

# School/Teacher – Sample Letter (Adapt for your child)

Dear **[Teacher]**

**[Child's name]** has an inherited condition, called PKU (phenylketonuria). This means that his/her body is unable to break down protein in the usual way. PKU is a rare, non-contagious condition, which, left untreated, can result in irreversible brain damage. Fortunately, PKU can be treated completely by a restricted diet.

**[Child's name]** has been on this diet from birth. Apart from needing a restricted diet he/she is exactly the same as other children in the class. He/she is no more likely to suffer illness than any other child and can participate in normal school/preschool activities.

PKU is different from an allergy. If a child with PKU consumes food he or she shouldn't eat, there is no immediate reaction, but there will be a build-up of debilitating effects over time. The treatment for PKU is a low protein diet plus a protein supplement. Exact proportions of protein are measured each day. In order for us to do this accurately, we would ask for assistance with the following, and for supervision at mealtimes:

- \* food should not be shared with other children
- \* only food provided by us should be given (or foods from the list of foods that we have authorised as OK)
- \* leftover food needs to be kept and brought home in the lunch box to help us in our daily calculations of the diet
- \* if the protein supplement is taken to preschool/school it should be treated as a medicine, and we would like to discuss putting a system in place to make sure it is taken.

If **[Child's name]** has eaten any food that has not been provided by us it is important we are informed that day, so we can make adjustments to the diet for the rest of the day.

Many thanks for your assistance. It is greatly appreciated.

Please contact us if you need more information.

Kind regards

**[Your name]**

**[Your phone number]**