

Make Mike's Hat

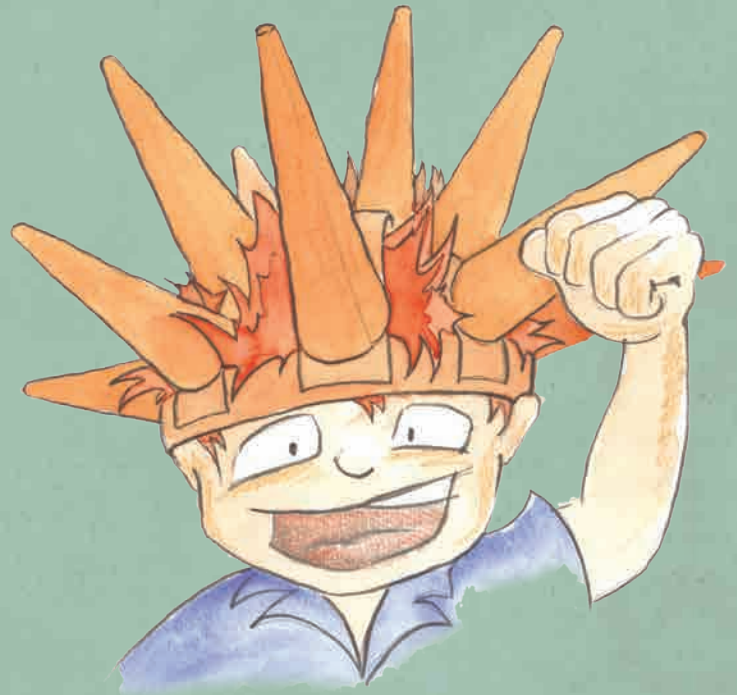
You will need:

Bright orange cardboard

Scissors

A stapler

Glue



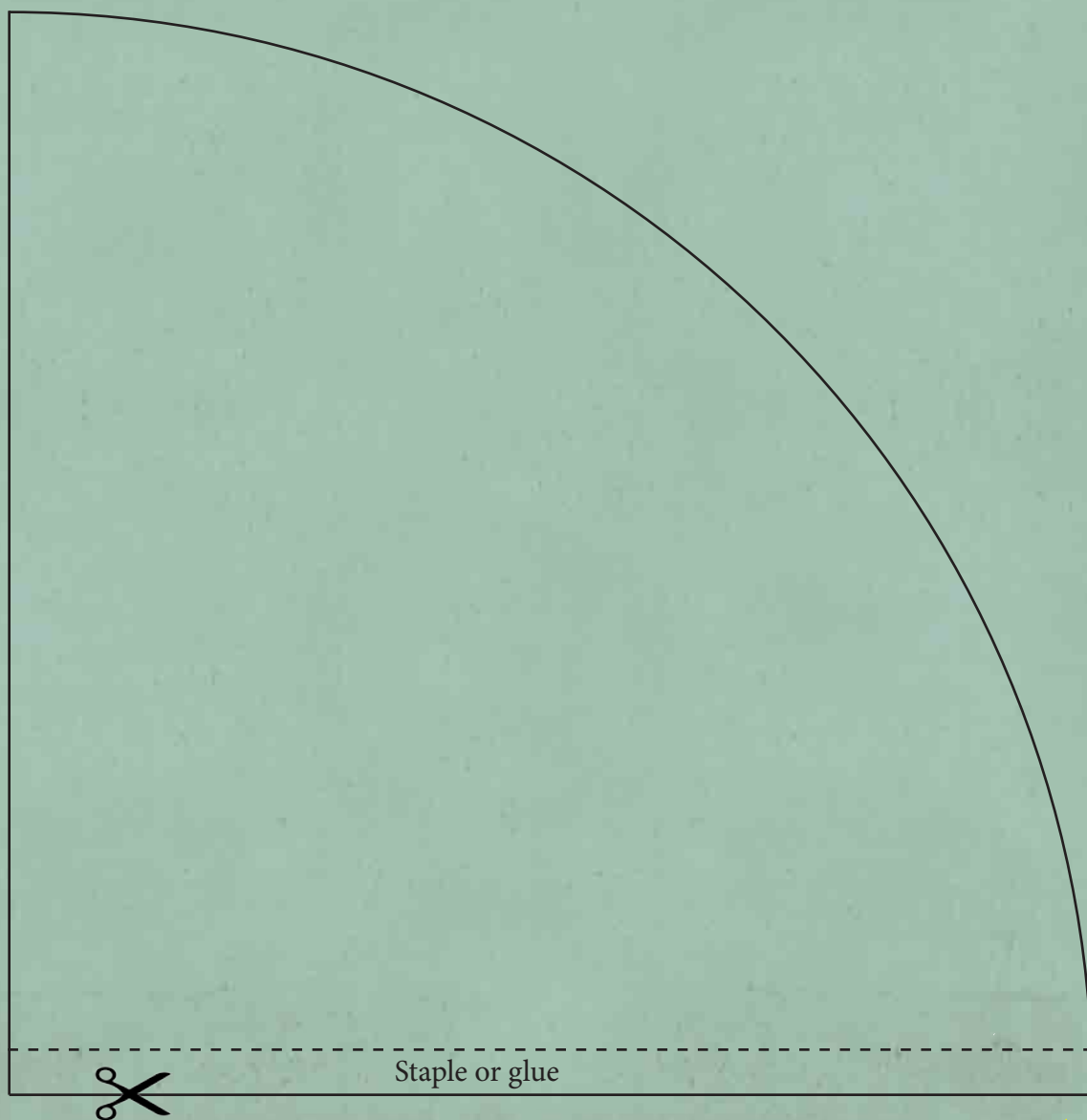
Method:

1. Make the headband by cutting out a strip of cardboard 5 cm wide and 60 cm long.
2. Measure the headband by wrapping it around your head. It should rest comfortably across your forehead. Cut off any excess. Staple the ends together.
3. Cut out 3 strips of cardboard 7 cm wide by 40 cm long.
4. Attach the strips across the headband from front to back, leaving a gap between the strips. Trim any excess. The strips should form a dome shape. Make sure it fits comfortably on your head.
5. Now it's time to make the spikes! Cut out the template on the next page. Place it on your cardboard, trace and cut out the shape.
6. Roll the shape up to form a cone. Roll it tightly for a narrow spike, more loosely for a broader spike. Staple the sides to stop it unrolling.
7. Make as many spikes as you like. Experiment with different lengths and widths.
8. Cut a few slots at the base of each cone, 2 cm deep. Fold them outwards to make little tabs.
9. Attach the spikes to the hat by gluing or stapling the tabs to the strips. Be creative with where you place them.
10. Your hat is now done!

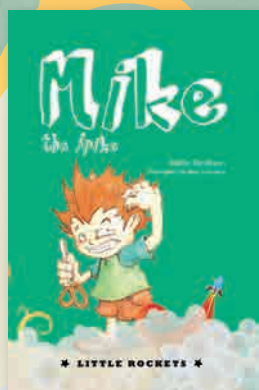


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Mike's Spike template



Staple or glue



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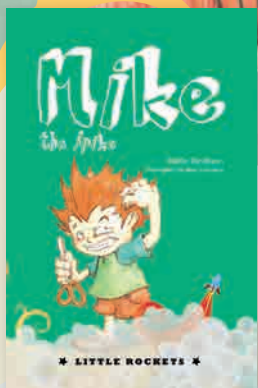
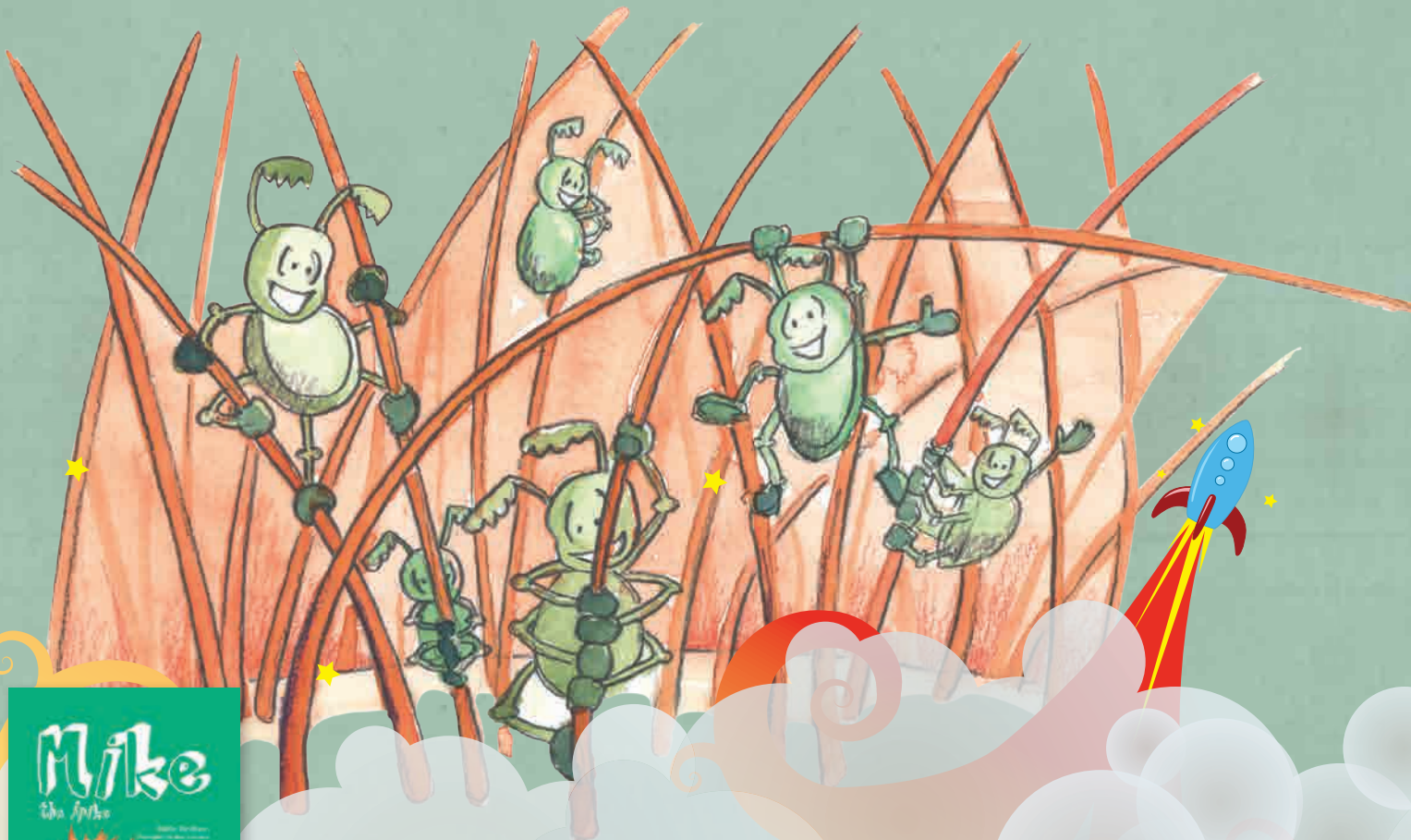
True or False

