

Jamison High School

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An Outstanding Comprehensive High School



NEWSLETTER

February 2021

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CALENDAR EVENTS		
WEEK 4B		
February 16	Tuesday	Year 12 Parent Connect
February 16	Tuesday	P&C Meeting
February 18	Thursday	School Photos
WEEK 5A		
February 26	Friday	Year 7 Vaccinations
WEEK 6B		
March 1 - 3	Monday - Wednesday	Year 7 Camp
March 2	Tuesday	Year 10 Parent Connect
WEEK 7A		
March 9	Tuesday	Year 7 Parent Connect
WEEK 8B		
March 16	Tuesday	White Card Course
March 16	Tuesday	P&C Meeting
March 16	Tuesday	Year 8 & 9 Parent Connect
March 17	Wednesday	Cross Country

WHO'S WHO

PRINCIPAL

Mr Glyn Trethewy

DEPUTY PRINCIPALS

Mrs Clarinda Oliveux
Mr Luke Grahame

SCHOOL CAPTAINS 2021

Grace Lees
Nicklas Lusch

SCHOOL VICE CAPTAINS 2021

Sara Baburi
Katie Meier
Rhiannon Paget
Tyler Consolacion
Liam Firth
James Hewitt



PRINCIPAL'S REPORT



Principal's Report

I extend a warm welcome back to the Jamison High School community for 2021. With COVID restrictions impacting on the activities we would normally run, we continue to adapt our programs to support learning for your children. We are still in the position that we have to limit visitors to the school and as such we are unable to hold our large parental meetings through our Parent Connect program. We are still planning these events in the anticipation that restrictions may ease further. We are also adapting these programs and taking some of them online.

It was a pleasure to welcome Year 7 students and families on day one of the school year at our assembly and we look forward to the year ahead. This was the first occasion that we had been face to face since our open night in February 2020. We were also able to run our swimming carnival, albeit it restricted to competitors and Year 7 and 12 students only. Staff reported what a positive day the carnival was with lots of house spirit and the house competition well under way for 2021. For new families to the school, students from the winning house, after all competitions and school events are tallied, will be invited to attend the Big Day Out. This is a highly anticipated excursion at the end of the year which involves a trip to the movies.

We return this year on the back of some very impressive Higher School Certificate results from the class of 2020. In a year of disrupted learning, our students demonstrated considerable resilience and determination to complete their studies. We are proud of all students who graduated and achieved their Higher School Certificate last year. The school had 33 students achieve a Band 5 or 6 result in their subjects, with students overall achieving a total of 10 Band 6 and 61 Band 5 results. This is a very pleasing result and is testament to the hard work and dedication of both students and staff over their time at Jamison High School, as well as the support of our families.

It was a pleasure to welcome back the high achievers and their guests at the Honour Assembly last Tuesday to celebrate their outstanding achievements. Special mention needs to be made of our Dux for 2020, Ella Too. Ella achieved an ATAR of 92.3 and has been successful in gaining a scholarship to Western Sydney University where she will complete a degree in Advanced Social Science. I would also like to acknowledge that we had three students achieve an ATAR above 90 with Tayla James achieving an ATAR of 91 and Mico Mo achieving an ATAR of 90. In further success, Connor Burke had his major work from Industrial Technology selected for display in Shape. This is an exhibition of the best major works from all Design and Technology subjects completed across all courses. From a challenging and disrupted year, we are very proud of these results and it is something to celebrate as a school community.

There have been a few staffing changes for 2021 and we welcome Ms Ross back to the PDHPE Faculty, Ms Rigney to the Human Society and its Environment Faculty, Ms Gonzaga to the English Faculty, Mr Chapman to Industrial Arts, Ms Vidler and Ms Bourke to our Support Faculty and Ms Maroun to the PDHPE Faculty. With staffing changes still to be finalised we will continue to adapt our whole school timetable and we expect some minor changes in coming weeks.

I can now confirm that all the planning and preparation for the new build at the school is coming to a completion and the construction of the new multipurpose sports facility is scheduled to start in early May. This will mean a significant area of the front grassed area will become a building site while the new facility is constructed. In preparation for this we are looking at modifying our community room to a sports fitness facility to be used by all classes from Year 7 to 12. When the design is finalised, we will present it to our community at a P&C meeting. I want to acknowledge the contribution of Warren Apap from our P&C for his input throughout the planning and design phase.

