

Friday, 17<sup>th</sup> October 2025

Dear Parent/Carers

As part of our PSHE lesson next week the children will be offered a chocolate from a Heroes tub. The lesson will look at deferred gratification and whether or not the children find it easy or difficult to say no to themselves.

Those requiring gluten-free, lactose-free or nut-free will be offered NOMO. If you have any further concerns regarding specific allergies or the options we have indicated then please speak to your child's class teacher.

Kind regards

The Y6 Team