Winter Break** – Dec 25th – Jan 5th
- **Community Ice Skating @ Moody Park Arena** – Jan 7th – 10:00-11:30am
- **Back to School** – Jan 8th

HEAD LICE

What are head lice?

Head lice are parasites that only infect human scalps. They are spread by head to head contact but do not cause disease. They do affect the health of our children through cost to families for treatment, frustration, unnecessary embarrassment and sometimes education time lost.

- Lice love clean human hair
- Lice do not jump or fly, and their bites make the scalp itchy
- Nits are lice eggs, which are attached to the hair, close to the scalp. They are as tiny as dandruff or about 1/3 the size of a sesame seed
- You can't get rid of nits by brushing, or with a hair dryer
- After the head lice hatch, the shell of the nit stays stuck to the hair. If it is more than 12 mm (1/2 inch) away from the scalp, it is probably empty
- Lice are spread by head-to-head contact and by sharing brushes, hats, or other items that come in contact with the head
- Head lice are common where children play or work closely together
- Lice do not cause disease... they just bug us!
- Adult head lice lay about 10 eggs (called nits) every day. These nits are stuck to the hair near the scalp.
- It takes 7-10 days for the nits to hatch. It takes 6-10 days for lice to become adult. During that time, it stays on the head, but does not lay.

How do I prevent my child from contracting head lice?

- Teach your child to not share hats, brushes, helmets, hair barrettes and towels
- Keep long hair tied back when lice have been identified in your school

For more information on [head lice](#), visit HealthLink BC.

What do I need to know if my child or student has head lice?

- Head lice are an ongoing problem but are not a major public health concern as they do not spread disease. They can be a community concern because of the nuisance and discomfort surrounding infestations and spread.
- The primary responsibility for control of head lice rests with the family and community, though trained volunteers can help families by providing routine head lice screening and parent education. Public health nurses can also answer questions about the management of head lice.
- Please note that public health nurses do not perform head lice checks for children and families at any public health units. Nor do public health nurses visit schools to conduct head lice checks on students when there is a concern or case.
- If a child has head lice they can continue to have contact with others for the remainder of the day - children should not be excluded from the community or school due to head lice. If there are problems with the treatment, parents are encouraged to consult a public health nurse for information and resources. To prevent the spread of head lice and ensure that the child has received treatment, information letters should be given to parents and classroom contacts.

How do I check for head lice?

To check for head lice, you will need:

- A bright light
- A metal lice comb (optional)
- A regular comb
- Hair clips for longer hair
- Paper towels

Then follow these steps:

1. Explain to your child/family member what you are going to do. Have them sit in a comfortable spot under bright light.
2. Untangle long hair using a regular comb. Divide the hair into four sections and check one section at a time.
3. You are looking for live lice and nits. Nits are the lice eggs that cement to the hair near the scalp. Nits are white, grey or yellowish and can be confused with fluff, dandruff or dirt however a nit will not move until you dislodge it.
4. If using a lice comb, comb it through the hair close to the scalp and then wipe on a paper towel. Look at the paper towel for lice or nits.
5. You must look through the entire head. Use hair clips to hold longer hair in place.
6. If you find lice or nits follow the instructions in the Head Lice Treatment Options section of this resource.

Check the heads of all family members for lice and nits as they are easily spread. Treat all infested family members at the same time otherwise you may not rid your house of the lice and the infestation will continue despite the treatments given.

What are the approved treatment options for cases of head lice?

There are only two acceptable treatment options:

- **Option A:** Head lice shampoo - special head lice shampoos or rinses are used because they have been tested and determined to be a safe and effective treatment.
- **Option B:** Wet-combing - a non-chemical way to find and eliminate head lice.

Option A: Head lice shampoo

Special head lice shampoos or rinses are used because they have been tested and determined to be a safe and effective treatment.

Steps to Follow

Do	Remember
Apply lice shampoo to dry hair. Treat all infested family members at the same time. Read directions carefully.	Unless you treat all infested family members, head lice can be passed on from one person to another when heads touch.
Remove all nits by gently using a metal "nit" comb or use your fingers to pull nits from the single strands of hair.	Metal nit combs are available at your local pharmacy. If it tugs the hair, it may be upside down. Place lice/nits in a bowl of hot soapy water. Flush down the toilet when done.
If live, active lice are seen 24 to 48 hours after the first treatment, resistance or a heavy infestation should be suspected. Immediate treatment is recommended using a different product, followed by a second treatment seven days later.	The medications should be kept out of the reach of young children. These medications cannot be used for infants. Pregnant or nursing mothers should only use head lice medications following advice from their doctor.
Apply lice shampoo a second time 7 to 10 days after the first shampoo. Repeat step 2.	A second shampoo will make sure that any head lice which hatch after the first shampoo will be killed before they have a chance to lay any eggs. Two shampoos and a follow-up head check with nit removal is the best way to make sure head lice are gone.
If live head lice or new nits are found, try Option B. Consult a Public Health Nurse if you have any questions.	Wet combing breaks the life cycle of head lice by removing them before they are grown and able to reproduce.

