

# ALWAYS AIMING HIGHER, TOGETHER

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## GETTING RID OF SINGLE-USE PLASTICS

This week, we will be writing about what the school council are doing about the ever-rising amount of plastic waste in our lives. A whole-school litter picking session will soon take place in a nearby park. Pictures of all the plastic found will be sent to the companies that used it, in the first place, to make them realise what damage they are

causing. We will also be seeking a meeting with our local MP to ensure that he's fully committed to work with us and other schools across the UK.

In the meantime, you can make an IMPACT by buying as little single-use plastics as possible (e.g. plastic straws, plastic bottles, plastic bags, and, surprisingly, toothbrushes).

From La Fontaine Deputy Head Boys Jack and Aidan



## CAR PARK – LET'S REMEMBER OUR CHILDREN'S HEALTH

Please, remember that, if using the car park, you should keep our children's health in mind and turn off your engines when waiting.

We have noticed a large number of drivers forgetting to turn off their engines, and many children (and parents) have noticed it – all too often, with their lungs, coughing.



## PHONICS WORKSHOP FOR YEAR 1 FAMILIES

We will be holding a workshop focusing on Phonics for Year 1 families. It'll be on Wednesday 27<sup>th</sup> March, from 15:45-16:25.

Please, sign up at [www.lafontaineacademy.org/phonics](http://www.lafontaineacademy.org/phonics).



## PARENT SURVEY - LOOKING FORWARD...

Our school site is now almost complete. The past few years - particularly this current academic year - have been a challenge for our pupils, staff, and families, due to big logistical constraints.

We are now excited to be able to start planning that our school will/should look like.

Grateful for your patience over the past few years, we are now keen to establish what could be the focus for the next few years.

Please, complete a survey to let us know how you feel about La Fontaine and how we can shape the coming months/years together: click [here](#) or go to [www.lafontaineacademy.org/survey](http://www.lafontaineacademy.org/survey).

# Once a week take a peek

## HEAD LICE – ONCE A WEEK, TAKE A PEEK!

If your child has head lice, you should let the school know.

Head lice spread by crawling from one person's hair to another's.

They're usually spread amongst people who are in close contact, such as family or school classmates.

Anyone can be infested, and there is no obvious relationship to hair cleanliness. However, parents who wash their children's hair frequently will find them quicker.

### Symptoms

Two common signs of head lice are:

- an extremely itchy scalp, especially around the nape of the neck, behind the ears, under the fringe and at the top of plaits or a pony tail
- scratch marks or a rash on the scalp.

### How to check for head lice

- Check the person's scalp for insects or eggs.
- Use a fine-tooth comb on wet hair, as this makes it easier to find any lice.
- Pay particular attention to the crown and the hairline – especially at the back of their neck and behind their ears.

### Treatment

#### 1. Wet combing method

The wet combing ('bug-busting') method is physically removing lice using a nit comb, without using chemical treatments. This method can be helpful because head lice are growing increasingly resistant to the insecticides used to remove them.

However, success depends on adopting a painstaking approach of regular and thorough combing.

The best procedure is as follows:

1. Wash the hair as normal using an ordinary shampoo.
2. Apply conditioner liberally to wet hair (this causes the lice to lose their grip on the hair).
3. Comb the hair through with a normal comb first, until the comb runs freely.
4. Then, with a fine-toothed nit comb, comb from the roots along the complete length of the hair and after each stroke, check the comb for lice and wipe it clean. Work methodically over the whole head for at least 30 minutes.
5. Rinse the hair as normal.
6. Repeat every three days for at least two weeks.

#### 2. Medicated lotion or rinse

Ask your pharmacist for an over-the-counter insecticide lotion or dimeticone (non-insecticide) lotion. Only use a lotion if you find a living (moving) head louse.

Apply the preparation according to the instructions, and remove the lice and eggs with a fine-toothed nit comb. Take care when applying treatment, because the preparations are usually toxic.

The normal advice is to treat once, and repeat seven days later:

- insecticide lotion should be left on for 12 hours or overnight and repeated after seven days, and
- dimeticone lotion should be left on for eight hours or overnight and repeated after seven days.

Make sure you have enough lotion to treat all those affected in your family.



The lotion 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 three to five days after you use it, and again at 10-12 days.

No treatment is 100% effective.

### Resistance

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, take advice from your school nurse, health visitor, pharmacist or GP.

### Caution

Always ask for advice before using medicated lotions on young babies (under six months), pregnant women or people with asthma or allergies, and always read the instructions carefully.

Pregnant women are advised to use either wet combing or dimeticone, which is licensed for use in pregnancy and breastfeeding

### How Do I Look For Head Lice?

To diagnose a case of head lice you need to find them alive. This is when you need to use a treatment. They move fast and are small – so they can be hard to find!

Head lice range in sizes from a full stop to a sesame seed.

