

# YOUR HAIR

# Level 2-3

Rugby players have a variety of hairstyles these days. Some hair is long and some is very short. When you think of hair, you usually think of the hair on your head, but you have hair all over your body, except for the soles of your feet, palms of your hands and your lips.

We have hair on our bodies to keep us warm.

Hairs have colour cells in them and that is why hair colour changes. As you get older these colour cells get weaker and that's why people go grey.

## FACTS

1. Each hair we see is actually dead. The bits under the skin are living.
2. We lose and replace 100 hairs a day.
3. Your hair grows faster in the mornings than at night.
4. Your hair grows faster during the summer.
5. You have about 100,000 hairs on your head.
6. Hairs in the nose help to clean the air we breathe as well as warming it.
7. Your hair grows about 150mm a year.
8. Every few years your hair stops growing for about 3 months, but it does start again.



## TRY THIS

Next time you are cold, look for your goose bumps. These are little round rises in your skin where small hairs grow. Your hair is actually standing on end like a bird fluffing up its feathers. Your body is trying to warm up. Give the hairs on your arm a little pull and see these little bumps I am telling you about.

## HEALTH TIPS

WASH YOUR HAIR FREQUENTLY AS IT'S A GREAT PLACE TO GATHER ALL SORTS OF THINGS.

INFESTATIONS BY HEAD LICE BECOME MOST APPARENT DURING EACH SCHOOL YEAR. HEAD LICE OR NITS ARE SMALL PARASITIC INSECTS NEATLY ADAPTED TO LIVING MAINLY ON THE SCALP AND NECK HAIRS OF THEIR HUMAN HOST. THERE ARE A LARGE NUMBER OF WAYS TO GET RID OF THESE LITTLE PESTS.



**What are head lice and how do they live?**

**How do you know if you have head lice or not?**

**How are head lice spread?**

**What's the best way to remove head lice?**