



Dear _____ Grade Teacher

Hello. My child _____ is very excited about being in your class this year, and in the classes of the other _____ grade teachers, too. You all seem like a wonderful team, and orientation has been just great.

I am writing to let you know of a medical condition that _____ has. She/he has gluten sensitivity and requires a gluten-free diet for medical reasons. You may be familiar with this condition, 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. Even tiny amounts of gluten can be problematic and must be avoided.

Gluten sensitivity is 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 my child's condition 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. If flour or pasta is used for a class project, it may also need to be avoided. She/he is stalwart with the 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.

Thank you in advance for your awareness of and sensitivity to _____'s need for a 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 _____