PRINCIPAL'S REPORT CONT.

We are currently finalising our Strategic Improvement Plan for 2021 to 2024. Key areas in this include attainment in the HSC, improvement in Reading and Numeracy components of NAPLAN, improved performance and achievement of our Aboriginal students and supporting student voice in the school through our U Matter program, stronger attendance rates and the Student Representative Council. As we finalise the Strategic Improvement Plan this term, parental information and advice will be sought through forums including our Parent Connect program and our Parents and Citizens association. To support these areas our school has appointed four NAPLAN mentors who are working with class teachers in designing and developing activities specifically targeting improvement in reading and numeracy. Throughout the year our mentors will be working with small groups of students to target improvement in literacy and numeracy and drive improvement in student achievement. In preparation and to further target this support, our Year 7 students will undertake some online testing in Literacy and Numeracy through the *Best Start Program* in coming weeks. This will provide a snapshot of student learning and enable teachers to make decisions about personalising learning as they transition to Jamison High School.

We are also targeting improved attendance. To do this we have refined our attendance procedures for the year ahead. If your child is absent or late to school it is important that we receive notification of the reason for their absence. We use an SMS system to notify you of any absences and you can respond to the text message to explain the absence. If your child is away, our Homeroom teachers will also be chasing up unexplained absences and sending notes home. You can help us by replying to the communication from the school promptly, informing us of the reason and duration of absences. Written notes explaining absences are to be handed to the Homeroom teacher on the day students return.

A reminder that our school day commences at 8:25am when we ring a bell signalling students should move to Homeroom. At 8:30am we ring another bell and it is expected that all students are in the room for attendance to be marked. Students who arrive after 8:30am are deemed as late and will need to have the partial absence explained. Please ensure your child arrives by the specified time. Our Homeroom and U Matter programs are important initiatives that support student wellbeing.

We have been requested by our Police Liaison to remind parents and students of a few matters. The wearing of masks on public transport is mandatory for children over the age of 12. This includes school bus routes. We ask that your child is provided a mask to wear on public transport so that we can help keep our community safe. Advice is provided elsewhere in this newsletter regarding the mandating of face masks. In addition, we are aware of an increase in the availability and use of vapes within our society. As this is a relatively new technology that is highly addictive and has negative health impacts, we want to highlight that selling of vapes and e-cigarettes to people under 18 years of age is illegal and that smoking and vapes are banned items at Jamison High School. Information on vapes is provided elsewhere in this newsletter.

Finally, I would like to invite our parent community to our first Parents and Citizens Association meeting for the year. The meeting will be held in the Community Room on Tuesday 16 February at 6pm. All parents are welcome and I extend a special invite to our new Year 7 families. These meetings are important as parents are able to be informed about the programs and procedures that operate in the school. The P&C also work very closely with the staff and through fundraising, are able to purchase equipment and fund initiatives at the school to benefit students.

Glyn Trethewy

Principal Jamison High School

DEPUTY PRINCIPAL'S REPORT



Deputy's Desk

The 2021 school year is off and running and we look forward to embarking on another successful year of learning to ensure ***success for every student, in every classroom*** at Jamison High School. We would like to take this opportunity to welcome our new Year 7 students and their families to our Jamison High School Community.

Welcome to our Year 7 group! They have settled in well and have navigated around the school with the assistance of Year 10 Peer Support Leaders. The Year 7 Student Camp is in Week 6 (March 1-3)

and parents of our Year 7 students are invited to the Year 7 Parent Connect event on Tuesday 9 March, 2021. More details will follow on how this event will be conducted.

Success for every student, in every classroom, is our continued focus. As Deputies, we look forward to providing opportunities and guiding our school community to ensure a culture of learning throughout the school, whilst focusing on the importance of wellbeing and achieving excellence in all areas.

The school year is off to a flying start and we have already seen:

- The Honour Assembly, where we celebrated the outstanding academic achievements of our 2020 HSC students.
- The Year 11 Learning Conference and virtual Parent Connect for our parents of Year 11 students to assist in their HSC goals
- TAFE, TVET, EVET and SBAT courses begin and offering a diverse curriculum for our Year 10, 11 and 12 students to assist them transition into post school life.
- A wonderful 2021 Swimming Carnival where Year 7, Year 12 and competitors from Years 8-11 had a fantastic day at Ripples Penrith.