After treatment checklist

- Wash all bedding, towels and clothes used in the past 2-3 days in hot water, including those worn during treatment.
- Launder all washable clothing, bedding, and towels in small loads with hot water and/or put in hot dryer for 20 minutes.
- Wash hair brushes, combs and hair accessories (barrettes, ribbons, etc) with hot soapy water.
- Anything that can't be washed (such as blankets, coats, headwear, stuffed toys) can be treated by: placing in a closed plastic bag for 10 days or putting in a hot dryer for 20 minutes or putting in the freezer for 48 hours or ironing it.
- There is no evidence that a major cleaning of the house is needed to get rid of head lice. Only items that have been in direct contact with the affected person(s) need to be washed.
- Repeat treatment according to option chosen.
- Notify those in contact with child that lice/nits were found, such as school, Brownies, Scouts, sports teams, friends.

Option B: Wet Combing Method: Remove the Lice

Wet combing is based on the life cycle of lice. It focuses on removing the live lice and does not require removing nits from the head. Combing treatments are done every 3-4 days over a two week period to break the life cycle of the lice by removing them before they are fully grown and able to spread or lay eggs.

This option is safe for infants and pregnant women. Re-infestation can occur so consult your local health unit if you need more options.

Do	Remember
Wash hair with ordinary shampoo and rinse.	Note: on average, a wet combing session takes about hour per person
Apply a generous amount of conditioner (any brand) all over head and scalp. Do not rinse out the conditioner.	Untangle hair with a regular wide toothed comb. Wet conditioner will immobilize the lice.
Comb sections of hair using a metal nit comb. Divide the hair into small sections and firmly draw the comb from the scalp to the end of the hair. After each stroke rinse the comb in a sink or bowl of warm water and wipe dry. Do the entire head making sure the head stays very wet.	Metal nit combs are available at your local pharmacy. If it tugs the hair it may be upside down.
Rinse hair. Leave the hair dripping wet. Repeat step 3 combing without conditioner until no lice are found.	Check the comb and your fingernails for lice (you don't want to give them a ride back to your head).
Repeat steps 1 through 4 every 3 to 4 days for two weeks (for example, wet comb on day 1, day 5, day 9, day 13)	Use a wide tooth comb to untangle and then use the fine tooth metal nit comb again.
If you find any lice following treatment, this is a new infestation of lice and you will need to wet comb the hair for another two weeks.	This breaks the life cycle of the louse by removing the lice before they are fully grown and able to spread or lay eggs

After treatment checklist

- Wash in hot water, all bedding, towels and clothes used in the past 2-3 days including those worn during treatment.
- Launder all washable clothing, bedding, and towels in small loads with hot water and/or put in hot dryer for 20 minutes.
- Wash hair brushes, combs and hair accessories (barrettes, ribbons, etc) with hot soapy water.
- Anything that can't be washed (such as blankets, coats, headwear, stuffed toys) can be treated by: placing in a closed plastic bag for 10 days or putting in a hot dryer for 20 minutes or putting in the freezer for 48 hours or ironing it.
- There is no evidence that a major cleaning of the house is needed to get rid of head lice. Only items that have been in direct contact with the affected person(s) need to be washed.
- Repeat treatment according to option chosen.
- Notify those in contact with child that lice/nits were found, such as school, Brownies, Scouts, sports teams, friends.

What treatments should I not use because they are ineffective against head lice?

The following treatments are either ineffective or unsafe (or both!):

- Insect sprays (such as Raid)
- Dyes
- Oil (such as WD40)
- Bleaches
- Gasoline
- Chinese chalk
- Flea soap
- Heat directly on scalp
- Alcohol
- Enzyme reactions
- Shaving gel
- Kerosene
- Shaving the head
- Garlic

Note: essential oils (such as pine, tea tree, thyme, rosemary, eucalyptus, etc.) are not recommended at this time due to limited data and possible toxicity concerns.

Resources

- HealthLink BC's [guide to head lice](#)
- Canadian Paediatric Society's [head lice information page](#)
- Vancouver Island Health Authority's [guide to parent and school head lice management](#)

COMMUNITY ANNOUNCEMENTS

LOVE THE WATER? CHECK OUT WATER POLO! www.burnabywaterpolo.com

Do you enjoy swimming? Do you like team sports? Try water polo! It's a great way to develop your water skills and it's a lot of fun as well!

Burnaby Water Polo Club is now accepting registration for our Boys and Girls Beginners Water Polo (6-13 years of age). Our Winter program runs from January to April. Practices and games are at Bonsor Recreation Complex, 6550 Bonsor Avenue, Burnaby, on Saturdays 3-5PM and Sundays 8-10AM.

