

Dear *[insert name of school principal, dean, or deputy]*

My name is *[insert name]* and my *[child/grandchild/sibling/niece/nephew*] is *[insert child’s name and classroom number].*

I am writing to ask that [insert school] gets behind Rare Disorders Month in March by having a non-uniform “Glow Up and Show Up for Rare” day to show support for families in our school community affected by rare disorders.

Rare Disease Day - a Global Day of Solidarity for people living with a rare disorder, is observed every year on the last day of February. In New Zealand we have taken that a step further by celebrating rarity throughout the month of March.

It’s not rare to have a rare disorder. In Aotearoa, more than 300,000 people live with one of over 7,000 rare disorders - and more than half of these people affected are children. That’s the equivalent of 1-2 students in every classroom.

[If applicable, Insert detail about a child affected by a rare disorder. Detail the everyday struggles they face, difficulties they’ve faced receiving a diagnosis and/or treatment, and what it would mean to them if the school got behind Rare Disorders Month. State that they are just one of many children in the school affected by a rare disorder].

**How can [insert school name] help?**

There are many ways your school could get involved and #GlowUpShowUp for the rare disorder community:

* Gold coin day and encourage dressing up in bright colours
* Morning tea
* Colour run
* Speech competition
* or a disco.

Rare Disorders NZ have put together resources to make it easy for schools to organise relevant and fun events, which you can view [here.](https://www.raredisorders.org.nz/get-involved/for-schools/)

Please let me know if you would like to receive a pack with everything you or your teaching staff need to organise an event for Rare Disorder Month. Temporary tattoos, event plans and printable posters are available for schools getting involved.

I would greatly appreciate *[insert school name]’s* involvement, and it would mean a lot to *[insert child’s name]* and the rest of the rare disorder community within the school. Please let me know if you have any questions or contact RDNZadmin@raredisorders.org.nz.

Please help us to #GlowUpShowUp for rare disorders.

Kind regards,

*[Insert name]*

Visit raredisorders.org.nz and follow @RareDisordersNZ to get involved and #GlowUpShowUp