Dear [add school or teacher name here],

I am writing to recommend a resource which I think would help support neurodivergent pupils in our school.

NEST (NEurodivergent peer Support Toolkit) helps mainstream secondary schools set up and run peer support groups for neurodivergent pupils. NEST has been co-designed by researchers at the University of Edinburgh, neurodivergent young people, and a neurodiverse group of adults. It is research-informed and has been successful in other schools in Scotland.

NEST groups can help neurodivergent pupils make friends, share similar experiences, learn about neurodiversity, explore their own neurodivergent identity, feel a sense of belonging in school, and have fun in a comfortable environment. The groups can also help the whole school learn more about neurodiversity. NEST group activities fit with the Curriculum for Excellence: Health and Wellbeing (Mental and Emotional Wellbeing, Social Wellbeing, Physical Wellbeing, and Planning for Choices and Changes) and a Getting It Right for Every Child approach.

The NEST resources include a handbook with all the information schools need to set up and run a NEST group and lots of additional resources to help plan and carry out activities together. All the resources are free to download and use. You can find out more about NEST and download it from their website: <https://salvesen-research.ed.ac.uk/research/nest-neurodivergent-peer-support-toolkit>.

I think neurodivergent pupils at our school could really benefit from a group like NEST and hope you will consider looking into it.

Best wishes,

[Add your name]

[Add your class or contact details]