VAUXHALL PRIMARY SCHOOL

Vauxhall Street, London, SE11 5LG
Executive Headteacher: Mr Christopher Toye
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Thursday 22nd October 2026

Dear Parents and Carers,

At Vauxhall Primary, we are committed to supporting the health, wellbeing and learning of all our children. A healthy lunch helps children maintain their concentration, energy levels and readiness to learn throughout the school day.

As a diverse school community, we celebrate the many cultures, traditions and foods that make our school special. Whether your child brings a packed lunch or enjoys a school meal, we encourage choices that support a healthy and balanced diet.

We would like to remind families that packed lunches **must not contain**:

- Confectionery or sweets
- Chocolate bars
- Juice
- Fizzy drinks
- Energy drinks

We encourage packed lunches to include a balance of fruit, vegetables, carbohydrates and protein, together with plain water as the main drink (water is available in school). Where possible, please try to limit foods that are high in sugar, salt and saturated fat, such as crisps.

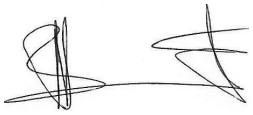
For healthy packed lunch inspiration, please visit:

- Change4Life lunchbox ideas: NHS Healthier Families

We would also encourage families to consider our **FREE school meals service** (reception to year 6), which provides nutritious, balanced lunches that meet strict national nutritional standards. School meals offer children a wide variety of foods and are carefully planned to support healthy growth and development. The current menu can be viewed here: Autumn/Winter Lunch Menu.

Yours sincerely

Miss Vanessa Bennett



Headteacher

For and on behalf of Vauxhall Primary School