

## GLENDID GWALLT - HAIR HYGIENE

Yn anffodus mae wedi dod i'n sylw fod achosion o lau pen yn nosbarth eich plentyn.

Er mwyn mynd i'r afael â'r broblem a dileu llau pen o'r ysgol, a fyddech cystal â gwirio gwallt eich plentyn yn ofalus gan ddefnyddio crib fân, a chan roi sylw penodol i'r adran tu ôl i'r clustiau, gwâr a'r coryn a chribo'r gwallt yn edrych am lau byw neu wyau.

Os ddarganfyddir llau neu wyau, yna trinier hwy ar unwaith gan ddefnyddio'r drininaeth ddiweddaraf sydd ar gael o'r fferyllydd neu oddi wrth eich meddyg teulu.

Y dull mwyaf effeithiol o ddelio â'r broblem yw dilyn y **'Dull Cribo Gwlyb'** unwaith yr wythnos neu ar ôl golchi'r gwallt. Mae'r ysgol a'r nyrs yn gweithio'n dda gyda'i gilydd i geisio dileu'r broblem hon, ond caredm eich hatgoffa mai cyfrifoldeb y rhiant yw i weithredu ar yr argymhellion. Os yr hoffech mwy o wybodaeth neu gyngor pellach mae croeso i chi gysylltu â'r nyrs ysgol, Mrs Ceri Slawson ar 01244 545277.

*Unfortunately, it has been brought to our attention once again that there are cases of head lice in your child's class.*

*In order to tackle head lice and eradicate them from the school, please can you check carefully your child's hair using a fine tooth comb (nit comb), paying special attention to the area around the back of the ears, neck, crown and fringe thoroughly combing the hair looking for live lice or eggs(nits).*

*If live lice or eggs are detected then treat immediately using up-to-date products from the chemist or own GP.*

*The best means of preventing infestation is by regular grooming using **'The Wet Comb Method'** weekly or following every hair wash. The school and the school nurse together are trying to combat this problem but may we remind you that it is the responsibility of the parent to ensure your child's hygiene. If you need further advice or information, you are welcomed to contact the school nurse Mrs Ceri Slawson on 01244 545277*