

# YEADON WESTFIELD JUNIOR SCHOOL



## Packed Lunch Guidance

We welcome our duties under The Equality Act 2010 to eliminate discrimination, advance equality of opportunity and foster good relations in relation to the protected characteristics of all stakeholders including age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion and belief, sex or sexual orientation.

We recognise the Public Sector Equality Duty to assess the impact of our policies and practices on staff and pupils and take action to remove any obstacles identified across all areas of school life, including Policies.

We believe that every person has a fair and equal opportunity to succeed, regardless of their age, gender, ethnicity, ability or cultural or religious background, sexuality, or disability. We embrace all aspects of global citizenship and community cohesion, promoting British Values throughout all aspects of school life, actively tackling prejudice or extreme views.

This school is committed to safeguarding and promoting the well-being of all children and expects our staff and volunteers to share this commitment.

Yeadon Westfield Junior School is required to keep and process certain information about its staff members and pupils in accordance with its legal obligations under the General Data Protection Regulation (GDPR). The school may, from time to time, be required to share personal information about its staff or pupils with other organisations, mainly the LA, other schools, and educational bodies, and potentially children's services. This policy is written in line with our agreed policy for GDPR.

Review - July 2026

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## **Aim of the guidance**

To ensure that all packed lunches brought and consumed in school provide pupils with a healthy, balanced and nutritious lunch, promoting equality for all pupils.

## **National and Local Guidance**

This guidance has been written to reflect the School Food Standards that were revised in January 2023. It has been written to reflect 'The Eatwell plate' model of healthy eating and supports key outcomes of the School Food Plan. The guidance supports Ofsted's commitment to assess pupils' knowledge of how to keep themselves healthy and also supports our school's ethos of healthy eating.

## **Eating Arrangements**

Pupils bringing a packed lunch will eat together but will be provided with free fresh drinking water. We therefore request that parents/carers do not place drinks such as juice into packed lunches.

## **Special diets and allergies**

It is acknowledged that some special diets may not allow lunchboxes to comply with policy. The school will work with all families to ensure that lunchboxes are as healthy and nutritious as possible and will agree alternatives where possible.

Please inform the school of any special dietary requirements in writing, supported by a letter from a GP when possible.

## **Monitoring**

Our food ambassadors will carry out monitoring of the contents of packed lunches. Healthy packed lunches will be acknowledged and reward with positive praise. We will not sanction unhealthy packed lunches or stigmatise children who are unable to meet the guidance.

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## **How we will support the guidance**

Pupils and parents who regularly struggle to provide a healthy packed lunch in line with school guidelines will be supported sensitively on an individual basis. If discouraged items are found in the lunch boxes, the school will remind pupils parents/carers with a quiet word when the child is picked up from school. We will support pupils through education and practical learning in the curriculum. We will ensure that messages with our School Food Policy are consistent and in line with this guidance.

## **Review**

We welcome pupils and parents/carers to discuss the contents of the guidance with school at any time and offer ways to help improve healthy eating.

## **Sharing the Packed Lunch Guidance**

We will send home a copy of the guidance to new parents and a reminder of where to find it on our school website.

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## **The recommend government guidance**

Eating a balanced diet is important for a child's growth and development. A healthy, enjoyable lunch gives the energy a child needs to learn and play at school. We recommend that ever packed lunche contains one food from each of these groups everyday:

### Fruit and vegetables -at least one portion!

Try to include three different fruits and three different vegetables each week.

Options can include fresh, tinned (in natural juices) or dried.

There are lots of different colours and creative ways to present them so they are more appealing

### Starchy food

Such as bread (wraps, pittas, bagels) pasta, rice, couscous, noodles, potatoes etc.

Include whole grain variety at least once a week. You could try 50:50 bread or mix white and whole grain pasta/ rice together.

### Dairy food

Such as milk, cheese, yoghurt, fromage fraise, custard etc.

Check the labels on yoghurts as many are high in sugar. Choose yoghurts containing real fruit where possible. Freezing yoghurts is a great way to keep lunchboxes cool they'll defrost by lunch time.

### Non-dairy protein

Meat, fish, eggs and pulses (beans, lentils, hummus etc.)

Try to include a variety. This could include chicken, ham, tuna, beans, lentils, houmous, soya, Quorn, tofu, eggs, beef, chickpeas, salmon, mackerel, sardines.

The following foods are not recommended in school:

Confectionary, sweets, chocolate bars, cereal bars, anything coated in chocolate

Fizzy drinks

Nuts any products containing nuts as we have children with nut allergies

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## **An example of a weekly packed lunch menu:**

### **Monday**

- Double-decker sandwich with ham (reduced salt) and salad
- Mini blueberry muffin
- Mixed dried fruit
- Kiwi
- Bottle of water

### **Tuesday**

- Tuna pasta salad (with spring onion, green pepper and cherry tomatoes)
- Fresh fruit salad with low-fat fromage frais
- Slice of banana cake
- Apple juice, unsweetened

### **Wednesday**

- Mexican chicken wrap
- Carrot sticks and baby corn
- Mixed fruit salad
- Slices of malt loaf
- Yoghurt drink

### **Thursday**

- Spicy beans and vegetables
- Mini pitta pockets
- Raspberries
- Low-fat fromage frais
- Fruit smoothie (made with semi-skimmed milk)

### **Friday**

- Tinned salmon salad baguette (with cucumber, lettuce and low-fat plain yogurt)
- Flapjack with dried apricots
- Orange
- Bottle of water

There are other menu ideas on:

<http://www.nhs.uk/change4life/Pages/healthy-lunchbox-picnic.aspx>