



This template letter gives you a guide on what you can write to your primary Headteacher.

As everyone's epilepsy is different, make sure you explain:

- **What your epilepsy looks like,**
- **How it makes you feel**
- **and how it effects your life – at school and beyond.**

**If you are able to, hand write your letter, we know your teachers would love to read it!
You can also update the text below to print or add to an email.**

Included in this template is a flyer that you can print or send to your school. It has more details on Purple Day and how Young Epilepsy supports children and young people. We also offer specific support and training to schools, so please let them know they can ask us any questions too.

Good luck!





Dear **[Headteacher's Name]**,

As you know, I live with epilepsy.

It can make me*(How does your epilepsy effect you? What do your seizures look like?)*

When I have a seizure it can make me feel.....*(How does your epilepsy make you feel?)*

Having epilepsy means that....*(Explain if there are any special things you need to do/ avoid doing, do you need to take any medicine? Are there things you need to be aware of, make others aware of. How does it affect your life each day? What is it like to have a seizure at school?)*

There is a special day every year called Purple Day, which will take place on **Thursday 26th March, 2026**. Purple Day is dedicated to raising awareness about epilepsy, educating people about the condition, and showing support.

I would love for **[school name]** to get involved in Purple Day this year by supporting **Young Epilepsy**.

There are lots of ways to get involved and Young Epilepsy have resources to help. We could **have an assembly, run a purple bake sale** or even **wear something purple** for a donation – we could even **[add your idea here]** !

Every penny raised on Purple Day goes towards supporting people living with epilepsy - just like me!

It would mean the world to me if our school can get involved and make a difference to everyone that lives with epilepsy on Purple Day.

Thank you!

[Name]

[Year Group / class name]



PURPLE DAY

Join #TeamPossible



Young Epilepsy



Get your school or group involved!

Download your fundraising pack



FREE training & resources for schools

