

SAMPLE SCHOOL LETTER FROM PARENTS

[insert date]

To: Teacher's Name
CC: School Nurse

Re: Your Child's Name

Our daughter, [insert name], is so excited to start kindergarten in your class soon! We are writing to you today to inform you that our daughter has Celiac Disease and to request that we have a meeting prior to the first day of class to discuss how to keep her healthy at school. In case you are not familiar with Celiac Disease, we want to provide you with some more detailed information.

Celiac Disease is an autoimmune disease that is triggered by ingesting gluten, a protein found in wheat, barley (malt), rye and most oats (other forms of gluten: spelt, emmer, faro, triticale, kamut). Gluten is found in a variety of foods, such as bagels, muffins, breads, flour, snack foods, cake, pastas, cereal, candy and more. If our daughter ingests gluten from cross contamination or eats something with gluten in it she will not need emergency medical attention, but she will experience severe gastrointestinal distress including vomiting, diarrhea, fatigue, bloating, headache and stomach pain.

To reduce the chance of [insert child's name] ingesting gluten at school, we will provide her with a gluten-free lunch and snack everyday. If it works for you, we can also provide you with a box of safe, gluten-free treats to store for [insert child's name] for last-minute classroom celebrations. In the case of birthday celebrations, we will provide a dessert for our daughter so please give us a list of the dates at the beginning of the year or a couple of days in advance of the celebration.

Cross contamination from classmates' snacks, crumbs and art supplies (i.e. play doh, finger paints, paper maché) can also result in our daughter ingesting gluten. Therefore, we ask that snack or art tables be cleaned with wet cleaning systems (Wet Ones or other gluten free wipes) after use and that students and teachers wash hands with soap after snack, lunch or art activities that involve gluten. Hand sanitizer is not sufficient as it does not remove gluten. To be helpful, we have enclosed a list of the most common art supplies that contain gluten. If you would like us to review your art supplies list, we would be happy to do so and provide safe alternatives whenever needed with a couple of days notice from you.

Our daughter is aware of her condition and has been instructed not to trade snacks or eat any other food without first confirming with an adult that it is gluten-free. However, she is only 5 years old, so we will need your help to make sure she is not given gluten free foods and that she washes her hands frequently. She may also need to use the restroom more than the other children, so please make allowances for that. If our daughter does accidentally ingest gluten at school, please have her wash her hands thoroughly and call us as she may need to go home for the day.

We want our daughter to have a wonderful experience at school where she feels included, makes lasting friendships and develops a love for learning, and we know you feel the same way. To that end, we know you have many students that you are responsible for and want to help you in any way we can. If there are classroom parties, activities or field trips where you would like our help as volunteers, please let us know and feel free to contact us any time you have questions.

Thank you so much!

Sincerely,

[insert parent names and telephone number]

