



Whitkirk Primary School – Healthy Lunchbox Policy

'Be the best that we can be'

1. Policy Statement

At Whitkirk Primary School, we are committed to promoting the health, wellbeing and personal development of all children. Through our curriculum, including our One Life programme, we teach pupils the importance of making healthy choices and developing lifelong habits that support physical and mental wellbeing.

We recognise that parents and carers are responsible for deciding what their child eats. This policy aims to support families by providing clear guidance about packed lunches and ensuring that all children have access to a nutritious lunch that helps them learn, concentrate and thrive throughout the school day.

Our vision, "Be the best that we can be", includes supporting children to make positive choices for their physical health, mental wellbeing and lifelong development. Healthy eating plays an important role in helping children achieve this.

2. Aims

This policy aims to:

- Promote healthy eating habits across the school community.
- Support children's health, wellbeing and learning.
- Encourage packed lunches that reflect the principles of the School Food Standards.
- Reduce foods and drinks that are high in sugar, salt and saturated fat.
- Support our allergy management arrangements and help keep all pupils safe.

3. What We Encourage in Packed Lunches

We encourage packed lunches to include:

A healthy main item

Examples include:

- Sandwiches, wraps, pitta breads or bagels
- Savoury muffins or homemade alternatives

Whitkirk Primary School Templegate Walk, Leeds, West Yorkshire LS15 0EU

☎ 0113 2606203 ✉ office@wps.rklt.co.uk 📱 WhitkirkPrimarySchool www.whitkirk.org

Headteacher: Miss G Quarmby



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- Leftovers such as pasta dishes, rice dishes or other balanced meals

Fruit and vegetables

Children should be encouraged to bring at least one portion of fruit or vegetables each day.

Examples include:

- Apples, bananas, grapes or berries
- Carrot, cucumber or pepper sticks
- Cherry tomatoes
- Dried fruit (in moderation)

Dairy or dairy alternatives

Examples include:

- Cheese
- Yoghurt
- Fromage frais
- Fortified dairy alternatives

A drink

Children should bring:

- Water

Water is freely available throughout the school day.

4. Foods We Ask Families Not to Include

To support healthy eating and minimise allergy risks, we ask parents and carers not to include:

- Sweets
- Chocolate bars
- Fizzy drinks
- Energy drinks
- Chewing gum

Nut-Aware School



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Due to pupils and staff with severe allergies, Whitkirk Primary School is a nut-aware school.

Parents and carers are asked not to send:

- Nuts
- Peanut butter
- Nut-based spreads
- Products containing whole nuts

Whilst we cannot guarantee a completely nut-free environment, we work together to minimise risk and keep all members of our community safe.

5. Special Dietary Requirements

We recognise that some pupils may have allergies, medical conditions, cultural requirements or dietary preferences that influence food choices.

The school will work closely with families to ensure appropriate arrangements are in place for children with specific dietary needs.

6. Roles and Responsibilities

Parents and Carers

Parents and carers are responsible for providing a packed lunch that follows the guidance within this policy and for informing school of any medical or dietary needs.

Pupils

Pupils are encouraged to:

- Make healthy choices.
- Eat respectfully during lunchtime.
- Not share food or drinks with others.

School Staff

Staff will:

- Promote healthy lifestyles through the curriculum.
- Encourage healthy choices.
- Support allergy management arrangements.
- Raise concerns with parents sensitively if there are ongoing concerns about a child's nutrition or wellbeing.

7. Monitoring and Review

The school will promote healthy packed lunches through education, communication and partnership with families. We will not routinely inspect lunchboxes but may

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contact parents where there are concerns regarding a pupil's nutrition, safety or medical needs.

This policy will be reviewed annually or sooner if guidance changes.

Reviewed Date: September 2026 **Next Review Date:** July 2028

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