

The letter below was written by a PANDAS Network volunteer/PANDAS parent. It is an example of a letter a parent may send to a teacher informing them of their child's PANDAS. This letter is written for a child who is currently symptom free and in some form of remission. Even though a child may be doing well, some find it imperative to communicate with the school in hopes of keeping them well. Obviously, edit and personalize this as you see fit. It is only an example. I will refer to the child as Chris for this letter.

#### Letter to School while in Remission

Mr/Mrs. \_\_\_\_\_,

My child, Chris, will be in your class this year. Before the year starts, I wanted to take a moment to send some information out about an autoimmune disorder Chris has. This disorder is called PANDAS (Pediatric Autoimmune Neuropsychiatric Disorder Associated with Strep). PANDAS has been referred to as Rheumatic Fever of the brain. Chris is currently in remission, meaning HE/SHE CURRENTLY DOES NOT HAVE ANY PANDAS SYMPTOMS. However, it is important that this topic is addressed in the event that he/she does become sick this school year.

With PANDAS, early detection is key. Behavior changes occur when PANDAS surfaces. These changes may include tics, OCD, separation anxiety, sensory issues, ODD (oppositional defiance disorder), change in handwriting and math skills, ADHD, and more. For Chris, his/her main symptoms in the past have included (list past symptoms here with an example of an OCD tendency that may occur at school, if that was present). Please realize this may NOT surface this school year. But we do need those who spend time with him/her, to be aware of any behavior changes so we can assess them at home and see if he/she needs to go to the doctor. If PANDAS symptoms were to resurface, in the school environment you may see the behaviors cited above or other things that one would consider odd and/or inappropriate for age. If you are at concerned about anything you see, please don't hesitate to let me know. It is best to err on the side of caution. I ask, if you should ever be diagnosed with strep during the school year to please let me know.

Again, Chris is currently fine and healthy. He/She functions as any other (age) year old. If I didn't inform you of this, you would have never have guessed that he/she had an autoimmune disorder. There are no limitations to what he/she can do. I simply ask you to be part of our "team" to keep Chris healthy and keep his/her autoimmune disorder in check. If we keep strep away and keep him/her healthy, all will remain well.

If, by chance, you would like to speak to me in person regarding this matter, please let me know and we can arrange a time.

An informative website on PANDAS that may be of benefit is [www.pandasnetwork.org](http://www.pandasnetwork.org).

Thank you for your time and understanding.

Sincerely,  
NAME