Not sure if you'd like it? Come give the game a try. Boys and girls are invited to join us for one of our free introductory water polo clinics on Saturdays, January 6, 13, 20 or 27, 2018, 3-4PM, at Bonsor Pool. Please call to reserve a spot as space is limited.

Contact Zoran at 778-328-2657 or email us at burnabywaterpolo@gmail.com for more info.

DO YOU LOVE TO WRITE?

Talk to your teacher about
writing a story or poem
for this year's
WORDS WRITING PROJECT.

It might be chosen to be printed in
the 2017/18 WORDS Anthology!

Submit your written work to your teacher
by February 15, 2018



New Players

New players ALWAYS pay the early bird fee and receive a lacrosse stick and ball for just \$10 (mini tyke/tyke) & \$15 (novice/up).

2018 In Person Registration Dates

Copeland	February 3, 2018	12:00 to 3:30 pm
Copeland	February 17, 2018	12:30 to 4:00 pm
Copeland	March 3, 2018	12:00 to 3:30 pm

Copeland Arena 3676 Kensington Ave, Burnaby

New Players **MUST** bring to registration their Care Card, Birth Certificate, and 2 proof of residency (utility bill, property tax, driver's license)

Payment by Visa/MasterCard/American Express or cash only. **NO CHECKS ACCEPTED**

Out of district players (non Burnaby residents) cannot register in Burnaby until releases are approved by the LMMLC commissioner. Register and apply for a release with your home club.

Kidsport - please register in person at one of the in person dates. Forms can be found on our website. Please bring completed forms.

BOYS – Born 2002 to 2013

GIRLS -- Born 2010 to 2013 play with the boys in Mini-Tyke & Tyke divisions

GIRLS – Born 1997 to 2009 play on girls' only teams in their own divisions with limited contact rules

Birth year is Jan to Dec so player can be 4 years of age when starting the season



BOX LACROSSE

Lacrosse season runs March to July
CANADA'S NATIONAL SUMMER SPORT

For more information contact:

Club Registrar: Susan Kirkby 604-312-6181

Email is preferred registrarbmlc@gmail.com

www.burnabylacrosse.com

Rep Tryouts for Novice & up boys only commence in February 2018.

Players must be registered & pay \$30 fee online/in person when registering to tryout.

Below are Early Bird fees on or before February 17th. Regular rates start Feb 18th. Register early to save \$40!

2018 Fees

Boys & Girls

On or before Feb 17/After Feb 17

Mini-Tyke (2012-13)	\$160 / \$200
Tyke (2010-11)	\$220 / \$260
Novice (2008-09)	\$260 / \$300
Pee wee (2006-07)	\$270 / \$310
Bantam (2004-05)	\$285 / \$325
Midget (2002-03)	\$295 / \$335
Junior Girls (1997-2001)	\$295 / \$335

Family Rate – families with 3 or more players receive \$100.00 refund.

Full Time Goalies – Receive 50% discount on fee. Registration includes shorts, team photos, free admission to Junior and Senior A Lakers games, use of jersey and BCLA insurance.

Returning Players

RETURNING PLAYERS REMEMBER TO REGISTER ON OR BEFORE FEBRUARY 17, 2018 FOR EARLY BIRD RATE

2018 Online Registration for returning players only opens December 1, 2017

All returning players please register online
www.burnabylacrosse.com

To Register Online

Please follow the online registration instructions on our club website www.burnabylacrosse.com. Online we accept VISA/MasterCard only. Cash will be accepted at the new player registration dates for returning players who do not have a credit card.

NO CHECKS WILL BE ACCEPTED

If you are a non-grandfathered, out of district player, **DO NOT** register online. You must register and apply for a release with your home club. LMMLC places all out of district players that are not grandfathered with a club.

If you have used lacrosse equipment to donate to our low income families please bring to any in person registration date or drop off at 4607 Irmin St, Burnaby. Thank you!



2018 INTRO TO LACROSSE

PRESENTED BY BURNABY LAKERS MINOR LACROSSE

Boys and Girls born during 2008-2013 are invited to learn the basics of Lacrosse

Choose Friday, Saturday or Sunday sessions starting January 26, 2018.

To REGISTER NOW go to www.burnabylacrosse.com and choose the "Intro to Lacrosse" information/registration box. (Includes five 1 hour sessions)

- Register for Intro to Lacrosse and receive a \$20 discount off the 2018 Burnaby spring/summer box lacrosse season below!

2018 SPRING/SUMMER BURNABY BOX LACROSSE SEASON

BURNABY LAKERS MINOR BOX LACROSSE SIGNUP IS OPEN!

Go to www.burnabylacrosse.com to sign up for the 2018 Burnaby Box Lacrosse regular season! New players please register in person, the dates are posted on the website. Spring/summer box lacrosse season runs from March/April to June/July depending on age groups.