

Jamison High School

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An Outstanding Comprehensive High School



NEWSLETTER

OCTOBER 2018

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CALENDAR EVENTS

	TERM 3	
WEEK 3B		
October 29 th	Monday	HSC Exams Continue
October 30 th	Tuesday	Max Potential Showcase
October 30 th	Tuesday	Pathways to Dreaming UWS Workshop Day
WEEK 4A		
November 1 st	Thursday	Transition PSPS
November 1 st	Thursday	Yr 9 Junior Spring Dance
WEEK 5B		
November 6 th	Tuesday	Yr 8 IT UWS Excursion
November 6 th	Tuesday	Whitecard Training
November 7 th	Wednesday	WSU Day Parramatta Campus

WHO'S WHO

PRINCIPAL

Mr Glyn Trethewy

DEPUTY PRINCIPALS

Mrs Julie Tegart
Mr Luke Grahame

SCHOOL CAPTAINS 2018

Bailey Sims
Amanda Schembri

SCHOOL VICE CAPTAINS 2018

Hannah Chang
Kayla Godeschalk
Harrison Lodge
Kenesse Polutele
Arshbir Singh
Oliver Smith

PRINCIPAL'S REPORT



Principal's Message

At the end of last term we celebrated Year 12 Graduation in our school hall. The ceremony was very well attended by our community as parents and family were keen to celebrate the success and achievement of students as they graduated from school. Fast forward to this term and Year 12 have returned to a very different environment in the school hall, which is now the Higher School Certificate examination room. We wish all Year 12 students every success as they sit these important examinations and prepare for life beyond school.

As our Year 11 students move into Year 12 we have implemented a new initiative to support student learning. Last week teacher mentors interviewed every Year 11 student to develop an individualised HSC Mentor Plans. These plans set out goals for the coming year and are something that we will revisit with students throughout the Higher School Certificate year. These plans will be issued to students next week.

Students at Jamison continue to impress and take on opportunities to develop a wide range of skills. Next week two of our students, Tayla McDonald and Connor Burke, will showcase their leadership and communication skills as they present their leadership journeys in developing a community-based initiative through the Max Potential Program. Both students have worked with groups beyond the school to develop and coordinate their projects. Our school has benefited from these projects with Tayla initiating a Chill Out Zone for students in our School Library to access at recess and lunch and Connor, who worked with the Cancer Council, raising awareness of the risk of skin cancer with students.

I am also in a position to announce that the school has been successful in being selected to nominate one student to be part of the 2019 Premier's Anzac Memorial Scholarship tour. In 2019, the Scholarship will fund a study tour for 20 students from selected schools to travel to Germany, France and Belgium during September and October. Students will visit the battlefields where Australians fought to learn about the causes of the First and Second World Wars, and to commemorate their service. The opportunity is open to a history student in Year 10 or 11 who will be over 16 by the tour date. Further details of this program will be distributed to students in coming weeks. We look forward to supporting students through this application process.

Brock Hand from Year 11 and our 2019 School Captain has also been successful in being selected to be part of the Panthers on the Prowl Kokoda Leadership Project. In November and December of this year he will walk the legendary Kokoda Trail in Papua New Guinea. The leaders of the tour will include Charlie Lynn (OAM), a man whose name is synonymous with Kokoda, and Panthers NRL legend, Royce Simmons amongst others.

At the start of term we also welcomed a new canteen operator. Healthy Canteens Australia were successful through the tender process to take on operations of the Jamison High School Canteen. The new menu and service has proven popular with students. They offer eftpos facilities for student convenience and have a wide selection of menu items. The menu and price list for the canteen is published later in this newsletter.

Finally, as previously announced, the school has now moved to a communication and finance program called School Bytes. We are currently starting to send selected invoices for school excursions and contributions via email to parents. The advantage of this system is that it links directly to the online payment portal at Westpac Bank, enabling a quick, easy and safe payment method for parents. Please inform the school if you have recently changed your email address so that we can update our system and make a successful transition to this program. Payment will still be received through the front office for parents who do not wish or unable to use the online portal payment system.

