

SMU/ts

15 September, 2025



Dear Parents/Carers

### **Salt and Ice Challenge**

For those of you who may not be aware, it is being reported that there has been a significant rise in cases of a dangerous 'online trend' which is resurfacing that involves children putting salt on their skin and then pressing ice on top of that. This creates a chemical reaction, and causes cold burns similar to frostbite.

This is not a new trend, however, there has recently been a sharp increase nationally in children presenting to A&E with significant burns to their skin as a result of this 'challenge'.

Please ensure you remain alert to the risk and follow NHS advice on how to treat any suspected injury via the NHS website [www.nhs.co.uk](http://www.nhs.co.uk).

Please do not hesitate to contact your child's Head of Year should you require any further information.

Yours faithfully

Miss S Murray  
**Designated Safeguarding Lead**