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Dear Parents and Guardians,

I am writing to inform you of another “fad” that seems to be resurfacing. We have seen evidence that some of our students are experimenting with snorting Kool-Aid like substances and grinding up candies like Smarties and “smoking” them. When you snort in the chemicals and sugars they explode in your nose, and give you a “high.”

Quite possibly the most talked about danger of this type of behavior in teens and children is that it could be a "gateway" to other riskier behavior such as smoking cigarettes or marijuana or snorting drugs like cocaine. Other dangers with this behavior are that it could damage or produce irritation to the throat, nose and even lungs. These are not life threatening injuries; however, continued use could cause long term damage. Other dangers include chronic coughing and a version of smoker's cough. A Mayo Clinic nose specialist cautions, "Frequent use could lead to infections or even worse, albeit rare, conditions, such as maggots that feed on sugary dust wedged inside the nose." There is even a danger of choking with these behaviors.

Once again, we want to make you aware of this situation so that you can talk with your children as you deem necessary and/or appropriate. Please contact me or your child's school counselor if you have any additional questions or concerns.

Best regards,

*Kathleen Russenberger*

Kathleen Russenberger  
School Nurse

