



Date

Dear Sir / Madam

I am writing to inform you that my child \_\_\_\_\_ has been diagnosed with coeliac disease and to request that while under your supervision, precautions are taken to help ensure that they don't suffer further symptoms.

\_\_\_\_\_ is currently in class \_\_\_\_\_ and being taught by \_\_\_\_\_.

The condition means their immune system reacts badly when they consume gluten and subsequently they must follow a strict gluten free diet in order to remain healthy.

I have already altered their diet accordingly and will be providing suitable foods for them to bring into school.

It is also important that those who supervise \_\_\_\_\_ are aware of what they should and should not be eating, as well as understanding the actions they should take on school premises to prevent contamination of non-gluten products with gluten.

#### What is coeliac disease?

Gluten is an ingredient in foods such as bread, biscuits, pizzas, pasta and pastry – when consumed it causes damage to the small intestine and other symptoms.

Please help by making sure they avoid foods containing the following:

- Wheat
- Barley
- Rye
- Contaminated oats
- Malt and malted barley

Foods that are suitable for sufferers clearly state that they are on the packaging, for example they may be labelled with:

- Gluten free
- Suitable for coeliacs
- Free from gluten

Additionally, please can your staff be aware about cross contamination as even the tiniest bit of gluten can be enough to cause symptoms in sufferers.

This is why we ask that school staff are careful to take preventative measures, such as:

- Washing down of surfaces
- Using separate butters and jams to minimise the risk of crumbs causing gluten to find its way into non-gluten foods

With a bit of care and the right diet we can ensure that they remain healthy and are able continue learning and growing up healthily.

**More detailed information about coeliac disease can be found at:**

[www.newburnbakehouse.com/about-coeliac-disease](http://www.newburnbakehouse.com/about-coeliac-disease)

If you would like to speak to me in more detail about this, please call me on:

Or you can email me at:

Thank you very much for your consideration.

Yours Sincerely,