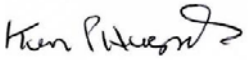
CYNGOR SIR
YNYS MÔN
ISLE OF ANGLESEY
COUNTY COUNCIL

Polisi Llau Pen Ysgolion Iach Môn

Enw'r Ysgol:	Ysgol Uwchradd Bodedern
Ymgymrwyd ag ymgynghoriad gan:	Staff Ysgol
Dyddiad y mabwysiadwyd y Polisi:	Hydref 2016
Dyddiadau adolygu:	Hydref 2019
Un/rhai sy'n gyfrifol am weithredu:	Mrs Rowena Saunderson Mr Bryan Griffiths
Arwyddwyd:(Pennaeth)	
Arwyddwyd: (Cadeirydd y Corff Llywodraethu)	

Cyflwyniad

Pryfed bychain yw llau pen y deuir o hyd iddynt weithiau yng ngwallt oedolion a phlant. Maent yn byw ar groen y pen neu'n agos iawn iddo- nid ydynt yn crwydro ymhell i lawr coesynnau'r gwallt am amser hir iawn, ac nid yw'n 'well' ganddynt unrhyw fath arbennig o wallt. Nid yw'r lleuen yn peri unrhyw effeithiau drwg, ar wahân i gosi ysgafn yn achlysurol.

Maent yn lledaenu drwy gyswllt uniongyrchol gwallt i wallt a phen i ben. Mae o leiaf 60 eiliad yn angenrheidiol i ledaenu'r llau o un i'r llall. Mae trosglwyddo llau o fewn y dosbarth yn gymharol brin. Ar unrhyw un adeg, bydd gan y rhan fwyaf o ysgolion ychydig o ddisgyblion sydd â haint gweithredol gyda llau pen. Y canfyddiad gan rieni a staff yn aml yw bod achos difrifol wedi 'torri allan' gyda llawer o'r plant yn yr ysgol wedi eu heintio – nid dyma fel mae hi bron fyth. Mae'r lefel hefyd yn aros yn gyson yn ystod gwyliau'r ysgol.

Amcanion a Nodau'r Polisi

- Darparu arweiniad i ysgolion ar reoli llau pen
- Amlinellu cyfrifoldeb unigolion mewn rheoli llau pen

Gweithredu

1. Bydd yr ysgol yn cynnig arweiniad ar reoli llau pen i rieni (drwy wefan yr ysgol) a disgyblion yn CA3 mewn partneriaeth â'r Gwasanaeth Iechyd Ysgolion. Bydd llenyddiaeth briodol yn cael ei dosbarthu ar ein gwefan a rhoddir gwybod i rieni mai eu cyfrifoldeb hwy yw archwilio gwallt eu plant a rhoi gwybod i'r ysgol cyn gynted ag y bo modd os darganfyddir lau pen drwy alwad ffôn i diwtor y disgybl dan sylw.

2. Ni ellir cadarnhau haint oni welir lleuen fyw yn symud. Dylai staff roi adroddiad o weld unrhyw lau pen i'r tiwtor dosbarth (a fydd yn hysbysu'r prif diwtor/pennaeth blwyddyn yn y man.)

3. Cysylltir yn uniongyrchol â'r rhieni a'r plant a adnabyddir fel rhai sydd â llau pen gan eu tiwtor dosbarth. Ni anfonir llythyr 'rhybuddio' at rieni eraill.

4. Rhoddir pythefnos i rieni'r unigolion hynny yr adnabyddir bod ganddynt lau pen i drin y cyflwr yn llwyddiannus.

5. Os bydd y cyflwr yn dal i fod, rhennir achosion o'r fath gyda nyrs yr ysgol. Mae hynny'n bod fel y gellir gwneud cyswllt cyfrinachol gyda'r teulu i gynnig gwybodaeth, cyngor a chefnogaeth petai angen.

6. Caniateir pythefnos bellach i'r cyflwr gael ei drin yn llwyddiannus o dan arweiniad nyrs yr ysgol.

7. Bydd pob achos sy'n dal i fod wedi dilyn y camau uchod yn cael ei ddwyn er sylw Swyddog Lles yr Ysgol a'r Gwasanaethau Cymdeithasol.*

*Ni fydd disgybl gyda llau pen yn cael ei eithrio o'r ysgol. Yr unig eithriad yw pan fo cludo llau pen yn broblem barhaus ac yn rhan o broblem gyda hylendid y plentyn - gall y plentyn wedyn gael ei wahardd o dan ddarpariaethau'r Ddeddf Addysg nes bo rheoli'r broblem hylendid, yn cynnwys dileu'r llau pen, yn gyflawn.

Hysbysu Rhieni

Hysbysir pob rhiant o'r polisi llau pen drwy wefan yr ysgol.

Monitro ac Adolygu

Bydd y corff llywodraethu'n monitro ac adolygu'r polisi fel y bo'n angenrheidiol.

