

# Whitecote Primary School

Headteacher: Frances Stead

Telephone: 0113 2164800

Website: [www.whitecoteprimary.co.uk](http://www.whitecoteprimary.co.uk)

Twitter: @whitecote

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Wellington Grove

Bramley, Leeds

LS13 2LQ

8<sup>th</sup> July 2026

Dear Parents and Carers,

## Packed Lunch Changes

As part of our ongoing commitment to promoting healthy lifestyles and ensuring the safety of all children, we will be introducing an updated Packed Lunch Policy from September 2026.

This change reflects updated expectations from the Department for Education and strengthens our approach to keeping children safe and well.

### Key Changes

From September, the following will apply to **all** packed lunches:

#### Allergen Safety

- Whitecote will become a nut-free school
- This includes all nuts and nut-based products (e.g. peanut butter, Nutella, cereal bars containing nuts)
- This is essential to protect children with severe allergies

#### Drinks

To support healthy habits and dental health, children should bring **water only** in their packed lunch.

The following will not be permitted:

- Fizzy drinks
- Energy drinks
- Sugary drinks
- Squash
- Fruit juice cartons and smoothies

Acceptable drinks include:

- Plain water

#### Food Items Not Permitted

We will also be removing the following items from packed lunches:

- Chocolate and sweets
- High-fat or high-salt savoury snacks (e.g. crisps, similar packet snacks)

### Working Together

We know that preparing packed lunches can be a daily task for families, and we appreciate your support in helping us create a consistent, healthy approach across school.



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Further guidance and examples of suitable packed lunches will be shared before the end of term to support you with these changes.

Our aim is to ensure that all children:

- Eat a balanced, nutritious meal at lunchtime
- Develop healthy habits for the future
- Learn in a safe environment where medical needs are carefully protected

We recognise that some children may have specific dietary requirements due to a medical condition, allergy, intolerance or other identified health need. If this applies to your child and you feel that adjustments to the Packed Lunch Policy may be required, please contact the school office to arrange a discussion with a member of the leadership team. To ensure we can meet your child's needs safely and consistently, we may ask for supporting medical evidence from a healthcare professional. We are committed to working closely with families to support children with genuine medical dietary requirements while maintaining a safe and healthy environment for all pupils.

Thank you for your continued support.

Yours sincerely,

Frances Stead

Headteacher



Artsmark  
Gold Award  
Awarded by Arts  
Council England

