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Head Teacher: Mr W Pedro

10th September 2025

**Dear Parents and Carers,**

**Important Safeguarding Alert – "Salt and Ice Challenge"**

I am writing to make you aware of a concerning trend that has recently come to our attention, known as the **"Salt and Ice Challenge"**. This online challenge has been circulating among young people and involves placing salt on the skin and then applying ice over it. The combination causes a reaction that can lead to serious **burns**, **blistering**, and even **permanent scarring** — injuries similar to frostbite.

While we are not currently aware of any confirmed incidents within our school, we feel it is important to take a proactive approach and raise awareness with all families. As part of our commitment to safeguarding and child wellbeing, we want to ensure that parents and carers are fully informed and able to speak with their children about the dangers associated with this challenge and similar online trends.

**What You Can Do:**

- **Talk to your child**: Ask them if they've heard about this challenge or seen anything online related to it. Encourage open, non-judgemental conversations.
- **Monitor online activity**: Many of these trends spread via social media platforms and video-sharing sites. Regularly check what your child is watching and sharing.
- **Reinforce safety messages**: Explain that copying online challenges can have real-life consequences, especially when they involve harm or risk.
- **Contact us with concerns**: If you become aware of any participation in this or similar activities, please inform a member of staff so we can provide appropriate support and safeguarding.

We will continue to educate pupils in school about how to stay safe and make responsible choices both online and offline. Your support at home is essential in reinforcing these messages.

If you have any questions or concerns, please don't hesitate to contact us.

Yours sincerely,

Miss Rajan-Weare

Designated Safeguarding Lead