



Living life with PKU

Dear Teacher,

..... has a rare inherited disorder known as Phenylketonuria or PKU, which prevents the body breaking down food proteins in the usual way. Left untreated, this non-contagious disorder causes damage to the brain. Fortunately, treatment has been initiated since birth by observing a strictly controlled diet.

It is critical that this diet continue to be maintained to avoid any debilitating effects. In all other respects, he/she is no different to any other teenager and is no more likely to suffer illness.

..... is very aware of how to manage her/his special diet. Exact portions of food are carefully measured. In order to do this accurately, she/he may need to bring from home special meals, or to eat from a list of permitted foods, which we can supply to the kitchen.

..... will also require a small amount of refrigeration space to store her/his special supplement *or substitute*.

Please contact us on if you need more information.

Your assistance is greatly appreciated.

Kind regards,