

Your address

.....  
.....  
.....  
.....

Today's date

Dear XXX

I am writing with regard to my (son/daughter), XXX who is starting school on XXX and will be in your class.

XXX has coeliac disease, a medical condition that is caused by intolerance to gluten. This means that XXX must follow a strict, life-long gluten-free diet. XXXX suffers a variety of symptoms if he/she eats gluten including diarrhoea and a bloated tummy, which is not life threatening in the short term, but if gluten is eaten regularly it increases the risk of associated problems and complications of the disease. Eating gluten can make XXX feel unwell which may have an impact on school work.

Gluten is found in wheat, rye, barley and oats; so many everyday foods must be avoided such as bread, biscuits, cakes, pizza and pasta. Fruit, vegetables, pulses, dairy products, plain meat, fish and eggs are gluten-free and are therefore safe for XXX to eat. Special gluten-free varieties of foods that normally contain gluten are available, so a gluten-free diet does not need to be restrictive. Whilst XXX knows what foods he/she can and cannot have, gluten is often found in processed foods, so it is important that whoever's care XXX is in is aware of his/her dietary needs.

XXX will be taking a packed lunch with him for his/her lunch, but I would appreciate an opportunity to discuss the possibility of gluten-free school dinners with the catering staff. Providing a gluten-free meal does not need to be complicated or costly so may be something catering staff feel they are able to do. Information on catering for people with coeliac disease can be found on Coeliac UK's 'food business' section of their website [www.coeliac.org.uk](http://www.coeliac.org.uk)

I have enclosed a photocopy of an information sheet: "Gluten-free checklist" which will provide you with additional information on how to avoid gluten, but if you have any further queries please do not hesitate to contact me. You can also contact Coeliac UK for information on their helpline 0870 444 8804, or email their diet and health team via their website.

Yours sincerely,