

VAUXHALL PRIMARY SCHOOL



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Dear Parents and Carers,

5th September 2023

Re: Healthy packed lunches

Article 24: Children have the right to good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy’.

To promote healthy eating we will regularly and discreetly monitor the content of packed lunches. I am writing both to clarify our expectations on packed lunch and also so that parents can better understand and adhere to the requirements.

There is an increasing issue with childhood obesity in England and tooth decay in London in particular and we want to support parents as much as possible to make healthy choices for their children’s meals. There is also a clear link between a high sugar intake and poor behaviour, which we seek to protect our children from. We recognise that it can sometimes be confusing to see what some children are allowed to have who eat school lunches compared with packed lunches so I would like to clarify this further.

Our school kitchen has to adhere to very strict nutritional guidelines about what can and cannot be included in school meals. This includes any salt, sugar and saturated fats. All menus compiled by our school kitchen must meet these standards and all recipes are scrutinised for their nutritional content. This means that although the children will sometimes have puddings, cakes or chips for example, these are sourced and cooked in a healthier way and are presented as part of a balanced menu over the week.

We understand that it is sometimes hard to explain this to children, who may see their friends as being allowed to have something on school meals that they are not, as packed lunches, but we can control the sugar, salt and fat content of school lunches in a way that we cannot with packed lunches. To clarify our rules for packed lunches: **Packed lunches should not include:**

- Salted snacks such as crisps.
- Confectionery such as chocolate bars, chocolate spread, sweets and chewing gum
- Meat products such as sausage rolls, individual pies, corned meat and sausage/chipolatas should be included only occasionally (no more than twice a week)
- Fizzy or sugary drinks (22.5g sugar per 100g is high (5g /100g is low)

You can find some healthy packed lunch ideas [here](#).

Yours faithfully,

Miss V Bennett

Acting Headteacher