Jamison High school offers a diverse curriculum and range of opportunities to maximise student learning. Initiatives underway this year include U Matter – Mentoring Success Plans for every student, various STEM projects, an Innovative Technologies focus, excursions and enrichment experiences and our continued commitment to sporting, cultural, and transition opportunities for all members of our school community.

In order to ensure students are able to make to most of all learning opportunities, we do ask that every effort is made for appointments to occur outside of school hours. While we understand that this is not always possible, your cooperation in this matter is appreciated which leads to less missed class time for your child.

We look forward to supporting the learning journey of our students during the 2021 school year.

Clarinda Oliveux

Deputy Principal
Years 7, 9 & 11



Luke Grahame

Deputy Principal
Years 8, 10 & 12

COVID-19 REQUIREMENTS

In the interests of community safety and in response to requests from our local Police Youth Liaison we share the following information.

Public Health Act

The Public Health (COVID-19 Mandatory Face Coverings) Order 2021 was amended commencing 29 January 2021.

A **fitted face covering** is a mask or other covering that fits securely around the face and is designed or made to be worn over the nose and mouth to provide the wearer with protection against infection. A scarf is not a fitted face covering.

Requirement to wear a fitted face covering

Public transport

A person in Greater Sydney must wear a fitted face covering at all times when:

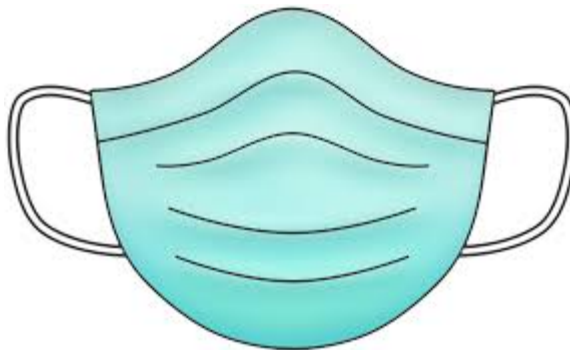
- (a) at a public transport waiting area, or
- (b) when the person is in a vehicle, train or vessel that is being used to provide a public transport service and the vehicle, train or vessel is carrying passengers or is in service and available to carry passengers.

Public transport service includes a taxi service, rideshare service and community transport service. A public transport waiting area is a station, including the platform, of a passenger railway station or light rail station/stop, a ferry wharf, a bus stop or taxi rank.

Exemptions

There are a number of exemptions to these rules:

- A person under 12 years
- A person with a physical or mental illness or condition, or disability that makes wearing a fitted face covering unsuitable



NSW Department of Education

COVID-19 requirements

for visitors,
contractors
and service
providers



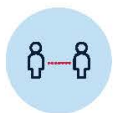
Stay at home when unwell

Do not attend the school if you are unwell, even with the mildest of symptoms. COVID-19 symptoms include fever, cough, sore or scratchy throat, shortness of breath, or loss of smell or taste.



Practise good hygiene

- Wash your hands or use hand sanitiser regularly.
- Avoid shaking hands when greeting people.
- Cover your nose and mouth when coughing or sneezing with your elbow or a tissue. Put tissues in the bin.
- Clean tools and equipment in between uses and when sharing with others.
- Use personal protective equipment when required.



Maintain physical distance

Maintain 1.5m physical distance from other people while on the school site at all times.



Keep our school environment clean

Leave working and learning spaces clean and tidy. Wipe down any high-touch surfaces or workspace area following use with a suitable cleaning product.



Contractors and service providers

All businesses and organisations delivering services and programs within our school must comply with Public Health Orders and have a COVID-19 Safety Plan as required.

Acknowledgement

Before visiting school grounds I acknowledge:

- I agree to comply with COVID-19 requirements for visitors, contractors and service providers (as outlined on this page).
- I am well and have no COVID-19 symptoms.
- I have provided my contact details to the school so I can be contacted in the event of a health or other emergency.
- I agree to comply with and follow all safety, policy and procedural requirements in place at the school.
- For **contractors and service providers** – I will work in compliance with the contractor and service provider requirements (identified above).

SWIMMING CARNIVAL

Our first sporting event for the year was a huge success. What a great day for a swimming carnival. The sun was shining and there were lots of enthusiastic students participating in both competitive and non competitive events. Staff and students had lots of fun and worked hard to get house points. Congratulations to Maxwell who were the carnival winners.