Glyn Trethewy
Principal

DEPUTY PRINCIPAL'S REPORT

Deputy's Desk



Term 4 is always a very busy time of the year in any school and Jamison High School is no exception.

We have certainly hit the ground running. We have held two very successful Parent Connect Evenings already. The first being Our 'Back to the Future' evening for our Year 7 2019 parents and students.

Parents were given the opportunity to experience 21st Century learning in the modern classroom. They also had an opportunity to develop their understanding of our BYOD (Bring Your Own Device) policy. The second evening gave our Year 12 (2019) parents and students the opportunity to understand how to best manage the increased workload faced in the HSC year.



Years 12 (formally Year 11) have commenced their HSC courses in all subjects and all work now is examined in next year's HSC exams. Therefore, it is important that they have regular attendance and develop good organisational skills.

A large number of our **Year 10** students are just about to undertake Work Experience. This gives students a valuable snapshot of the workplace and allows them to observe and develop entry level work place skills. It also gives students the opportunity to experience the workplace and make informed decisions about possible career paths.

Year 9 Core Exams commence on the 22nd of November and are held over two days in the school hall. A number of these students have also been involved in peer support training and will be working with our incoming Year 7 students early next year in order to make them feel welcomed and a part of the Jamison High School community.

Year 7 and 8 are in the middle of completing their final exams and assessment tasks for the year and are reminded to maintain their focus and enthusiasm in class for the remainder of the year. Students are reminded that this is a very important part of their schooling and should be preparing by doing regular revision at home and ensuring all assessment work is complete and submitted by the due date. If your son or daughter is sick on the day of an exam you **MUST** contact the school and take them to the Doctors for a Doctor's Certificate dated the day of the illness (exam).

Term 4 sees the school recognise our students who continually display our values of safety, respect and aspiration as learners. As part of our Positive Behaviour for Learning program a number of students from each year group will have the opportunity to participate in various 'reward' excursions such as the 'Roar and Snore' camp to Taronga Zoo or a visit to the Darling Harbour Zoo.

Finally Term 4 is a very busy term with many activities occurring. It is important to maintain a focus on our core values of **SAFE, ASPIRING, RESPECTFUL, ASPIRATIONAL LEARNERS**. This will ensure we continue to uphold the standards of Jamison High School.

Deputy Principals Julie Tegart and Luke Grahame

KOORI CATCH UP

"Some of our wonderful SRC and Year 9 leaders were given the opportunity to participate in a Leadership workshop this term through Bridging the Gap program. The students all actively engaged, got to know each other a bit more and began to plan how to better our school in the future."



PDHPE REPORT

Recently a note was sent home advising of the Aquatics Program 2018

Year 10 Instructors Training at Ripples St Marys
Tuesday 20/11/2018 and Friday 23/11/2018

Swim School Week 8

Year 7 – Monday 3/12/18, Tuesday 4/12/18 and Wednesday 5/12/18

Year 8 – Thursday 6/12/18 and Friday 7/12/18

Year 10 Instructor notes due to the PE Staffroom by Friday 9/11/18

Any questions see Mr Gillett (PD/H/PE)

STUDENT HEALTH

Student Health Reminder

There are a number of offsite activities occurring in Term Four, please ensure that your child's healthcare forms are up to date and where needed, they are carrying in date epipens, ASCIA Plans and asthma medication.

If you have any concerns or require more information, please contact the school office on 47316150.

Kelly Morton
Student Health Coordinator



HEALTH ALERT - CHICKENPOX

We received notification that a student at Jamison High has been diagnosed with chickenpox. The case is limited and the risk of infection is very low.

