



November 28, 2012

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Jerry J. Parisi
Principal

Eleanor F. Payne
Assistant Principal

Dear Parent/Guardian,

This letter is to inform you of a new “challenge” that is becoming increasingly popular with Middle School students. It is called the “Salt and Ice challenge” The “game” is played by wetting the skin, applying salt then pressing ice on top of it and holding it in place until the ice melts and the pain becomes too intense. This causes severe burns to the skin and may lead to infections resulting in scarring.

There are numerous postings on Youtube and Facebook of children participating in the challenge. This is the latest in a series of trends for unusual challenges. Over the last couple of years we have seen the “Eraser challenge” where students rub their skin with a pencil eraser until the skin blisters or wounds appear. Last year the “Cinnamon challenge” was popular where students would try to swallow a tablespoon of cinnamon without water.

We are asking that you please pay attention to any unusual injuries that your children may have. These wounds are mostly on the hands or forearms and look like a typical burn with redness and blistering. What is unique about the wound is the shape which is mostly square or rectangular from rubbing with the ice cube, although it can be any shape or size depending on the amount of salt or ice used.

Our goal in providing you with this information is to facilitate open communication at home to ensure the safety of our students and we ask that you discuss the risks involved to them in participating in such risky behavior.

Thank you for your attention to this matter.

Mrs. Angela Howarth RN
School Nurse

Mr. Jerry Parisi
Principal