The zone swimming carnival will be held on Tuesday 23rd February 2021 at Glenbrook Pool, information and notes will be available soon.

Thanks

Kelly Cotterill
PDHPE Teacher
Jamison High School



ATTENDANCE MATTERS

FREQUENTLY ASKED QUESTIONS

What time does school start?

School **starts at 8:25**. Students are to make their way to home room at the sound of this bell. All students should be seated in home room by the 8:30 bell. A student who arrives after the 8:30 bell, must report to the office to sign in.

"So, my child is sometimes late for school - does it matter that much?"

School is usually the first place where children are made aware of the importance of regular timekeeping.

Arriving early will boost your child's confidence for the day, and set them in the right frame of mind for learning and achievement. If a child arrives late the whole class is disrupted and the teacher has to repeat the same things over and over again-losing valuable teaching time. Punctuality and good attendance will always be important—at school now and later at work.

Help to make sure your child is given a good start in life by ensuring they arrive at school on time.

What Do I Do If My Child is Late to School?

You may do any of the following:

1. Accompany your child to the front office and provide a verbal explanation
2. Phone the school to provide a verbal explanation
3. Send a written explanation with your child when they arrive to school on the day they are late

What to do if my child is persistently late?

If your child is persistently late, they will be interviewed by their mentor or year advisor and an improvement program will be implemented. Consequences may be imposed if there is no improvement made.

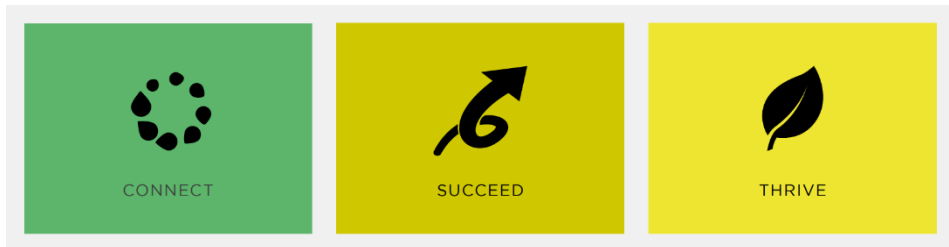
What can I do to help my child?

Below are some common reasons for students arriving late to school and what you can do to support your child:

Overslept	→ Have a back-up plan in case the alarm fails to go off
Late Night	→ Go to bed early - <i>save the late nights for the weekend</i>
Can't find my ... <i>shirt, book etc</i>	→ Be organised and have everything ready to go the night before
Dawdling on the way to school	→ Walk faster!
Stopping off at the shops	→ Leave the shops by 8:15
Missed the bus	→ Parent to ring the school, written explanation to follow
Appointment <i>e.g dentist, driving test</i>	→ Do your best to avoid scheduling appointments during school hours



Wellbeing @ JHS



In 2021 we will be welcoming back many of the external wellbeing providers that we worked with last year to run programs for our students. These programs are a valuable tool to support students and provide them with information and strategies that they can use to support their wellbeing and encourage them to act as responsible citizens in the school community. If your child is selected, they will be sent home with a permission note and you will be contacted by the Year Adviser or Head Teacher Wellbeing with more information.

During 2021 we will be running the following programs:

Police Youth Liaison Officer Presentations

On the 25th February students in years 7-10 at JHS will receive a visit from our local Police Youth Liaison Officer. They have been invited to the school to address issues that students face each year. The talk will cover the following areas:

- Cyber safety
- Drug and alcohol awareness
- Impact of fighting

We look forward to welcoming the Police Youth Liaison Officer into our community and providing our students with relevant information and strategies to assist their ongoing education.



Whole Year Group Programs

Last year, Jamison High School ran a whole year group wellbeing program for Years 7-10, delivered by Creating Chances. Year Advisers identified priority areas of wellbeing across individual year groups and a tailored program was delivered, including a number of different workshops for each area identified. We are excited to offer this program again in 2021. Some of the issues explored in the workshops included: self-awareness, cooperation, empathy, communication, teamwork, conflict management, problem-solving, decision making and online awareness. The program was a success with many students and teachers reporting that they enjoyed the day and students found the workshops engaging and fun. Communication will be sent out to the JHS community closer to the dates that the program will be delivered so stay tuned!