Please be aware of the symptoms for chickenpox. Chickenpox usually begins with -

- Slight Fever
- Runny Nose
- Fatigue
- Skin Rash

As chicken pox is contagious, we urge you to keep your child home from school and seek medical advice if symptoms arise. Should you require any additional information the following link from the Department of Health is quite useful -

<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/Chickenpox.aspx>

CANTEEN MENU

SALADS

	REG	LGE
EVERYDAY		
WATERMELON (e) WATERMELON CHUNKS	\$ 3.0	\$ 4.0
FRUIT (e) FRESH SEASONAL FRUITS	\$ 3.0	\$ 4.5
GARDEN (e) LETTUCE, TOMATO, CAPSICUM, CARROT, ONION, BEETROOT	\$ 4.5	\$ 5.5
SWEET CHILLI CHICKEN (o) TENDERS, LETTUCE, TOMATO, CHEESE	\$ 5.5	\$ 5.8
CHICKEN CAESAR (e) COS LETTUCE, EGG, BACON, CHOUTONS, CHEESE	\$ 5.8	
TUESDAY		
VIETNAMESE NOODLES (e) CHICKEN, CARROT, RED ONION, HERBS	\$ 3.5	\$ 5.8
WEDNESDAY		
CHICKEN PASTA (e) CHICKEN BREAST, CARROT, CAPSICUM, RED ONION	\$ 3.5	
THURSDAY		
TANDOORI CHICKEN (e) CUCUMBER, COS LETTUCE, TOMATO	\$ 5.5	
FRIDAY		
TANDOORI CHICKEN (e) CUCUMBER, COS LETTUCE, TOMATO	\$ 5.5	

ALL SALADS ARE AVAILABLE EVERYDAY IF YOU PRE ORDER BEFORE 9AM

SANDWICHES

Egg & Lettuce (e)	\$ 3.5
SALAD (e) LETTUCE, TOMATO, CUCUMBER, CARROT, BEETROOT, RED ONION	\$ 3.5
CHEESE & TOMATO (e)	\$ 3.5
CHICKEN, LETTUCE & MAYO (e) CHICKEN BREAST	\$ 3.5
HAM (e) PREMIUM HAM, CHEESE, TOMATO OR HAM & CHEESE	\$ 3.5
CHICKEN, CHEESE & TOMATO (e)	\$ 3.5
SWEET CHILLI CHICKEN (o) TENDERS, LETTUCE, SWEET CHILLI MAYO	\$ 4.0
TUNA (e) LETTUCE, MAYO	\$ 4.0
HAM SALAD (e) LETTUCE, TOMATO, CUCUMBER, CARROT, BEETROOT, RED ONION	\$ 4.0
TANDOORI CHICKEN (e) CUCUMBER, LETTUCE	\$ 4.0

WRAPS

	SGL	DBL
SALAD (e) LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT, RED ONION	\$ 3.0	\$ 4.5
CHICKEN, LETTUCE & MAYO (e) CHICKEN BREAST	\$ 3.0	\$ 5.0
SWEET CHILLI CHICKEN (o) LETTUCE, CHEESE, SWEET CHILLI MAYO	\$ 3.0	\$ 5.0
LEG HAM (e) LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT, RED ONION	\$ 3.0	\$ 5.0
TANDOORI CHICKEN (e) CUCUMBER, LETTUCE	\$ 3.5	\$ 5.5
CHICKEN CAESAR (e) COS, EGG, BACON, CHEESE, DRESSING	\$ 3.5	\$ 5.5

IF YOU WANT SOME VARIETY - CHOOSE ANY 2 SINGLES FOR \$ 6.0

CRUNCHY ROLL

	TUESDAY
SALAD (e) LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT, RED ONION	\$ 5.0
PERI PERI CHICKEN (e) CHICKEN BREAST FILLET, LETTUCE, PERI PERI SAUCE	\$ 5.0
SWEET CHILLI CHICKEN (o) TENDERS, LETTUCE, CHEESE, SWEET CHILLI MAYO	\$ 5.0
HAM (e) PREMIUM HAM, LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT, ONION	\$ 5.0
HOT N SPICY FILLET (e) CHICKEN BREAST, LETTUCE, MAYO	\$ 5.0
CHICKEN, LETTUCE & MAYO (e)	\$ 5.0

