



EES NEWSLETTER

October Upcoming Events

Monday	Tuesday	Wednesday	Thursday	Friday
8	9 School Board, 4:30	10 Walk To School! Fundraiser Orders & Money Due	11 ACTIONS Mtg. 6:00	12
15	16	17 Walk To School!	18	19 No School- Teacher Inservice
22 No School	23	24	25 Brownway River Trail Story Walk Final Story, 3:00	26
29	30	31	November 1	2 First Qtr Ends Four Winds Training

Saturday, October 27, 4:00-6:00 p.m. Trunk or Treat-We are looking for trunks!

November Upcoming Events

Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7 Walk To School!	8 NO After School Program, K-4 PTCs	9
12	13 School Board, 4:30	14	15	16
19 No School- Teacher Inservice	20 No School- Thanksgiving Break	21 No School- Thanksgiving Break	22 No School- Thanksgiving Break	23 No School- Thanksgiving Break
26 Back To School	27	28	29	30

NATURE'S NEWS

From: Four Winds Nature Institute - www.FourWindsInstitute.org

A Newsletter for Parents, Teachers, and Students participating in Four Winds Natural Science Workshops



Topic of the Month: Insect Life Cycles

Insects are perhaps the most successful forms of animal life on this planet. There are many reasons why insects have survived and even thrived for over 400 million years of climatic and habitat changes. There is one especially effective strategy that insects have developed: metamorphosis, the transformation process by which an insect proceeds from the egg stage to that of an adult.

There are different forms of metamorphosis. Simple metamorphosis consists of three stages: egg, nymph, and adult. Complete metamorphosis consists of four stages: egg, larva, pupa, and adult.

Insect metamorphosis is a cycle that repeats itself as one generation follows another. The stages of metamorphosis coincide with seasonal change.

MAKE AN INSECT GROWTH CHART

All animals go through some pretty amazing changes as they grow. Think about how you've grown and changed over the years!

Insects go through several stages of life, too, though most have a relatively short life span. Some undergo three changes, others four in a lifetime.



Do a little research and some outdoor investigation to gather information. Then make a chart that shows the life cycle changes for each kind of insect you find, illustrating it with the different stages. Can you find out what stage an insect is in during each season of the year? Is one stage of its life the same length as another?



NEWS FROM SCHOOL

Training is Friday,
October 5, 12:00-
2:00 p.m. at
Enosburg Emergency
Building.

NEW volunteers
are always
welcome!



Four Winds Nature Institute
4 Casey Road
Chittenden, VT 05737
802 353-9440
www.FourWindsInstitute.org

Head Lice: Information from American Academy of Pediatrics

To prevent the spread of headlice please remind your children to not share hats, brushes, or anything they have had in their hair. It is important to check your child's hair on a regular weekly basis for signs of head lice.

Head lice are a common problem that usually affects school-aged children and their families. They can attach to the hair of anyone's head. It doesn't matter if the hair is clean or dirty. And it doesn't matter how clean, dirty, rich, or poor the place or person is. Though head lice may be a nuisance, they don't cause serious illness or carry any diseases.

What are head lice?

Head lice are tiny bugs about the size of a sesame seed (2–3 mm long [mm stands for millimeter]). Their bodies are usually pale and gray, but their color may vary. One of these tiny bugs is called a louse.

Head lice feed on small amounts of blood from the scalp. They can usually live 1 to 2 days without blood meal.

Lice lay and attach their eggs to hair close to the scalp. The eggs and their shell casings are called nits. They are oval and about the size of a knot in thread (0.8 mm long and 0.3 mm wide) and usually yellow to white. Some nits may blend in with some people's hair color, making them hard to see, and are often confused for dandruff or hair spray droplets. Nits attach to the hair with a sticky substance that holds them firmly in place. After the eggs hatch, the empty nits stay on the hair shaft.

What is the life cycle of head lice?

Head lice live about 28 days. They develop in 3 phases: egg (also called a nit), nymph, and adult louse.

