



# Jefferson Times

OCTOBER 20, 2014

## Weekly Events

Monday: Minimum Day—12:35 release. Happy Birthday Mr. Pease  
 Tuesday: 7th & 8th grade written spelling bee  
 Wednesday: 5th & 6th grade oral spelling bee @ 10:32 in the cafeteria  
 Thursday: Drug Free week begins: Spirit wear Hawaiiin Spirit—"Lei off drugs"  
 SSC meeting @ 3:00 in the library  
 Friday: Spirit: Wear Green - THS Homecoming Parade

## Volleyball Schedule for the week of 10/13/14

Monday: Practice only: 5th 4:45/ 6th @ 12:45/ 7th @ 3:45. 8th @ 3:45  
 Tuesday: Game Day: 5th no game/6th- Traina @ Monticello 3:45/7th no game/8th-Traina @ Monticello— 4:30  
 Wednesday: Practice only: 5th 4:15/ 6th, 8th -2:45/Game - 7th @ North - 4:00  
 Thursday: Game Day: 5th - River Island— 3:45/ 6th no game /7th @ River Island - 4:30/ 8th - No Game  
 Friday: Practice Only: 5th @ 4:15/ 6th & 7th @ 2:45

## Critical Thinking Word of the Week

# INVESTIGATE

## Upcoming Events

### October

- 10/27 - Put a "lid" on bullying:  
Wear a hat
- 10/28 - Drugs can't find me:  
Wear Camo
- 10/29 - I'm a true blue Jean-ius, I will not be a bully: Wear blue jeans
- 10/30 - My future is bright without drugs: Wear sunglasses
- 10/31 - Scare away drugs:  
Wear a costume—  
**NO MASKS Allowed**  
Last Day of the Trimester

### November

- 11/3 - Minimum Day  
Progress reports mailed
- 11/4 - Mrs. Jennings birthday
- 11/5 - District Spelling Bee @ D.O.
- 11/8 - Central CA Band Review  
Merced
- 11/11 - No school  
PFA fun night @ Taqueria  
La Mexican
- 11/12 - Board Meeting at D.O.

## A note from the principal...

Hello Jefferson Families!

October has begun and is a busy month here at Jefferson. Red Ribbon Week and Bully prevention month are all a part of this month.

For afternoon pick-up, please remember to use the crosswalks. We ask that students and parents do NOT cross in the middle of the road as this is a safety concern and a disruption to the flow of traffic.

Our site spelling bees are this week.. 7th and 8th graders will have a written spelling bee on Tuesday during 7th period.. 5th and 6th grade will compete in an oral bee on Wednesday.

Our red ribbon week celebration begins this week. Spirit days begin on Thursday. October 23. Activities will revolve around being drug free and bully awareness.

Come out and cheer on our 5th-8th grade volleyball teams on Tuesdays and Thursdays each week. They are doing a great job on the courts!

Have a great week! Please don't hesitate to contact me if you have any questions or comments.

Mrs. Tilton,  
Principal

FAMILY EDITION #11

Be Responsible  
Do Your Best Each Day - Think Before You Speak

## JEFFERSON CREED

Put Others First - Avoid Conflict



**FREE FLU SHOT CLINICS**  
**ANYONE, 9 YEARS AND OLDER**  
 Walk-in, No Appointments (limited supply)  
**2 Days Only**

<b>DATE and TIME</b>	<b>LOCATIONS</b>
<p><b>Tuesday</b>  <b>October 28, 2014</b>  <b>10:00 a.m. – 2:00 p.m.</b></p>	<p><b>STOCKTON:</b>  <b>Delta College Upper Danner Hall</b>  <b>5151 Pacific Avenue</b></p>
	<p><b>LODI:</b>  <b>California Human Development Office</b>  <b>631 East Oak Street</b></p>
	<p><b>THORNTON:</b>  <b>Thornton Community Center</b>  <b>26675 N. Sacramento Boulevard</b></p>
<p><b>Wednesday</b>  <b>October 29, 2014</b>  <b>10:00 a.m. – 2:00 p.m.</b></p>	<p><b>MANTECA:</b>  <b>Manteca Senior Center</b>  <b>295 Cherry Lane</b></p>
	<p><b>TRACY:</b>  <b>IPFES Portuguese Hall</b>  <b>400 9th Street</b></p>
	<p><b>ESCALON:</b>  <b>Escalon Community Center</b>  <b>1055 Escalon Bellota Road</b></p>

