



Westmorland Primary School

Westmorland Drive,
Brinnington,
Stockport
SK5 8HH
Tel: (0161) 406 9405

February 13th 2026.

Dear Parents and Carers,

At Westmorland, we are committed to ensuring that every child has the best possible foundation for learning. Following the Department for Education's (DfE) updated Food and Nutrition Guidance 2025, schools have been given increased responsibility and ownership over the nutritional standards of ALL food consumed on site. This includes a clear mandate for schools to monitor and, where necessary, intervene to ensure that packed lunches meet essential health requirements.

New Requirements from Next Half Term

Starting from the first day of the next half term, 23/02/2026, we will be implementing a formal Healthy Packed Lunch Policy. If your child brings a packed lunch to school, we will require that it aligns with the DfE's nutritional standards.

Our Role and Responsibility

The 2025 guidance emphasises that the responsibility for nutritional oversight lies with the school. In order to support our students' health, wellbeing and concentration during lessons, staff will be monitoring lunchboxes daily to ensure the policy is adhered to. If a packed lunch consistently falls short of the healthy eating guidelines (for example, containing excessive sugary snacks, fizzy drinks, or fried or highly processed foods), we will reach out to discuss how we can support you in providing a more balanced alternative.

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Headteacher: Martin Henderson

headteacher@westmorland.stockport.sch.uk





The Easiest Way to Stay Compliant: Switch your child to our school Meals.

To take the stress out of morning preparations and ensure your child meets these new standards effortlessly, we strongly encourage you to consider our school-cooked meals. Our lunches are freshly prepared on-site every day and are packed with kids' favourites. Every meal is a healthy, balanced hot dinner that includes a delicious pudding, there is always a choice, all designed to meet the DfE's strict nutritional requirements. I have also sent a sample menu for after half term. Please phone the school office at the start of the new term if you would like your child to receive a school dinner. They will be able to start immediately.

- **For those entitled to Free School Meals but not currently taking them:** There is no better time to switch. Your child will receive a high-quality, hot, multi-course meal every day at no cost to you and you will save yourself money.
- **For all other families:** We are delighted to celebrate a reduction in the cost of school meals to just £13.75 per week. At only £2.75 per day for a full hot meal and dessert, this is significantly cheaper than the average cost of buying and making a compliant, healthy packed lunch at home.

What a Healthy Packed Lunch must contain

If you choose to continue providing a packed lunch after half term, it must include:

- **A "main meal" element;** a sandwich, crackers, pasta, rice, or potatoes.
- **Vegetables, yoghurt or Fruit:** At least one portion.
- **ONE snack or treat item:** packet of crisps or cake
- **A Healthy Drink:** Water or semi-skimmed milk.

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The DfE has introduced these measures because the link between nutrition and classroom performance is undeniable. We are here to support you in this transition.

Thank you for your cooperation and for working with us to prioritise your child's health and wellbeing, looking forward to seeing you all in the new half term.

Kind regards,

Martin Henderson

Headteacher

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