

# Polisi llau pen / Head lice policy

*Ffederasiwn Ysgol Dyffryn Dulas ac Ysgol Pennal*



## 1. Trosolwg

Mae llau pen yn broblem gyffredin sy'n effeithio ar y rhan fwyaf o bobl ar ryw adeg neu'i gilydd. Nod y polisi hwn yw helpu i leihau'r broblem ar gyfer rhieni/gofalwyr a'r ysgol. Mae'r polisi hwn wedi'i ysgrifennu gan ddefnyddio'r cyngor diweddaraf gan Lywodraeth Cymru, NHS Direct, Iechyd Cyhoeddus Cymru a Gwasanaeth Nyrsio Ysgolion BIPBC.

## 2. Beth yw Llau pen?

Pryfed bach gyda choesau sy'n symud yw llau pen. Maen nhw'n byw'n agos iawn at groen y pen. Nid yw nedd yr un fath â llau. Plisg yr wyau sy'n gludo i'r gwallt ydyn nhw, ac maen nhw'n edrych fel darnau bach o groen sych. Dim ond os byddwch chi'n dod o hyd i leuen sy'n symud (nid nedden) y bydd gennych chi lau pen. Does dim rhaid i'ch pen chi gosi i fod â llau pen.

## 3. Sut ydych chi'n cael llau pen?

Oherwydd gweithgareddau chwarae plant a chyswllt uniongyrchol pen wrth ben, plant sydd fel arfer yn cael llau pen, ond gall oedolion eu cael hefyd. Caiff llau pen eu dal gan deulu a ffrindiau agos yn y cartref a'r gymuned, yn ogystal ag yn yr ysgol. Mae llau pen yn byw ym mhob math o wallt - budr neu lân, byr neu hir. Mae llau pen yn cerdded o un pen i'r llall, pan daw pennau i gysylltiad uniongyrchol â'i gilydd – nid ydyn nhw'n hedfan, neidio nac yn nofio.

## 4. Triniaeth:

Am gyngor ar sut i drin llau pen, gweler:

<https://www.nhsdirect.wales.nhs.uk/encyclopaedia/h/article/headlice?locale=cy>

## 5. Atal a rheoli llau pen yn yr ysgol:

Mae'r bartneriaeth rhwng yr ysgol a'r cartref yn hanfodol bwysig wrth atal a rheoli llau pen.

1. Bydd yr ysgol yn rhannu gwybodaeth addysgol am lau pen gyda rhieni/gofalwyr yn rheolaidd (ar ddechrau pob tymor o leiaf) a ddim yn aros i achos o lau pen dorri allan. Bydd hyn yn cynnwys gwybodaeth am wirio am lau a sut i'w trin.
2. Bydd gwybodaeth am y polisi hwn yn cael ei chynnwys ym mhrosbectws yr ysgol a'r wefan.

## 6. Pan fydd aelod o staff yn sylwi ar achos o lau pen:

1. Os gwelir bod gan ddisgybl yn yr ysgol leuen fyw sy'n symud, rhoddir gwybod i riant/gofalwr y plentyn (yn gyfrinachol) er mwyn iddyn nhw allu trin yr haint. Rhoddir gwybodaeth am:
  - a. Yr wybodaeth ddiweddaraf ar drin llau pen
  - b. Y cyngor sydd ar gael gan y fferyllfa leol am driniaeth
2. Caiff y nyrs ysgol ei hysbysu o achosion eithafol, di-baid o heintiau llau pen. Gall achosion o'r fath hefyd arwain at atgyfeiriad gan yr ysgol at asiantaethau eraill, e.e. y Gwasanaethau Plant. Gellir atgyfeirio pryderon ynghylch glendid cyffredinol, gan gynnwys llau pen di-baid, at asiantaethau eraill, megis yr ymwelydd iechyd neu'r Gwasanaethau Plant.
3. Ni chaiff disgybl â llau pen ei wahardd o'r ysgol.

## 7. Mwy o wybodaeth:

<https://www.nhsdirect.wales.nhs.uk/encyclopaedia/h/article/headlice?locale=cy>

<https://cks.nice.org.uk/head-lice#!diagnosissub>

<https://www.wales.nhs.uk/sitesplus/888/page/43732>

## 8. Prosbectws a/neu wybodaeth ar y wefan:

### Gwybodaeth am y polisi llau pen

Mae llau pen yn broblem gyffredin sy'n effeithio ar y rhan fwyaf o bobl ar ryw adeg neu'i gilydd. **Nod y polisi yw lleihau'r broblem i chi fel rhieni/gofalwyr ac i ni fel ysgol.**

Byddwn yn rhannu gwybodaeth gyda rhieni/gofalwyr yn rheolaidd am gadw llygad am lau pen a sut i'w trin. Byddwn yn gofyn i rieni/gofalwyr fod yn wylidwrus wrth edrych drwy wallt eu plentyn.

