



South Bank Primary School
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Dear families,

As Wellbeing Ambassadors at South Bank Primary School, we are passionate about helping everyone make healthy choices that support our growth, energy, and learning. One important way we can all contribute is by packing healthy lunches for our children.

A healthy packed lunch gives pupils the fuel they need to concentrate and enjoy their day at school. We encourage lunches that include:

- Fresh fruits and vegetables for vitamins and energy
- Whole grain options like bread, wraps, or crackers to keep energy steady
- Protein sources such as lean meats, cheese, eggs, or plant-based alternatives for growth and repair
- A healthy drink like water or milk to keep hydrated

We kindly ask parents to limit sugary snacks and drinks, as these can cause energy dips and affect concentration.

We know that packing a healthy lunch can sometimes be challenging, so here are a few simple ideas:

- Add carrot sticks or cucumber slices with a small pot of hummus
- Include a piece of fresh fruit, like an apple or banana
- Try a sandwich with wholegrain bread and lean filling such as chicken or cheese
- Swap sugary drinks for water or milk

By working together, we can help all pupils develop healthy habits that last a lifetime. Thank you for supporting our school's commitment to wellbeing and healthy eating.

If you have any questions or would like more ideas, please feel free to contact the school.

With best wishes,

The Wellbeing Ambassadors
South Bank Primary School