Term Programs

This year we will be running programs for selected students across year groups. The following programs will be delivered in 2021:

Term	Cohort	Program
2	10 Mixed	Future Pathways – Creating a Roadmap to Post-School Success
3	8 Boys	Creating Champions – Sport for Personal Development
3	9 Girls	Coaches – Creating Leaders & Community Connections
4	9 Boys	Coaches - Creating Leaders & Community Connections

More information will be provided closer to the dates if your child is selected for the program.



Bridging the Gap has been assisting young people to overcome behavioural, emotional and employment barriers since 1984. Their passionate team of social workers and youth workers deliver Youth Development Programs in Primary and High Schools in Penrith and surrounding areas. The group programs cover a range of topics and aim to build resilience, emotional intelligence, and interpersonal skills for students. The programs that run at JHS include, SRC Leadership, Managing the Bull, Rage, Get That Job and ICan. Programs will be starting in Term 2, 2021. If your child is selected, you will be sent further information closer to the program date.



Youth Frontiers Mentoring Program

Youth Frontiers is an initiative of the NSW Government that targets students aged 12-16 years, with the capacity to benefit from the support of a mentor. Each year, more than 1,200 young people have the opportunity to participate in the program.

Young people participating in **Youth Frontiers** are matched with mentors who spend at least 35 hours over six months supporting them to achieve their goals. The program gives mentees an opportunity to build life skills and self-confidence through mentoring support and by undertaking a community engagement activity.

We have a group of students across year groups who started the program when we were able to have onsite visitors last year. They will continue the program this year.

We are currently looking for other programs to support our students. Updates will be made available in upcoming newsletters and on the school Facebook page!



Changes in your child or young person's mental health can affect their schooling and relationships, however support is available for school students experiencing mental health concerns.

Please let your school know if your child or young person has presented at or been admitted to hospital for mental health issues so they can discuss further support.

You or an advocate can talk to the Principal, Deputy Principal, Year Advisor, Head Teacher Welfare or School Counsellor/Psychologist to develop a plan.

Ask your school for help with:

- Keeping your child or young person safe.
- Returning to school following a mental health crisis.
- Identifying school staff your child or young person can talk to.
- Developing an individual support plan to help stay connected with school during tough times. This might include flexibility around school hours, homework or catching up with school work.
- Accessing support from the school and outside agencies.

Services that can help

Ambulance, Police or Fire
Dial 000 (Triple 0)

Kids Helpline
1800 55 1800

Lifeline
13 11 14

Mental Health Line
1800 011 511

Suicide Call Back Service:
1300 659 467

headspace (12-25 year olds)
1800 650 890 or eheadspace.org.au

beyondblue
1300 22 46 36

Online Chat:
beyondblue.org.au/get-support/get-immediate-support

Poisons Information NSW
13 11 26

E-CIGARETTES

Information provided in the interests of managing student health and wellbeing.

We are increasingly aware of the prevalence of Vapes within the community. We take this issue seriously due to the negative health effects vaping can have on young people who are often unaware of the risks associated with it.

Vaping is the act of inhaling a vapour produced by an e-cigarette or electronic vaporiser. This vapour can contain nicotine and other substances. The devices are small and can easily be hidden in a pocket or a bag. The most popular disposable vapes resemble large USB sticks or highlighter pens.



The examples of vapes (as pictured above) contain 5% nicotine which is the equivalent of a strong pack of cigarettes or 300 puffs. Nicotine is addictive and can harm brain development. It can also impact learning, memory and attention.

Selling of vapes and e-cigarettes to people under 18 years of age is illegal.

The vape device and accessories are a prohibited item at Jamison High School, during the school day and when in school uniform. Vaping, selling vapes or being in possession of vapes could result in a suspension. Students who are in the company of others who vape will be regarded as equally guilty in aiding and abetting those vaping.

We are asking parents to be informed and speak to their children about this ongoing concern, for them to make positive decisions for themselves. Additional information to support parents and students can be found at <https://www.health.nsw.gov.au/tobacco/Pages/e-cigarettes.aspx>

