(Assume parent/guardian sending email)

Dear Head teacher of [School name],

It has been brought to my/our attention that (Year\_/class\_) are currently learning about nutrition and diet in science.

I/We am/are writing to ask [School name] to consider vegan-inclusive practice when planning your nutrition and diet resources. My/Our child, [Child’s name], is vegan. I/We value the lesson objectives within this topic and would like my/our child to be able to take part in accordance with their beliefs.

You may or may not know, veganism is a protected philosophy and way of living which seeks to exclude – as far as is possible and practicable – all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose. From our perspective, other animals and products derived from them are not sources of food; therefore, (our/my) child (insert name) will feel uncomfortable taking part in this learning unless your teaching and resources are balanced.

**Inclusive**

As you will be aware, discrimination against vegans is prohibited under equality law.

To avoid discrimination, and so that the children do not miss out on this learning, could I/we please ask that you teach nutrition and diet based on the required nutrients e.g. ‘calcium is important for strong bones and good sources can be found in...’. Additionally, could I/we please request that (our/my) child (insert name) completes their nutrition activities using only plant-based foods.

**Bias**

Some resources online are misleading by suggesting meat, dairy and eggs are important food groups or essential for good health.

**Resources**

You may find this [Vegan Eatwell Guide](about:blank) useful.

If you would like any further information, [The Vegan Society](about:blank) has lots of useful resources and can support your staff in developing their vegan-inclusive practice with CPD accredited training.

A concise guide for educators on how to provide a vegan-inclusive education can be found [here](https://www.vegansociety.com/sites/default/files/uploads/downloads/TVS_Education%20Booklet_A5_DIGITAL.pdf).

I/We have not made this request lightly, as I/we know how hard you work and how far in advance you must plan your termly work and activities.

Thank you for reading this letter. I/We would be more than happy to work in partnership with you on any issues raised because of my/our request.

Yours sincerely,

[Sender name]