



Dear _____ Grade Teachers,

Hello! Our whole family is so excited about this year. My child, _____ has been thrilled with the orientation and first day of school. You all are obviously a wonderful team and we look forward to this year with great anticipation.

I am writing to let you know of a medical condition with_____. Some time ago, she/he was diagnosed with celiac disease. You may have great familiarity with this, but just in case, let me briefly explain. _____ cannot eat food that contains gluten, which is found in wheat (traditional flour), most oats (except those that are certified gluten-free), barley and rye, and their derivatives such as malt vinegar. This is an autoimmune disorder, and not a traditional allergy. Therefore, if there is an accidental exposure to gluten, she/he may become ill, but it will not be an immediate medical emergency (no shock, etc.). We want to make you aware of this so that if there are circumstances during the year where food is brought in from outside, she/he may decline it or ask questions about the ingredients. She/he is stalwart with her diet and very knowledgeable about ingredients.

If there is going to be outside food in the classroom, or particularly if there is an assignment related to preparing food, and if you know ahead of time, we would greatly appreciate it if you could let us know and we can bring a similar item that is gluten-free for _____ or make some other accommodation. One of the teachers has graciously given me permission to keep a plastic bag of "treats" (gluten-free cookies, gluten-free brownies) in the freezer with _____'s name so that if there is a spontaneous birthday celebration, etc., _____ can go and get a treat for herself/himself as well.

_____ is perfectly healthy and happy and we do not anticipate that this will affect her/his schoolwork or class participation in any way. Thank you in advance for your awareness of and sensitivity to _____'s celiac disease and gluten-free diet. It is our expectation that this will be largely transparent to you. However, if at any time you have any questions whatsoever, please feel free to call me any time. My phone number is _____.

Thanks again, _____

Parent of _____