

Dear Parents,

As part of our Well Being Day activities, the children will be participating in a chocolate meditation. The purpose of the meditation is to encourage your child to be mindful of the product they are going to taste. Can they resist the temptation through thoughtful reflection?

Could you please let your child's teacher know if your child has any allergies to chocolate or if they are unable to participate in this activity for any reason.

Thank you

Leila Vahidi and Libby Cockram

Pupil Voice Leads