CANTEEN MENU



healthycanteens.com.au

High School Canteen Menu



healthycanteens.com.au

SANDWICHES

HAM & CHEESE <i>E</i>	\$3.5
HAM, CHEESE & TOMATO <i>E</i>	\$4.0
SWEET CHILLI CHICKEN LETTUCE, SWEET CHILLI MAYO <i>E</i>	\$4.5
CHICKEN, LETTUCE & MAYO <i>E</i>	\$4.5
CHEESE & TOMATO <i>E</i>	\$3.5
EGG & LETTUCE <i>E</i>	\$4.0
CURRIED EGG & LETTUCE <i>E</i>	\$4.0
TUNA LETTUCE & MAYO <i>E</i>	\$4.0
SALAD LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT <i>E</i>	\$4.5
CHICKEN, CHEESE & TOMATO <i>E</i>	\$4.5
CHICKEN CAESAR CHICKEN, LETTUCE, CAESAR DRESSING <i>E</i>	\$4.5
HAM SALAD LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT <i>E</i>	\$4.5

WRAPS

	SGL	DBL
SALAD LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT <i>E</i>	\$3.0	\$5.5
SWEET CHILLI CHICKEN LETTUCE, SWEET CHILLI MAYO <i>E</i>	\$3.0	\$6.0
CHICKEN, LETTUCE & MAYO <i>E</i>	\$3.0	\$6.0
CHICKEN CAESAR CHICKEN, LETTUCE, EGG, CHEESE <i>E</i>	\$3.5	\$6.5
HAM SALAD LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT <i>E</i>	\$3.5	\$6.5

SALADS

WATERMELON WATERMELON CHUNKS <i>E</i>	\$4.5
FRUIT FRESH SEASONAL FRUITS <i>E</i>	\$5.0
SWEET CHILLI CHICKEN LETTUCE, TOMATO, SWEET CHILLI <i>E</i>	\$6.0
CHICKEN CAESAR CHICKEN, COS, EGG, CROUTONS, CHEESE <i>E</i>	\$6.0
GARDEN LETTUCE, TOMATO, CAPSICUM, CARROT, BEET ROOT <i>E</i>	\$5.0
CAESAR COS LETTUCE, EGG, CROUTONS, CHEESE <i>E</i>	\$5.0
CREAMY CHICKEN PASTA <i>E</i>	\$5.0
PERI PERI CHICKEN SALAD <i>E</i>	\$6.0
HAM SALAD <i>E</i>	\$6.0
CHICKEN SALAD <i>E</i>	\$6.0

CRUNCHY BREAD ROLLS

SALAD <i>E</i>	\$5.0
SWEET CHILLI CHICKEN 2X TENDERS, LETTUCE, SWEET CHILLI MAYO <i>E</i>	\$6.0
HOT CHICKEN & GRAVY <i>E</i>	\$6.0
CHICKEN, LETTUCE & MAYO <i>E</i>	\$6.0
PERI PERI CHICKEN SALAD <i>E</i>	\$6.0
HAM SALAD <i>E</i>	\$6.0
HOT N SPICY CHICKEN SCHNITZEL WITH LETTUCE & MAYO <i>E</i>	\$6.0

SUSHI ROLLS

	x1
TERIYAKI CHICKEN <i>E</i>	\$4.0
VEGETARIAN <i>E</i>	\$4.0
TUNA <i>E</i>	\$4.0

DRINKS

POPPER JUICE 250ML <i>E</i>	\$2.0
WATER 600ML <i>E</i>	\$2.5
OAK MILK 300ML <i>E</i>	\$2.5
OAK MILK 500ML <i>E</i>	\$4.5
ALOE VERA 500ML <i>E</i>	\$4.0
ICE TEA 500ML <i>E</i>	\$4.0
PUMP WATER 750ML <i>E</i>	\$4.0
PUMP FLAVOURS 750ML <i>E</i>	\$4.5
UP N GO 250ML <i>E</i>	\$3.0
HOT CHOCOLATE <i>E</i>	\$2.5
MINERAL WATER 475ML <i>E</i>	\$3.5
ICE BREAK COFFEE 500ML <i>E</i>	\$4.5
SOFT DRINK 375ML NO SUGAR <i>O</i>	\$2.9
POWERADE 600ML NO SUGAR <i>O</i>	\$4.5
SOFT DRINK 600ML NO SUGAR <i>O</i>	\$4.5

BREAKFAST BEFORE 9:30AM

COLD & FRESH

SEASONAL FRUIT <i>E</i>	\$1.2
WATERMELON BOWL WATERMELON CHUNKS <i>E</i>	\$4.5
FRUIT SALAD FRESH SEASONAL FRUITS <i>E</i>	\$5.0
YOGHURT <i>E</i>	\$3.5
MUFFINS HOMEMADE ASSORTED FLAVOURS <i>O</i>	\$3.5

