



Important Notice

Dear Parents & Carers,

I would like to take this opportunity to talk to you about **Coeliac Disease** and the impact it has on one of the children in our school.

Coeliac Disease is an autoimmune condition. This is where the immune system - the body's defence against infection - mistakenly attacks healthy tissue. In Coeliac Disease, the immune system mistakes substances found inside gluten as a threat to the body and attacks them. This damages the surface of the small bowel (intestines), disrupting the body's ability to absorb nutrients from food.

General symptoms that can affect children on a daily basis include diarrhoea, abdominal pain, bloating, indigestion, constipation, fatigue as a result of malnutrition, unexpected weight loss, an itchy rash, nerve damage and disorders that affect co-ordination, balance and speech.

Long term effects can include; osteoporosis (weakening of the bones) and some types of cancers, such as bowel cancer.

As you may be aware **one of our children has a severe form of Coeliac Disease** and is highly vulnerable to any traces of Gluten. This is **NOT a dietary intolerance or preference**, it is a medical condition that impacts on her day to day life and has very serious consequences for her future.

Unfortunately this term we have been unable to keep the classroom completely Gluten free which has had an **adverse effect on her health and caused damage to her liver**.

As a school we are doing our best to keep gluten out of the classroom and to make a safe environment for her. We are trying different strategies to do this but;

WE NEED YOUR HELP!

Please do not bring any food into the nursery or put food in children's bags. Ensure your child has finished all food before they enter the building and please wait until you are off the school premises before giving your child a snack. Please ensure the same rule applies for siblings and adults entering the School. Cross contamination and miniscule traces of gluten can have a serious effect so it is important that we remain vigilant at all times.

We thank you for your co-operation.

Alex Kelly