- Egg or nit.** Eggs or nits hatch in 6 to 9 days. Eggs are usually found within 4 to 6 mm of the scalp and do not survive if they are farther away.
- Nymph.** The nymph looks like an adult head louse but is much smaller (about the size of a pinhead [1.5 mm]). Nymphs become adults about 7 days after hatching.
- Adult louse.** An adult louse can multiply fast and lay up to 10 eggs a day. It takes only about 12 to 14 days for newly hatched eggs to reach adulthood.

This cycle can repeat itself every 3 weeks if head lice are left untreated.

How do head lice spread? Head lice are crawling insects. They cannot jump, hop, or fly. The main way head lice is spread is from close, prolonged head-to-head contact.

What are symptoms of head lice?

Itching on the areas where head lice are present is the most common symptom. Most of the itching happens behind the ears or at the back of the neck.

How do you check for head lice?

Regular checks for head lice are a good way to spot head lice before they have time to multiply and infest (are present in large numbers) your child's head.

- Seat your child in a brightly lit room.
- Part the hair.
- Look for crawling lice and for nits on your child's scalp a section at a time.
- Live lice are hard to find. They avoid light and move quickly.
- Nits will look like small white or yellow-brown specks and be firmly attached to the hair near the scalp. The easiest place to find them is at the hairline at the back of the neck or behind the ears. Nits can be confused with many other things such as dandruff, dirt particles, or hair spray droplets. The way to tell the difference is that nits are firmly attached to hair, while dandruff, dirt, or other particles are not.
- Use a fine-tooth comb to help you search the scalp section by section.

How do you treat head lice?

The most effective way to treat head lice is with head lice medicine. Some insurances will cover this call your DR to see. After each treatment, using the comb-out method every 2 to 3 days for 2 to 3 weeks may help remove the nits and eggs.

Head lice medicine should be used only when it is certain that your child has living head lice. Remember, check with your child's doctor before starting any head lice medicine. Also, when head lice medicines are used, it is important to use them safely. Follow the directions on the package exactly as written.

House Hold Cleaning: Clean all combs and brushes in hot water. Clean sheets and washable bedding in hot water and the dryer. Bedding such as wool blankets or duvets should be put in a plastic bag for a week. Clean clothes, particularly tops and hats, in hot water and the dryer. Vacuum carpets and upholstery and remember the car and car seats. Bag plush toys and other nonwashable items.

References: <https://www.healthychildren.org/English/health-issues/conditions/from-insects-animals/Pages/Signs-of-Lice.aspx>



**OCTOBER 13th
2-5PM**

**ENJOY FREE
FOOD TASTINGS &
HEALTHY RECIPES
FROM OUR
COMMUNITY!**

**ALL MONETARY &
FOOD DONATIONS
WILL BENEFIT THE
LOCAL FOOD SHELF**

SCHEDULE

Event check in at the Enosburg Opera House: **2-4PM**

Porch by Porch Tastings: **2-5PM**

Vital Village Walkabout (Meet at the Opera House): **3-4:30PM**

Country Club Sweet and Savory Pie Social: **4-6PM**

Rumors Raffle Drawing at the Enosburg Falls Country Club: **5:30PM**

DON'T MISS THE VITAL VILLAGE WALKABOUT!



WHAT: A walk around village streets with Enosburg Vital Village consultants and local Steering Committee Members, while stopping at Enosburgh Eats Tasting Sites along the way.

WHY: An opportunity to give your input on walking and biking safety, liveability, aesthetics and other design considerations of the village center.

WHEN: 3:00PM-4:30PM

WHERE: Departs from the Opera House and ends at the Country Club.

For more info. on the Vital Village project: www.enosburgvitalvillage.org

Enosburgh Eats is presented by the Enosburg Business Association and Enosburgh Initiative, with support from Enosburgh Recreation, Opera House, Green Dolphin LLC, Lise Gates and the Enosburg Falls Country Club, as well as additional local businesses and organizations. For more info. find us on Facebook: Enosburgh Eats