HOT FOOD

HASH BROWN <i>O</i>	\$1.5
CHEESE WRAP TOASTED <i>E</i>	\$3.0
HAM & CHEESE WRAP TOASTED <i>E</i>	\$3.5
HAM, CHEESE & TOMATO WRAP TOASTED <i>E</i>	\$4.0
BACON & EGG ROLL WITH SAUCE <i>O</i>	\$4.5
TOASTED SANDWICHES ASSORTED SPECIALS DAILY <i>E</i>	\$3.5

FOOD CODING

E EVERYDAY RATED *O* OCCASIONAL RATED ALL ITEMS ARE HALAL (EXCEPT PORK BASED PRODUCTS)

SNACKS

POPCORN	\$1.0
CHIPS 28GM	\$2.0
PIRANHA SNAPS	\$2.5
COLD	
SNAP APART ICE BLOCKS	\$1.0
FROZEN JUICE CUPS	\$1.5
JELLY CUP	\$2.0

EXTRAS

SAUCE PORTIONS	\$0.4
GRAVY	\$0.5
SOUP CREAM	\$0.5
CHEESE	\$0.5
OTHER	
CONTAINER & LID	\$0.5
UTENSILS	\$0.1

SWEET

BROWNIE	\$1.0
BANANA BREAD	\$2.5
BROWNIE BREAD	\$2.5
SLICES NOT ALL SCHOOLS	\$2.5

FEBRUARY

Foods Of Asia

MARCH

Salad Sensations

MAY

HCA Gives You Wings

JUNE

Jumbo Baked Potato

JULY

Homemade Lasagna

AUGUST

Made In America

SEPTEMBER

Mexican

OCTOBER

Italian Favourites

NOVEMBER

Greek Souvlaki

DECEMBER

Wrap Up The Year

HOT BITES

HOT & SPICY CHICKEN WINGS <i>E</i>	EACH	\$1.5
	x4	\$5.0
CHICKEN TENDERS SWEET CHILLI CHICKEN <i>E</i>		\$2.0
GARLIC BREAD LOAF <i>E</i>		\$2.5
CUP OF NOODLES TOM YUM, BEEF, CHICKEN, VEGETARIAN <i>O</i>		\$3.5
CHICKEN BREAST NUGGETS <i>O</i>	x6	\$4.0
HOT DOG WITH SAUCE (CHICKEN) <i>O</i>		\$3.5
POTATO WEDGES WITH SAUCE <i>O</i>		\$4.0

NACHOS

BEEF BEEF MINCE WITH CHEESE - SOUR CREAM SOC <i>O</i>	\$5.0
VEGETARIAN SALSA, LETTUCE, CHEESE - SOUR CREAM SOC <i>O</i>	\$5.0
THE LOT BEEF MINCE, LETTUCE, TOMATO, CHEESE, SOUR CREAM <i>O</i>	\$6.5

PASTRIES WITH SAUCE

SAUSAGE ROLL <i>O</i>	\$3.8
MEAT PIE <i>O</i>	\$4.5
SPINACH & RICOTTA ROLL <i>O</i>	\$4.5
CHILLI BEEF & CHEESE PIE <i>O</i>	\$4.8
POTATO PIE POTATO & BEEF <i>O</i>	\$4.8

RICE - PASTA - NOODLES

DAILY	REG	LGE
BUTTER CHICKEN OUR FAMOUS RECIPE & RICE <i>E</i>	\$4.0	\$6.0
PASTA BOLOGNESE RICH BEEF SAUCE <i>E</i>	\$4.0	\$6.0
FETTUCINE CARBONARA WITH CHICKEN <i>E</i>	\$4.0	\$6.0
BEEF LASAGNA HOMEMADE BEEF <i>E</i>	\$6.5	
PRE ORDER	REG	LGE
TERIYAKI CHICKEN STIR FRY WITH RICE <i>E</i>	\$6.0	
CURRY CHICKEN WITH RICE <i>E</i>	\$6.0	
FRIED RICE <i>E</i>	\$4.0	\$6.0
ROASTED VEGETABLES PASTA FRESH TOMATO SAUCE <i>E</i>	\$6.0	
VEGETARIAN LASAGNA GLUTEN FREE <i>E</i>	\$5.2	



