

#### Warning from the Nurse:

Parents please be aware that we recently discovered students have been doing “challenges” or “playing games” that can be harmful to their health. The latest trend is doing the “eraser challenge” which is usually done with friends as a test of endurance or the “ABC game”. They are rubbing the back of their hands until the skin tears. Another endurance ‘game’ that is being ‘played’ is the ABC game. This is where another person does the same thing as the eraser challenge but with coins, nails (human or metal), or other objects. They start reciting words that start with each letter of the alphabet to see how far they can go. Some students may not be aware of it and others will trick them into ‘playing’ thus causing harm.

If you notice long oval shaped sores on the back of the hands this may be what is causing those sores. They are usually shallow resembling somewhat of a rug burn, but unlike a rug burn the edges are defined. Anytime students participate in such activities they are putting themselves and others at risk for infections. Sometimes these infections can be serious and even fatal.

All of the staff here have been made aware of this and are avidly trying to educate the students about the dangers, and encourage students not to participate in these acts. Should we find out that your child is involved in these acts we will notify you. Please be aware this is also happening on off-school hours and weekends, so please help us to help you and your children stay safe and healthy as well.