[Your address]

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[Date]

[School's address]

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For the attention of the school manager, school nurse and SENCO:

[Child’s name] has a medical condition that affects their mast cells. Mast cells are part of the immune system, responsible for coordinating the immune response. In people with mast cell disorders, mast cells respond inappropriately and excessively to certain triggers. Many different things may cause a mast cell reaction, such as foods or ingredients, cleaning chemicals, stressful situations, weather or the environment. These are called “triggers”.

Exposure to triggers can lead to a range of allergic and inflammatory symptoms, which can affect several areas of the body. Symptoms can be unpleasant and embarrassing, but can also be extremely debilitating and even life-threatening. Reactions can be immediate or delayed.

My child’s mast cell disorder may impact their school life in several ways:

* Medicines need to be stored and taken at school – this includes regularly scheduled medicines and “rescue” or emergency medicines.
* Staff need to be prepared to respond urgently if certain symptoms appear.
* Catering or cleaning arrangements may need to be adjusted to minimise exposure to specific triggers at school.
* Special equipment may be needed in the classroom, such as a cushion or heat pad.
* In case of urgent or embarrassing symptoms, my child may need a private signal to excuse them from the classroom or have a quiet word with an adult.
* They may need support to keep up with work if they need time off because of their symptoms.

The enclosed documents go into more detail about my child’s specific mast cell disorder diagnosis, as well as their known triggers and symptoms. We would like to work with the school to ensure staff members have appropriate information and are confident in handling urgent or emergency situations involving my child.

More information on mast cell disorders can be found at: www.mastellaction.org  and https://ukmasto.org/.

Yours sincerely

[Parent or carer’s name]