Answer true or false to the following:

1. Lice only like to live in dirty hair
2. Lice can carry diseases
3. Lice can jump from one person's head to another
4. Lice can live away from the scalp
5. Lice can only be treated by shaving off all your hair

The answer to each question is **FALSE!**

1. Lice don't target dirty hair. They're not fussy, they like clean hair too!
2. Lice don't carry diseases. They may be irritating, but they're not dangerous.
3. Lice can't jump or fly, but they can crawl very fast. They are spread by direct contact.
4. Lice can't live away from the scalp for very long. They will die within 24 hours.
5. Head shaving is not necessary! There are many modern treatments that are far less distressing.



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LICE FACTS

DESCRIPTION:

Head lice are tiny insects (2-4 mm) that live on the scalp. They survive on human blood. When they feed, they make us itch! Their eggs are called 'nits'. Nits cling to strands of hair and are hard to remove. They are very small and white in colour.



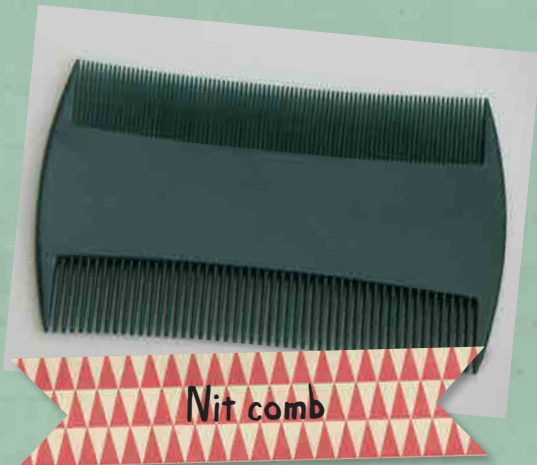
A head louse

LIFE CYCLE:

A female louse can lay up to 150 eggs in its lifetime. The eggs (nits) take one week to hatch. After another two weeks, the baby lice (nymphs) grow up and start to lay eggs. The total life span of a louse is 30 to 35 days. New lice will continue to hatch and reproduce until the hair is treated.

CATCHING LICE:

Lice are spread by direct contact - that is, heads must be touching or nearly touching. This can happen during playing, hugging, and school group activities. Lice may also spread by sharing hats, brushes and hair ties. Tying long hair in a bun or plait can help prevent the spread of lice.



Nit comb

REMOVING LICE:

Nit shampoo needs to be applied and the instructions followed carefully. After shampooing, it is important to remove the lice and nits with a special comb. This needs to be repeated a week later, to make sure the life cycle is broken. When someone has lice, everyone in the family has to be treated.



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