(209) 468-3571

[www.sjcpsh.org](http://www.sjcpsh.org)

**Depende  
de usted**

**el parar  
la gripe**

**No se espere  
¡vacúnese!**

**Protéjase  
usted y a los  
demás**

**CLÍNICAS DE VACUNAS GRATUITAS CONTRA LA GRIPE  
CUALQUIER PERSONA, 9 AÑOS Y MAYORES  
NO SE NECESITA CITA (CANTIDAD LIMITADA)  
SÓLO 2 DÍAS**

<b>FECHA y HORA</b>	<b>UBICACIÓN</b>
<b>Martes 28 de octubre 2014 10 a.m. hasta 2:00 p.m.</b>	<b>STOCKTON:</b> <b>Delta College Upper Danner Hall 5151 Pacific Avenue</b>
	<b>LODI:</b> <b>California Human Development Office 631 East Oak Street</b>
	<b>THORNTON:</b> <b>Thornton Community Center 26675 N. Sacramento Boulevard</b>
<b>Miércoles 29 de octubre 2014 10 a.m. hasta 2:00 p.m.</b>	<b>MANTECA:</b> <b>Manteca Senior Center 295 Cherry Lane</b>
	<b>TRACY:</b> <b>IPFES Portuguese Hall 400 9th Street</b>
	<b>ESCALON:</b> <b>Escalon Community Center 1055 Escalon Bellota Road</b>

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SAN JOAQUIN COUNTY  
**Public Health Services**  
*Healthy Future*

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# Take Note...

MJPFA News:

## **JEFFERSON:**

Representative wanted! The Monticello-Jefferson PFA is looking for a volunteer from Jefferson School to come join the MJPFA Board of Executives and be an active voice for Jefferson School in our fundraising and planning efforts. No prior experience necessary. Please contact MJPFA President Tina Bender if interested at [momtosix@gmail.com](mailto:momtosix@gmail.com)

Jefferson School District is looking for anyone interested:  
Part time jobs available!  
On call Substitute Campus Aides and Sub Custodians.  
Apply on Edjoin.org or call  
Rhonda or Vicky at (209) 836-3388.

## **Measure J Citizens' Oversight Committee Seeking One Member**

On March 8<sup>th</sup>, 2011 the first Jefferson Citizens Oversight Committee was established. The six current members are:

<u>Name</u>	<u>Term Expires</u>
Nicole Riley, Chairperson	2015
Jennifer Couch, Secretary	2015
Peggi Johnson, Vice-chair	2015
Chris Potts	2015
Kelly DeLong	2016
Terry Thomas	2016

There is currently one position available on the Citizens Oversight Committee. Please contact Grace Merritt at the Jefferson District Office for an application if you are interested in applying – [gmerritt@sjcoe.net](mailto:gmerritt@sjcoe.net) or 209-836-3388.

The Committee will meet at least quarterly and is responsible for overseeing Measure J bond projects and funds.

# Head Lice 101

## What You Should Know About Head Lice

### Overview

Head lice are a common community problem. An estimated 6 to 12 million infestations occur each year in the United States, most commonly among children ages 3 to 11 years old. Children attending preschool or elementary school, and those who live with them, are the most commonly affected.<sup>1</sup>

Head lice are not dangerous.<sup>1</sup> They do not transmit disease, but they do spread easily, making it a community issue.<sup>1</sup> Additionally, despite what you might have heard, head lice often infest people with good hygiene and grooming habits.<sup>2,3</sup> Your family, friends or community may experience head lice. It's important to know some basics, including how to recognize symptoms and what to do if faced with an infestation.