NO FEES

\$2
MINIMUM
PURCHASE

BURGERS

CHICKEN BURGER WITH LETTUCE & MAYO <i>E</i>	\$5.0
CHICKEN & CHEESE BURGER WITH YOUR CHOICE OF SAUCE <i>E</i>	\$5.0
HOT N SPICY CHICKEN BURGER DEVIL FILLET & LETTUCE <i>E</i>	\$5.5
CHEESE BURGER BEEF, CHEESE, TOMATO SAUCE <i>E</i>	\$5.5
AUSSIE BURGER BEEF, LETTUCE, TOMATO, BEETROOT, BBQ SAUCE <i>E</i>	\$5.5
VEGETARIAN BURGER PREMIUM VEGETABLE PATTIE & SALAD <i>E</i>	\$5.5

TOASTED WRAPS

SWEET CHILLI CHICKEN WITH CHEESE <i>E</i>	\$5.0
BBQ CHICKEN & CHEESE WITH BBQ SAUCE <i>E</i>	\$5.0
MEXICAN SPICY CHICKEN WITH CHEESE <i>E</i>	\$5.0

HOMEMADE PIZZA

CHEESE WITH FRESH TOMATO PIZZA SAUCE <i>E</i>	\$4.0
PEPPERONI WITH CHEESE & FRESH TOMATO PIZZA SAUCE <i>E</i>	\$5.0
BBQ CHICKEN WITH BBQ SAUCE <i>E</i>	\$5.0

DONER KEBABS

DONER KEBAB & CHEESE <i>E</i> WITH BBQ SAUCE	\$6.5
DONER KEBAB & SALAD <i>E</i> LETTUCE, TOMATO, ONION CHEESE + SOC	\$7.5

SNACK PACKS

DONER KEBAB MEAT <i>E</i> WITH SALAD OR WEDGES CHEESE + \$1	\$8.0
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* AUTHENTIC DONER MEAT *

GLUTEN FREE OPTIONS

RICE - PASTA - NACHOS

	REG	LGE
BUTTER CHICKEN OUR FAMOUS RECIPE & RICE	\$4.0	\$6.0
PASTA BOLOGNESE RICH BEEF SAUCE	\$4.0	\$6.0
LASAGNA VEGETARIAN	\$5.2	
NACHOS BEEF OR VEGETARIAN	\$5.5	

WRAP-SANDWICH-SALAD-BURGER

ANY WRAP GLUTEN FREE WRAP + FILLINGS	\$6.0
ANY SANDWICH GF BREAD - ADD SOC TO REGULAR PRICE	FROM \$4.0
ANY SALAD GLUTEN FREE DRESSINGS + TOPPINGS	\$6.0

UNIFORM SHOP



Jamison High School UNIFORM SHOP Price List

NAME: _____ YEAR: _____ DATE: _____ REC# _____

	ITEM	PRICE	SIZE	QTY	TOTAL INCL GST
Girls	JNR Girls Blouse	35.00			
	SNR Girls Blouse	35.00			
	Girls Shorts	37.00			
	Girls Skirt	42.00			
	Grey Slacks	40.00			
Boys	JNR Boys Shirt	35.00			
	SNR Boys Shirt	35.00			
	Boys Shorts	37.00			
	Chino Trousers Beltloop/elastic Waist	40.00			
Unisex	JNR Wool Jumper	72.00			
	SNR Wool Jumper	72.00			
	Corporate Casual Pants	40.00			
	Microfibre Jacket	65.00			
	JNR Fleecy Top	32.00			
	SNR Fleecy Top	32.00			
	JNR Sky Polo	36.00			
	SNR White Polo	36.00			
Sports	Sports Shorts	32.00			
	Sports Shirt	38.00			
Accessory	Apron	09.50			
	Cooking Hat	06.50			
	School Hat	11.00			
	Socks Reg 5pk	20.00			
	Socks Ankle 5pk	20.00			
	School Tie	20.00			
	Girls Tights	09.50			
	Eco Bag	01.00			

Tuesday 12:30-4:30pm & Friday 7:30-11:30am CLOSED SCHOOL HOLIDAYS

Shop ph# 0422888364 (during shop opening hours)

Purchase Online: daylightsportswear.com/jamison
Pickup from Uniform Shop

MASTERCARD VISA EFTPOS NOW AVAILABLE, CHEQUES NOT ACCEPTED. NO LAYBY.

* Prices are subject to change without notice