Dear Teacher,

Kindly be informed that **[name]** has coeliac disease. **[He/She]** cannot come in contact with, eat, inhale or consume food or other material that contains gluten. Gluten is a dietary protein found in 3 types of cereal:

* Wheat
* Rye
* Barley

Coeliac disease (also known as celiac disease) is not an allergy but rather a condition where the person’s immune system starts attacking its own tissues when a coeliac person eats, swallows or inhales gluten. This reaction is triggered even by very small amounts such as ingesting a crumb, by inhaling flour (since when in raw form, flour is easily airborne), by someone touching **[his/her]** food with their hands after they have touched for example bread, or by using the same cooking utensils for cooking gluten containing food or same cutlery etc.

Some common foods which contain gluten are pasta, pizza, bread, biscuits and cake. Although some foods might not contain gluten per se, they might be produced, processed or packaged in an area where gluten is normally handled, hence with a possible risk of cross contamination. Therefore, persons with coeliac disease must know exactly what’s in the food they eat (i.e. individual ingredients especially for processed food). Gluten is also used in various items which one might not necessarily associate with food or gluten such as toothpaste and playdough.

For the above reasons, **[name]** eats only food which is clearly marked gluten free. Therefore, if distributing anything to the children, kindly check whether it is marked gluten free before giving it to **[name]**. Moreover, no flour can be used or handled in the same room where **[name]** is, as this tends to be easily airborne.

If a child brings birthday treats, again **[name]** cannot have it unless it is marked gluten free. If you are aware that a child is bringing treats which the children will be eating at the school, I would greatly appreciate it if you let me know beforehand so that **[name]** can also bring a treat and not feel left out.

Since this is not an allergy, other children can eat gluten containing food such as bread in **[his/her]** presence, as long as it is assured that **[name]** will not come in contact with any crumbs. Please make sure that after break, any crumbs are cleared away.

**[name]** has a good understanding on how to keep **[himself/herself]** safe when it comes to being coeliac. However, **[he/she]** might approach the adults/teachers if **[he/she]** feels unsafe or uneasy. Whilst keeping **[his/her]** healthy and safe is always the priority, steps taken in this regard should be done tactfully so that **[he/she]** does not feel marginalised.

Please do feel free to give me a call on **[mobile number]** should you wish to discuss the above or to check anything in this regard.

Many thanks