### What Are Head Lice?

Head lice are tiny, wingless insects that live close to the human scalp. They feed on human blood.<sup>1</sup> An adult louse is the size of a sesame seed. Baby lice, or nymphs, are even smaller. Nits are the tiny, teardrop-shaped lice eggs. They attach to the hair shaft, often found around the nape of the neck or the ears. Nits can look similar to dandruff, but cannot be easily removed or brushed off.<sup>1</sup>

### Fast Facts

- An estimated 6 to 12 million infestations occur each year among U.S. children 3 to 11 years of age<sup>1</sup>
- Head lice often infest people with good hygiene<sup>2,3</sup>
- Head lice move by crawling; they cannot jump or fly<sup>1</sup>
- Head lice do not transmit disease, but they do spread easily<sup>1</sup>
- If you or your child exhibits signs of an infestation, it is important to talk to your doctor to learn about treatment options

### How Are Head Lice Spread?

- Head lice move by crawling and cannot jump or fly.<sup>1</sup>
- Head lice are mostly spread by direct head-to-head contact – for example, during play at home or school, slumber parties, sports activities or camp.<sup>1</sup>
- It is possible, but not common, to spread head lice by contact with items that have been in contact with a person with head lice, such as clothing, hats, scarves or coats, or other personal items, such as combs, brushes or towels.<sup>1</sup>
- Head lice transmission can occur at home, school or in the community.<sup>1</sup>

### What Are the Signs & Symptoms of Infestation?

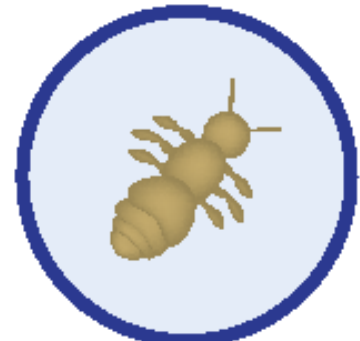
Signs and symptoms of infestation include<sup>1</sup>:

- **Tickling** feeling on the scalp or in the hair
- **Itching** (caused by the bites of the louse)
- **Irritability** and difficulty sleeping (lice are more active in the dark)
- **Sores on the head** (caused by scratching, which can sometimes become infected)

Finding a live nymph or adult louse on the scalp or in the hair is an indication of an active infestation. They are most commonly found behind the ears and near the neckline at the back of the head.<sup>4</sup>



NIT



Nymph



Full-Grown Louse

# Head Lice 101

What You Should Know About Head Lice



## What If My Child Gets Head Lice?

If you suspect your child might have head lice, it's important to talk to a school nurse, pediatrician or family physician to get appropriate care. There are a number of available treatments, including new prescription treatment options that are safe and do not require nit combing. Other things to consider in selecting and starting treatment include:

- Follow treatment instructions. Using extra amounts or multiple applications of the same medication is not recommended, unless directed by healthcare professional.<sup>5</sup>
- Resistance to some over-the-counter head lice treatments has been reported. The prevalence of resistance is not known.<sup>5,7</sup>
- There is no scientific evidence that home remedies are effective treatments.<sup>8</sup>
- Head lice do not infest the house. However, family bed linens and recently used clothes, hats and towels should be washed in very hot water.<sup>4</sup>
- Personal articles, such as combs, brushes and hair clips, should also be washed in hot soapy water or thrown away if they were exposed to the persons with active head lice infestation.<sup>4</sup>
- All household members and other close contacts should be checked, and those with evidence of an active infestation should also be treated at the same time.<sup>4</sup>