### Where to Peek:

- Close to the scalp
- Behind the ears
- The back of the neck
- The top of the head
- Under the fringe

### What to Peek for:

- Adult lice are 2-4 mm long. Immature lice are even smaller
- Live lice remain close to the scalp
- Nits are dead or empty egg shells. Simply remove these by comb/hand

Checking for lice might not be your idea of fun but it's really no big deal and shouldn't be a stressful experience for you or your child. It is just a normal part of every family's personal hygiene routine, like brushing your teeth or washing your hair, so a good time to do it would be watching the TV or at bath-time. You could make this experience even more stress-free by:

- Showing your child how to check their own hair
- Using the weekly peek as an opportunity to tell a story or ask about their day
- Asking them to check your hair for you
- Rewarding your child for each week's successful search
- Turning it into a fun game of hide and seek
- Putting their favourite TV programme on whilst checking

Good lighting is important and so is comfort! Comb for lice, parting hair in small sections and returning from time to time to areas you've already covered just to make sure.



## AIMING FOR 97.5% FOR ATTENDANCE AND 100% FOR PUNCTUALITY

We have noticed that a few families have asked for time off to go on holiday early. As you know, this is something we cannot authorise. You need to be aware that we have a duty to report unauthorised absences to Bromley Council and that fines can be issued to families who don't adhere to our school policy in terms of attendance (see here for our policy: [www.lafontaineacademy.org/policies](http://www.lafontaineacademy.org/policies)). We thank you for your cooperation.

	MARIE CURIE (RECEPTION)	YANNICK NOAH (RECEPTION)	SIMONE DE BEAUVOIR (YEAR 1)	MARIE JOSE PEREC (YEAR 1)	HAROUN TAZIEFF (YEAR 2)	GEORGE SAND (YEAR 2)	JACQUES-YVES COUSTEAU (YEAR 3)	JACQUES DERRIDA (YEAR 3)	LUCIE AUBRAC (YEAR 4)	Michel Roux Jr. (YEAR 4)	SIMONE VEIL (YEAR 5)	ROLAND BARTHES (YEAR 6)	TOTAL
ATTENDANCE LAST WEEK (%)	95.3	95.3	96.3	95	98.6	97.1	98.5	95.6	97.9	97	98.3	94.2	96.5
ATTENDANCE SINCE SEPTEMBER (%)	96.8	96.9	96.6	96.4	98	97.3	97.3	96.4	95.9	97.1	95.9	94.7	96.6
PUNCTUALITY SINCE SEPTEMBER (%)	99.7	100	99.4	100	99.7	100	98.2	100	99	98.5	99.6	100	99.6

## ATTENDANCE MATTERS LEAVE OF ABSENCE DURING TERM TIME

We are committed to ensuring that all our pupils make the most of their educational opportunities at La Fontaine and recognise that this can only be achieved through regular school attendance.

### SUMMER UNIFORM – FROM MONDAY 11<sup>TH</sup> MARCH

SUMMER UNIFORM REQUIREMENTS	
ALL CLASSES	Black school shoes (open toed shoes not allowed)
	White socks or grey socks (grey socks if wearing grey trousers or Bermuda shorts)
	Summer dresses (striped or checked)/playsuits/grey trousers/Bermuda shorts
	White polo shirt (with school logo)
	Grey school jumper or cardigan
	Blue or white hair band

ACCEPTED	NOT ACCEPTED
	



**SUMMER HATS** are compulsory, in case of hot weather.

**SUMMER DRESSES:** 65% Polyester/35% cotton summer dresses are available via our online shop which you can access at: [www.lafontaineacademy.org/uniform](http://www.lafontaineacademy.org/uniform).







#### QUIZ AND CURRY NIGHT

Thank you to Carey and the events team for a fun-filled night of quizzing, and to our resident parent chef Paul for a delicious curry.

We will report back on totals raised on the near future.



#### EASTER EGG HUNT

We are organising an Easter Egg Hunt for the children after school on Wednesday 24<sup>th</sup> April. Details will follow, but to get involved with the planning please contact Carey Lyseight in the playground or on ClassList.



#### NEW SECRETARY & ONE-OFF ROLES

##### New Secretary

The PTA is currently without a secretary and is in need of a volunteer for this key role, requiring circa 0.5-1 day of activity per month. Responsibilities include minute taking at community and AGM meetings, updating our website and keeping oversight of our shared templates.

This is a role that can be done outside school hours beyond 2-3 in person morning meetings per year.

Please write to us to express interest on [contact@ptalafontaine.org.uk](mailto:contact@ptalafontaine.org.uk).

##### Additional roles

We are looking for volunteers to run some of our key relationships with local vendors including estate agents and Your Bromley (which organised local community initiatives).

These roles can be done remotely. Please contact us on [contact@ptalafontaine.org.uk](mailto:contact@ptalafontaine.org.uk) if interested.