Gwybodaeth ddefnyddiol ar sut i drin llau pen
Dyma gyngor oddi ar safle we'r Gwasanaeth Iechyd Cenedlaethol ar driniaeth gartref i lau pen:

• Golchwch y gwallt gan ddefnyddio siampŵ arferol a defnyddio digon o gyflyrydd (conditioner), cyn defnyddio crib bras i sythu a datod y gwallt.

• Unwaith y bydd y crib yn symud yn rhydd trwy'r gwallt heb lusgo, defnyddiwch grib mân pwrpasol i ganfod llau. Gwnewch yn siŵr bod dannedd y crib yn cael ei roi i mewn i'r gwallt, gyda'r ymyl lefel yn cyffwrdd croen y pen.

• Tynnwch y crib drwy'r gwallt gan edrych am lau ar y grib.

• Tynnwch y llau o'r grib.

• Gweithiwch yn drefnus drwy'r gwallt, adran wrth adran, fel bod y pen cyfan yn cael ei gribo.

• Golchwch y cyflyrydd (conditioner) ac ailadrodd y cribo.

• Ailadroddwch yr holl broses eto ar ddiwrnodau tri, chwech, naw, 12 a 15, fel eich bod yn cael gwared â'r llau ifanc wrth iddynt ddeor, cyn iddynt gael amser i aeddfedu.

Gellir cael gwybodaeth ar driniaethau pellach drwy ddilyn y cyswllt:
www.nhs.uk/Conditions/Head-lice

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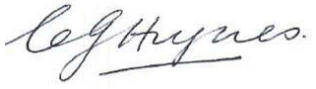
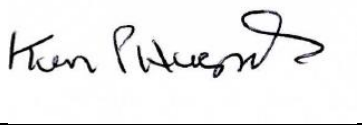
Anglesey Healthy Schools Template Head Lice Policy

School Name:	YSGOL UWCHRADD BODEDERN
Consultation undertaken by:	E.g. staff, school council, parents
Date Policy was adopted:	October 2016
Review dates:	October 2019
Person(s) responsible for implementation:	Mrs Rowena Saunderson Mr Bryan Griffiths
Signed:(Headteacher)	
Signed: (Chair of governing body)	

Introduction

Head lice are small insects which are sometimes found in the hair of adults and children. They live on or very close to the scalp - they do not wander far down the hair shafts for very long, and they do not 'prefer' any particular type of hair. The louse causes no ill effects, except occasionally mild itching.

They spread by direct hair to hair and head to head contact, at least 60 seconds is necessary to spread the lice from one person to another. Transmission of lice within the classroom is relatively rare. At any one time, most schools will have a few pupils who have active infection with head lice. The perception by parents and staff is often that there is a serious ‘outbreak’ with many of the children in the school infected - this is hardly ever the case. Also, the level remains constant during school holidays.

Aims and Objectives of policy

- To provide guidance to schools on the management of head lice
- To outline individuals responsibility in the management of head lice

Implementation

1. The school will offer advice on head lice management to parents (through the school website) and KS3 pupils in partnership with the School Health Service. Appropriate literature will be displayed on the school website and parents will be informed that it is their responsibility to check their children’s hair and to inform the school (form tutor) as soon as possible if head lice are discovered.

2. An infection cannot be confirmed unless a live, moving louse is seen. Staff should report any sightings of head lice to the child's form tutor (who will then in turn inform the head of year.)

3. The parents of children recognised as having head lice will be contacted directly by their form tutor. An 'alert' letter will not be sent to other parents.

4. Parents of those individuals recognised with head lice will be given 2 weeks to treat the condition successfully.

5. If the condition persists, such causes will be shared with the school nurse. This is so that, if warranted, confidential contact can be made with the family to offer information, advice and support.

6. A further 2 weeks will be allowed for the condition to be successfully treated under the guidance of the school nurse.

7. All cases which persist after following the above steps will be brought to the attention of the School Welfare Officer and the Social Services.*

*A pupil with head lice will not be excluded from school, the only exception is when the carriage of head lice is a persistent problem and part of a problem with the child's hygiene - the child may then be excluded under provisions of the Education Act until management of the hygiene problem, including the eradication of the head lice, is complete.

Informing Parents

All parents will be informed of the policy on the school website.

Monitoring and Reviewing

The governing body will monitor and review the policy as necessary.

Useful Information on How to Treat Head Lice
See below advice from the National Health Service's website for home treatment of head lice:

- Wash the hair with ordinary shampoo and apply plenty of conditioner.
- Use an ordinary, wide-toothed comb to straighten and untangle the hair.
- Once the comb moves freely through the hair without dragging, switch to the louse detection comb.
- Make sure the teeth of the comb slot into the hair at the roots, with the edge of the teeth lightly touching the scalp.
- Draw the comb down from the roots to the ends of the hair with every stroke, and check the comb for lice each time – remove lice by wiping the comb with tissue paper or rinsing it.
- Work through the hair, section by section, so that the whole head of hair is combed through.
- Do this at least twice to help ensure you haven't missed any areas, until no more lice are found.

Further information regarding treatments can be found on the following website:
www.nhs.uk/Conditions/Head-lice