## References

- <sup>1</sup> Centers for Disease Control and Prevention (CDC). Parasites: Lice: Head Lice: Frequently Asked Questions. [http://www.cdc.gov/parasites/lice/head/gen\\_info/faqs.html](http://www.cdc.gov/parasites/lice/head/gen_info/faqs.html). Accessed October 12, 2012.
- <sup>2</sup> Centers for Disease Control and Prevention (CDC). Parasites: Lice: Head Lice: Diagnosis. <http://www.cdc.gov/parasites/lice/head/diagnosis.html>. Accessed January 27, 2012.
- <sup>3</sup> Meinking T, Taplin D, Vicaria M. Infestations. In: Schachner LA, Hansen RC, eds. *Pediatric Dermatology*, 4th ed. Mosby Elsevier; 2011:1525-1583.
- <sup>4</sup> Centers for Disease Control and Prevention (CDC). Parasites: Head lice: Epidemiology And Risk Factors. <http://www.cdc.gov/parasites/lice/head/epi.html>. Accessed June 30, 2012.
- <sup>5</sup> Centers for Disease Control and Prevention (CDC). Parasites: Lice: Head lice: Treatment. <http://www.cdc.gov/parasites/lice/head/treatment.html>. Accessed October 12, 2012.
- <sup>6</sup> Burkhart CG. Relationship of treatment resistant head lice to the safety and efficacy of pediculicides. *Mayo Clin Proc*. 2004;79(5):661-666.
- <sup>7</sup> Meinking TL, Serrano L, Hard B, et al. Comparative in vitro pediculicidal efficacy of treatments in a resistant head lice population on the US. *Arch Dermatol*. 2002;138 (2):220-224.
- <sup>8</sup> Centers for Disease Control and Prevention (CDC). Parasites: Lice: Head lice: Treatment Frequently Asked Questions. [http://www.cdc.gov/parasites/lice/head/gen\\_info/faqs\\_treat.html](http://www.cdc.gov/parasites/lice/head/gen_info/faqs_treat.html). Accessed October 18, 2012.
- <sup>9</sup> Parison J, Canyon DV. Head lice and the impact of knowledge, attitudes and practices – a social science overview. In: *Management and Control of Head Lice Infestations*. UNI-MED, Bremen, Germany, 2010:103-109.
- <sup>10</sup> Gordon SC. Shared vulnerability: a theory of caring for children with persistent head lice. *J Sch Nurs*. 2007;23(5):283-292.
- <sup>11</sup> Gordon S. Management of head lice in school settings. Presented at the Florida Association of School Nurses conference, Orlando, FL, February 7, 2009.
- <sup>12</sup> National Association of School Nurses. Pediculosis management in the school setting. Position statement. January 2011. <http://www.nasn.org/PolicyAdvocacy/PositionPapersandReports/NASNPositionStatementsFullView/tabid/462/smid/824/ArticleID/40/Default.aspx>. Accessed July 8, 2012.
- <sup>13</sup> Schoessler SZ. Treating and managing head lice: the school nurse perspective. *Am J Manag Care*. 2004;10(suppl 9):S273-S276.
- <sup>14</sup> Frankowski BL, Bocchini JA, Jr. Council on School Health and Committee on Infectious Diseases, American Academy of Pediatrics. Clinical report – head lice. *Pediatrics*. 2010;126(2):392-403.

## Myths & Facts About Head Lice

**Myth: Only dirty people get head lice.**

**Fact:** Personal hygiene or household or school cleanliness are not factors for infestation. In fact, head lice often infest people with good hygiene and grooming habits.<sup>2,3</sup>

**Myth: Head lice carry diseases.**

**Fact:** Head Lice do not spread diseases.<sup>1</sup>

**Myth: Head lice can be spread by sharing hairbrushes, hats, clothes and other personal items.**

**Fact:** It is uncommon to spread head lice by contact with clothing or other personal items, such as combs, brushes or hair accessories, that have been in contact with a person with head lice.<sup>1</sup>

**Myth: Head lice can jump or fly, and can live anywhere.**

**Fact:** Head lice cannot jump or fly, and only move by crawling. It is unlikely to find head lice living on objects like helmets or hats because they have feet that are specifically designed to grasp on to the hair shaft of humans. Additionally, a louse can only live for a few hours off the head.<sup>1</sup>

**Myth: You can use home remedies like mayonnaise to get rid of head lice.**

**Fact:** There is no scientific evidence that home remedies are effective treatments.<sup>8</sup> A healthcare provider can discuss appropriate treatment options, including prescription products.