



## Secondary School Letter – Letter from a student

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

**As everyone's epilepsy is different, taking time to explain what your epilepsy looks like, makes you feel and how it effects your life can help your headteacher and school staff understand what the condition is really like for you.**

**You can update the text below or use it as a guide to write your own letter which can be printed or emailed to the school.**

**Good luck.**





Dear **[Headteacher's Name]** and School Staff,

My name is **[Name]**, and I am a student in **[Year Group]** at **[School Name]**. I am writing to you about something that is very important to me and many others across the country.

As you may know, I live with epilepsy, which is a condition that affects my brain and can sometimes cause seizures.

*(You may want to add in details about how your epilepsy affects you. How does a seizure feel? 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?)*

It can be challenging at times, but I am fortunate to have the support of Young Epilepsy.

However, not everyone with epilepsy has the understanding and support they need, and that's why I am reaching out to you today.

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

I would love for our **[school/ school name]** to get involved in Purple Day this year. Young Epilepsy do amazing work for children and young people by funding vital research, providing support and information, raising awareness, not to mention the dedicated support and training they provide for schools across the UK. This charity has helped me by **something about what you have done with us – joined a group of other young people living with epilepsy, helped me come to terms with this tricky condition, or given me hope that I can manage it and let me know that I am not on my own.**

There are lots of ways to get involved from **having an assembly, holding a purple bake sale, wearing something purple for a donation** or even **adding on donations to items sold in the cafeteria** - We really could do anything!

I believe that participating in Purple Day would not only show support for those living with epilepsy but also help foster a more inclusive and understanding environment at our school.

It would be great if our school could support Young Epilepsy and help make Purple Day 2026 a huge success! We can request our free fundraising pack at [youngepilepsy.org.uk/purple-day-schools-and-community-groups](http://youngepilepsy.org.uk/purple-day-schools-and-community-groups) or email [supportercare@youngepilepsy.org.uk](mailto:supportercare@youngepilepsy.org.uk).

Every penny raised for Young Epilepsy on Purple Day goes towards supporting children and young people living with epilepsy.

**[school/ school name]** participating in Purple Day would mean the world to me and I believe we could truly make a difference to this very important cause.

Thank you for taking the time to read this letter.





[Name]  
[Year Group]  
[School Name]



# PURPLE DAY

Join #TeamPossible



Young Epilepsy



## Get your school or group involved!

*Download your fundraising pack*



*FREE training & resources for schools*