EVERYDAY FRESH DEAL

\$1.5 EVERYDAY FRESH DEAL

GRAB A \$1.5 WATER WHEN YOU BUY ANYTHING FROM THE GREEN SECTIONS

BREAKFAST

SEASONAL FRUIT PIECES (e)	\$ 1.0
YOGHURT (e)	\$ 3.5
WATERMELON SALAD (e)	\$ 4.0
FRUIT SALAD (e)	\$ 4.5
MUFFINS (e)	\$ 3.0
BANANA BREAD (o)	\$ 3.5
HASH BROWN (o)	\$ 1.0
EGG & CHEESE ROLL (e)	\$ 3.0
BACON ROLL (o)	\$ 3.5
BACON & EGG ROLL (o)	\$ 4.0
CHEESE WRAP (e)	\$ 3.0
HAM & CHEESE WRAP (e)	\$ 3.5

BREAKFAST MEAL DEAL

CHOOSE 1 BREAKFAST ITEM

OAK MILK 300ML OR WATER 600ML

\$5

HOT BITES

SPICY CHICKEN WINGS (e) FRESH CHICKEN WINGS COATED IN HERBS & SPICES	\$ 1.2
GARLIC BREAD LOAF (e)	\$ 2.5
ASIAN CHICKEN & SWEET CORN SOUP (e) TUR & WED - TERMS 2 & 3	\$ 3.0
CUP OF NOODLES (e) TOM YUM, BEEF CHICKEN	\$ 3.0
HOT DOG (o) WITH SAUCE	\$ 3.0
CHICKEN BREAST NUGGETS X 5 (o)	\$ 3.0
SAUSAGE ROLL (o)	\$ 3.0
MEAT PIE (o)	\$ 3.5
SPINACH & RICOTTA ROLL (o)	\$ 4.2
POTATO PIE (o) POTATO & BEEF	\$ 4.5
OVEN BAKED POTATO WEDGES CUP (o)	\$ 5.0
SPICY CHICKEN WINGS & WEDGES (e) 2X SPICY CHICKEN WINGS	\$ 5.5
TOASTED WRAPS	
BBQ CHICKEN (e) CHICKEN BREAST, CHEESE, BBQ SAUCE	\$ 4.8
SWEET CHILLI (e) CHICKEN BREAST, CHEESE, SWEET CHILLI	\$ 4.8

BURGERS

CHEESE BURGER (e) PREMIUM BEEF, CHEESE, TOMATO SAUCE	\$ 4.8
ALUSSE BURGER (e) PREMIUM BEEF, LETTUCE, TOMATO, BEETROOT, BBQ SAUCE	\$ 4.8
CHICKEN FILLET BURGER (e) NATURAL BREAD FILLET, LETTUCE, MAYO	\$ 5.0
HOT N SPICY CHICKEN BURGER (e) HOT N SPICY BREAD FILLET, LETTUCE, MAYO	\$ 5.0
CHICKEN & CHEESE BURGER (e) NATURAL BREAD FILLET, BBQ MAYO SAUCE	\$ 5.0
BEEF, BACON & CHEESE BURGER (e) BBQ SAUCE	\$ 5.5
EXTRA CHICKEN FILLET (e) AND AN EXTRA FILLET TO YOUR BURGER	\$ 2.0

DRINKS

WATER (e) 500ML	\$ 2.0
POPPER JUICE 250ML (e) APPLE, ORANGE	\$ 2.0
OAK MILK 300ML (e)	\$ 2.5
SOFT DRINK (o) 375ML SUGAR FREE ONLY	\$ 2.5
HOT CHOCOLATE (e)	\$ 2.5
UP N GO (e) 250ML CHOCOLATE, VANILLA	\$ 3.0
FRESH JUICE 450ML (e) APPLE, ORANGE	\$ 3.5
ALOE VERA OR ICE TEA (e)	\$ 3.5
MINERAL WATER (e)	\$ 3.5
PUMP WATER (e) 750ML	\$ 4.0
OAK MILK 500ML (e)	\$ 4.0
ICE BREAK COFFEE (e) 500ML	\$ 4.2
SOFT DRINK (o) 600ML SUGAR FREE ONLY	\$ 4.2