Os **amheuir** bod gan ddisgybl yn yr ysgol leuen fyw sy'n symud, rhoddir gwybod i'w rhiant/gofalwr (yn gyfrinachol) er mwyn iddyn nhw allu gwirio a thrin y broblem. Os bydd yr haint llau pen yn parhau, byddwn yn anfon llythyr cyfrinachol at rieni/gofalwyr y disgybl; gall gwybodaeth gael ei rhannu gyda'r Nyrs Ysgol hefyd er mwyn gallu rhoi cyngor a chyfarwyddyd. Caiff y nyrs ysgol a/neu asiantaethau eraill eu hysbysu o ddiffyg glanweithdra, gan gynnwys achosion eithafol neu di-baid o heintiau llau pen. Ni chaiff disgybl â llau pen ei wahardd o'r ysgol.

I gael rhagor o wybodaeth am lau pen a sut i'w trin, ewch i:

<https://www.nhsdirect.wales.nhs.uk/encyclopaedia/h/article/headlice?locale=cy>

## 9. Gwybodaeth gyffredinol am lau pen ar gyfer newyddlenni, Trydar, negeseuon testun neu unrhyw ffyrdd eraill o gyfathrebu gyda'r rhieni:

### Llau Pen

Pryfed bach (dim mwy na hedyn sesame ar ôl tyfu'n llawn) yw llau pen, gyda choesau sy'n symud. Maen nhw'n byw'n agos iawn at groen y pen. Nid yw nedd yr un fath â llau. Plisg yr wyau sy'n gludo i'r gwallt ydyn nhw, ac maen nhw'n edrych fel darnau bach o groen sych. Dim ond os byddwch chi'n dod o hyd i leuen sy'n symud (nid nedden) y bydd gennych chi lau pen. Does dim rhaid i'ch pen chi gosi i fod â llau pen.

Oherwydd gweithgareddau chwarae plant a chyswllt uniongyrchol pen wrth ben, plant sydd fel arfer yn cael llau pen, ond gall oedolion eu cael hefyd. Caiff llau pen eu dal gan deulu a ffrindiau agos yn y cartref a'r gymuned, yn ogystal ag yn yr ysgol. Mae llau pen yn byw ym mhob math o wallt - budr neu lân, byr neu hir. Mae llau pen yn cerdded o un pen i'r llall, pan daw pennau i gysylltiad uniongyrchol â'i gilydd – nid ydyn nhw'n hedfan, neidio nac yn nofio. Efallai y byddai'n gyngor da cadw gwallt hir wedi ei glymu'n ôl er mwyn lleihau'r risg o haint.

Oherwydd y bydd y rhan fwyaf o blant yn cael llau pen ar ryw adeg neu'i gilydd, rydym yn awgrymu'n gryf bod ein rhieni/gofalwyr yn gwirio gwallt eu plant fel mater o drefn, o leiaf unwaith yr wythnos. I gael rhagor o wybodaeth am lau pen, sut i edrych am lau pen a'u trin, ewch i'r wefan hon, neu ewch at eich fferylllydd lleol:

<https://www.nhsdirect.wales.nhs.uk/encyclopaedia/h/article/headlice?locale=cy>

### Fersiwn Fer

Rydym yn awgrymu'n gryf bod ein rhieni/gofalwyr yn gwirio gwallt eu plant fel mater o drefn. I gael rhagor o wybodaeth am lau pen, sut i edrych am lau pen a'u trin, ewch i'r wefan hon, neu ewch at eich fferylllydd lleol:

<https://www.nhsdirect.wales.nhs.uk/encyclopaedia/h/article/headlice?locale=cy>

## 10. CYFRINACHOL: Llythyr cyswllt rhif 1 (NEU gall fod wyneb yn wyneb, dros y ffôn, neges destun, e-bost, llythyr ac ati):

Annwyl Riant/Ofalwr

**Cyfrinachol: llau pen**

Rydym wedi sylwi ei bod yn **bosibl** bod gan eich plentyn lau pen, a hoffem eich cynghori i wirio gwallt eich plentyn a'i drin fel sy'n briodol.

I gael rhagor o wybodaeth am lau pen a sut i'w trin, gweler y daflen atodedig, ewch i wefan GIG neu'r fferyllfa leol: <https://www.nhsdirect.wales.nhs.uk/encyclopaedia/h/article/headlice?locale=cy>

## 1. Overview

Head lice is a common problem that affects most people at some time or other. The aim of this policy is to help minimise the problem for parents/carers and the school. *This policy has been written using the latest advice from Welsh Government, NHS Direct, Public Health Wales and the BCUHB School Nursing Service.*

## 2. What are Head lice?

Head lice are small insects with moving legs. They live very close to the scalp. Nits are not the same as lice. They are the egg cases which stick to the hair, and look like specks of dandruff. You only have head lice if you find a moving louse (not a nit). Your head does not have to be itchy to have head lice.

