

Dear Head teacher,

Re: Support for children and young people with migraine in school

The Migraine Trust is the health and medical research charity for migraine in the UK. We fund research, provide evidence-based information, campaign for and support people affected by migraine.

Migraine is a complex neurological condition with a wide variety of symptoms. It is highly prevalent and can be extremely disabling.

Government guidance on supporting pupils at school with medical conditions recommends that schools should ensure that arrangements are in place to support children with medical conditions, such as making sure they have an individual healthcare plan. A healthcare plan identifies a child's specific medical needs and the support they require from the school while under school supervision. For children whose migraine has a significant impact on them in school, a healthcare plan may be beneficial for them.

Migraine may be considered as a 'disability' under The Equality Act 2010 in some cases. This will depend on the severity and frequency of the attacks and the impact the condition has on the individual. The Act defines disability as: 'a physical or mental impairment which has a substantial and long-term adverse effect on one's ability to carry out normal day-to-day activities.' Reasonable adjustments can be put in place to make sure that children with migraine are not put at a substantial disadvantage in school when compared to pupils without a disability. A pupil's GP/ neurologist/ headache nurse is able to provide information and advice based on the individual's circumstances. It is important that adjustments and support reflect the fluctuating and episodic nature of the condition.

More information is available from our website at [www.migrainetrust.org](http://www.migrainetrust.org). If we can be of any further support to you, your staff and pupils please contact us on 020 7631 6973 or email [advocacy@migrainetrust.org](mailto:advocacy@migrainetrust.org).

Yours faithfully,

Helen Balami  
**Advocacy Officer**