EVERYDAY

	REG	LGE
RICE & PASTA		
BUTTER CHICKEN (e) OUR FAMOUS RECIPE & STEAMED RICE	\$ 3.5	\$ 5.5
KEBABS		
DONER KEBAB & CHEESE (e) AUTHENTIC DONER MEAT, CHEESE, SAUCE	\$ 6.0	\$ 6.5
DONER KEBAB - THE LOT (e) AUTHENTIC DONER MEAT, SALAD, CHEESE, SAUCE	\$ 6.5	\$ 7.0
NACHOS		
BEEF NACHOS (o) BOLDNESS SAUCE, CHEESE - SOUR CREAM SOC	\$ 5.0	
VEGETARIAN NACHOS (o) TOMATO SALSA, LETTUCE, CHEESE - SOUR CREAM SOC	\$ 5.0	

MONDAY

	REG	LGE
CHICKEN CARBONARA PASTA (e)	\$ 3.5	\$ 5.0
SPINACH & RICOTTA RAVIOLI (e) FRESH TOMATO & HERB SAUCE	\$ 4.0	

TUESDAY

	REG	LGE
SPAGHETTI BOLOGNESE (e) RICH BEEF SAUCE	\$ 3.5	\$ 5.0
THAI RED CURRY (e) CHICKEN, ASIAN VEGES & STEAMED RICE	\$ 3.5	\$ 5.5
PIZZAS		
CHEESE (e) CHEESE & FRESH TOMATO PIZZA SAUCE	\$ 4.0	\$ 4.0
HAM & CHEESE (e) PREMIUM HAM & CHEESE	\$ 4.5	\$ 4.5
VEGETARIAN (e) FETTA, SEASONAL VEGETABLES, CHEDDAR CHEESE	\$ 4.5	\$ 4.5
BBQ CHICKEN (e) CHAR GRILLED CHICKEN, ONION, BBQ SAUCE, CHEESE	\$ 4.5	\$ 4.5

WEDNESDAY

	REG	LGE
NAPOLITANA CHICKEN PASTA (e) FRESH TOMATO & HERB SAUCE	\$ 3.5	\$ 5.0
PAD THAI NOODLES (e) CHICKEN, VEGES (ALSO VEGETARIAN OPTION)	\$ 3.5	\$ 5.5

THURSDAY

	REG	LGE
PAD THAI NOODLES (e) CHICKEN, VEGES (ALSO VEGETARIAN OPTION)	\$ 3.5	\$ 5.5
CHAR GRILLED VEGETABLE PASTA (e) TOMATO & HERB SAUCE	\$ 3.5	\$ 5.0
FAJITAS		
CHICKEN FAJITA (e) MEXICAN CHICKEN, CHEESE, CAPSICUM, ONION	\$ 5.0	

FRIDAY

	REG	LGE
PASTA OF THE WEEK (e) TELL US WHAT YOU LIKE & WE WILL MAKE IT	\$ 3.5	\$ 5.0
LASAGNE (e) HOMEMADE BEEF	\$ 6.0	
SNACK PACK SERVED WITH SALAD OR POTATO WEDGES		
DONER KEBAB MEAT (e) AUTHENTIC DONER MEAT, SAUCE - CHEESE \$1	\$ 7.0	
FAJITAS		
CHICKEN FAJITA (e) MEXICAN CHICKEN, CHEESE, CAPSICUM, ONION	\$ 5.0	

OUR FOODS ARE MADE IN THE CANTEEN DAILY FROM FRESH, NATURAL INGREDIENTS

ALL MENU ITEMS ARE HALAL (EXCLUDING PORK BASED PRODUCTS)

HEALTHY SCHOOL CANTEENS FOOD COORDINATOR - EVERYDAY - OCCASIONAL