## 3. How do you get head lice?

Because of children's play activity and direct head-to-head contact, head lice are usually found on children, but can also spread to adults. Head lice are caught from close family and friends in the home and community, as well as at school. Head lice live in all types of hair – dirty or clean, short or long. Head lice walk from one head to another, when heads are in direct contact with each other – they do not fly, jump or swim.

## 4. Treatment:

For advice on how to treat head lice:

<https://www.nhsdirect.wales.nhs.uk/encyclopaedia/h/article/headlice#Treatment>

## 5. Prevention and management of head lice in school:

The partnership between the school and home is vitally important in the prevention and management of head lice.

1. The school will share educational information about head lice on a regular basis with parents/carers (*at least* at the beginning of each term) and not wait until there is a perceived 'outbreak'. This will include information about checking for lice and treatment.
2. Information about this policy will be included in the school prospectus and website.

## 6. When a case of head lice is observed by a member of staff:

1. If a pupil in school is found to have a live moving louse, the infected child's parent/carer will be informed (in confidence) so that they can treat the infection. Information will be provided about:
  - a. The latest information on treating head lice
  - b. The advice available from the local pharmacy for treatment
2. The school nurse will be informed of extreme, persistent cases of head lice infection. Such cases may also result in referral by the school to other agencies e.g. Children's Services. Concerns regarding general hygiene including persistent head lice can be referred to other agencies such as the health visitor or Children's Services
3. A pupil with head lice will not be excluded from school.

## 7. More information:

<https://www.nhsdirect.wales.nhs.uk/encyclopaedia/h/article/headlice#Treatment>

<https://cks.nice.org.uk/head-lice#!diagnosissub>

<http://www.wales.nhs.uk/sitesplus/888/page/43732>

## 8. Prospectus and/or website information:

### Head lice policy information

Head lice is a common problem that affects most people at some time or other. ***The aim of the policy is to reduce the problem for you as parents/carers and for us as a school.***

We will share information with parents/carers on a regular basis about checking for head lice and how to treat them. We will ask parents/carers to be vigilant in checking their child's hair.

If a pupil in school is **suspected** to have a live moving louse, their parent/carer will be informed (in confidence) so that they can check and treat the infection. If the head lice infection continues, we will send out a confidential letter to the pupil's parents/carers; information may also be shared with the School Nurse so that advice and guidance can be provided. The school nurse and/or other agencies will be informed of poor hygiene including extreme or, persistent cases of head lice infection. A pupil with head lice will not be excluded from school.

For more information about head lice and treatment please visit:

<https://www.nhsdirect.wales.nhs.uk/encyclopaedia/h/article/headlice#Treatment>

## **9. General information about head lice for newsletters, Twitter, text or any school comms:**

### **Head Lice**

Head lice are small insects (no larger than a sesame seed when fully grown) with moving legs. They live very close to the scalp. Nits are not the same as lice. They are the egg cases which stick to the hair, and look like specks of dandruff. You only have head lice if you find a moving louse (not a nit). Your head does not have to be itchy to have head lice.

Because of children's play activity and direct head-to-head contact, head lice are usually found on children, but can also spread to adults. Head lice are caught from close family and friends in the home and community, as well as at school. Head lice live in all types of hair – dirty or clean, short or long. Head lice walk from one head to another, when heads are in direct contact with each other – they do not fly, jump or swim. It may be advisable to keep long hair tied back to reduce the chance of infection.

As most children will get head lice at some point or another, we strongly advise that our parents/carers routinely check their children's hair for head lice at least weekly. For more information about head lice, how to check for head lice and treatment please visit this website, or visit your local pharmacist:

<https://www.nhsdirect.wales.nhs.uk/encyclopaedia/h/article/headlice#Treatment>

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### **Short version**

We strongly advise that our parents/carers check their children's hair for head lice. For more information about head lice, how to check for head lice and treatment please visit this website, or your local pharmacist:

<https://www.nhsdirect.wales.nhs.uk/encyclopaedia/h/article/headlice#Treatment>

## **10. CONFIDENTIAL: Individual contact number 1 (OR can be face to face, phone, text, email, letter etc):**

Dear parent/carer

### **Confidential: head lice**

We have noticed that you child **may** have head lice, and would like to advise you to check your child's hair and treat as appropriate.

For more information about head lice and treatment please see the attached leaflet, visit this NHS website or the local pharmacy: <https://www.nhsdirect.wales.nhs.uk/encyclopaedia/h/article/headlice#Treatment>