

Kia ora

I am writing to you to ask that **[insert school]** gets behind Rare Disease Day in March to show support for families in your school community affected by rare disorders.

Rare Disease Day - a Global Day of Solidarity for people living with a rare disorder, is observed every year on the last day of February. In New Zealand, to show support for the rare community we like to **Glow Up and Show Up for Rare** to help bring rare disorders out of the darkness and into the light. In 2025 Rare Disease Day falls on a Friday – the perfect day to do something fun to Glow Up at school!

It’s not rare to have a rare disorder. In Aotearoa, more than 300,000 people live with one of over 7,000 known rare disorders - and more than half of those affected are children. That’s the equivalent of 1-2 students in every classroom.

Rare Disease Day is also the day that Rare Disorders NZ, the collective voice for rare disorders in NZ, kicks off it’s Rare Disorders Month campaign. So, if 28th February isn’t suitable for your school calendar, any day in March is a good day to celebrate rarity!

**How can [insert school name] help?**

There are many ways your school could get involved and #GlowUpShowUp for the rare disorder community:

* Gold coin day and encourage dressing up in bright colours
* Colour run/ Disco
* Speech competition

On Rare Disorders NZ’s website you can find more ideas and resources to make it easy to organise relevant and fun events at your school, which you can view [here.](https://raredisorders.org.nz/get-involved/for-schools/)

Please let me know if you would like to receive a pack to support your event for Rare Disorder Month. Temporary tattoos, event plans and printable posters are available for schools getting involved.

Please let me know if you have any questions.

Kind regards,

Visit raredisorders.org.nz and follow @RareDisordersNZ to get involved and #GlowUpShowUp **#DoRightByRare #RareDisordersMonth #GlowUpShowUp**