

DEAR FRIENDS AND CLASSMATES



I may need to eat frequently outside of break times and lunch. I hope you understand.



If you see me unwell, please help me let the teacher know.



The amount I eat each day will vary depending on my condition.



I cannot handle a lot of carbohydrates and sugar like bread and sweets, but I would still like to be included in birthday celebrations with my classmates

**If you have any questions, feel free to ask.
Thank you!**