



Welcome to Jamisontown Public School



Information Booklet 2025

FORWARD

Dear Parents/Caregivers

Welcome and thank you for choosing Jamisontown Public School for your child's primary education. The school provides a quality education, supported by a comprehensive student welfare program and activities to foster participation in the sporting and cultural domains. Students with particular talents are encouraged through a variety of programs.

This Information Booklet was developed by a committee of parents and teachers to provide new families information about the day to day administration of the school. I encourage you to read it carefully and to keep it for future reference.

The teachers and parents at Jamisontown Public School are committed to working in partnership to meet the challenge of providing for the needs of their school's community.

Parents and caregivers are encouraged to participate as fully as personal and work commitments will allow.

School Data

<i>Location:</i>	Jamisontown Public School Thurwood Avenue, South Penrith 2750
<i>Phone:</i>	(02) 4733 2200 (02) 4733 2277
<i>Website:</i>	www.jamisonton-p.schools.nsw.edu.au
<i>Email:</i>	jamisonton-p.school@det.nsw.edu.au
<i>Principal:</i>	Mr Jason Clarke

Assistant Principal

- Curriculum & Instruction Mrs Dara Peen

Assistant Principal's: Kellie Sydney-Jones, Viktorjia Perry, Chris Strachan,
Freda Walker, Gabrielle McKane

School Admin Manager: Mrs Amanda Finn

School Admin Staff: Mrs Karen Houssenloge & Mrs Maree Dekruif

School Learning Support

Officers: Maree Dekruif, Tanya Denny, Kylie Thomson, Louise Skeene, Kelly Rutten, Bonnie Lear, Michelle Apap, Cherie McGrath, Emma Curley.

SCHOOL ROUTINES

School Times

Please ensure that children arrive between 8:30 and 9:00 a.m. as teachers are not available for help if it is needed before 8:30 a.m. School begins at 9:00 a.m.

We encourage a smooth transition at the beginning of the school day with children walking independently into the school grounds to meet their friends for the start of the day.

Morning Bell: 9:00 am

Recess: 11:00 am - 11:25 am

Lunch: 1:10 pm - 2:00 pm (*Eating of lunch is supervised.*)

School finishing time: 3:00 pm (*Kindergarten children will finish at the same time as the other children all year.*)

Absenteeism

If your child is absent from school, arrives late or needs to leave early, a written explanation must be sent, stating the reason and date. Whenever children arrive late or leave early they need to report to the office first. Whenever possible, medical/dental appointments should be made outside school hours. Children may not be collected by persons other than their parents without a written direction to the school. All visitors must report to the front office. Absences can also be recorded in our School Bytes Parents App. If you require a linking code please contact the front office.

Emergency Procedures

If your son or daughter is ill or has been seriously injured at school a senior first aid officer is in attendance and all due care will be taken. Parents will be contacted in the first instance. If unable to be contacted, the emergency contact is telephoned. If still no response an ambulance will be requested and your child will be transported to hospital. This will be at no cost to the parent as the school is covered by ambulance insurance.

It is very important that all relevant information regarding parent and emergency contacts be kept up to date with the school.

Sickness/Medication

If your child is sick or injured at school, he or she will be taken to the Sick Bay. Designated Officers administer first aid to children with cuts and abrasions etc. Panadol and similar products are NOT used at the school, and when pain (from headaches, earaches etc.) persists (after a rest on the couch in the Sick Bay fails to provide relief), parents are contacted. Parents will be notified as soon as possible of any serious injury or bump to the head that their child receives at school.

Students are not permitted to keep on their persons or in school bags, tablets or medicines of any kind except puffers for asthma or Epipens for anaphylaxis. When children require prescribed medication to be taken at school, we must have a note stating the type of medication, dosage and when to administer, as well as permission to administer the medication. Medication should be sent in its original packaging. The note, along with the medication, is to be handed in at the office on your child's arrival at school for the day. Any regular and ongoing medication must be provided to the school in a blister/webster pack clearly marked with child's name, dosage and time to be administered.

Please keep the emergency contact details current, by letting the office staff know of any changes as soon as possible. Parents are requested to inform the class teacher of any health problem that their child may have so that assistance can be given if necessary.

Immunisation

A reminder that before starting Kindergarten parents are required to provide an Immunisation Certificate for their child being enrolled. Immunisation is not compulsory, however, there are guidelines schools have to follow in the event of an outbreak of a vaccine preventable disease in the school.

Exclusion due to Disease

If a child has one of the childhood diseases, then he/she will have to stay at home until well. Unimmunised children who have been in contact with the sick child must stay at home during the outbreak. This will prevent the disease from spreading to other children and people in the community.

Interviews with Teachers

If you have any concern please do not hesitate to discuss it with the class teacher, in the first instance. It is advisable to make an appointment through the office to ensure that the teacher you wish to see will be available.

It is much better to discuss any problems/fears with the school rather than worrying about them at home. We are always ready to listen and help where we can. It is vitally important that parents and teachers work together as partners. When we work together the educational outcomes for the children are enhanced.

It is also important you advise the school of any changes in the child's circumstances that may have an effect on academic or emotional development. All information is treated in strict confidence.

Sending Money to School

Our preferred method of money collection is via our School Bytes Payment links that are sent via email and is accessible via your parent app. A payment link will be emailed to you when your child is invoiced for various events throughout the year. Alternatively cash payments can be made by placing money in a sealed envelope, ensuring it is clearly labeled with your child's name, class, amount enclosed and what the payment is for. Envelopes are then placed in the silver money box that is located near the front office. **Cash and Eftpos payments are collected in the front office on Tuesdays and Fridays only before 9:30 am.**

Lost Property

All articles of clothing, bags, books and stationery items must be clearly marked with the name of the owner. Lost property is stored outside the school hall near the canteen area.

Library

The Library is very much a part of the child's learning environment. The children will visit the library, as a class, at least once a week. They may also browse and borrow books at lunchtimes. To protect the books we ask that children use a library bag when borrowing.

Communication

School learning is most effective when there is a strong partnership between parents, students and teachers. We therefore aim to develop the home - school link. Our school offers a variety of communication methods that are available to our families.

- School Bytes: School Bytes is a comprehensive school management platform that allows you to monitor your child's school journey simply and efficiently. You will find numerous smart features that help streamline your day. Receive messages and notifications from the school, report absences, give permission, make payments and much more. The School Bytes app helps you stay connected and informed about your child's education.
- The 'Communicator': is a newsletter sent out via email and school website during school terms.
- Facebook: The aim of this page is to actively promote and celebrate all of the amazing learning and achievements of our students and staff, both inside and outside the classroom.

Religious Instruction

Scripture lessons are held each week and are presented by visiting clergy and/or members of various denominations. All children are encouraged to participate. You will have already communicated your intention for your child at the time of enrolment.

Head Lice

Occasionally there are outbreaks of head lice and you may be required to collect your child from school to have their hair treated if they have head lice.

Parking and Car Park

For the safety of all students please observe the signs outside the school. The police make regular patrols and will not hesitate in issuing fines. The car park is out of bounds for all students and we request that parents do not drop off or pick up their children in the staff car park in the interest of their safety.

If you are visiting the school

All visitors to the school must inform the office they are on site, sign the visitor's book and pick up a visitor's tag.

SCHOOL SERVICES

School Counsellor

The Department of Education provides a School Counsellor who visits the school weekly. If this is a service that your child may need to access please contact your child's class teacher.

FOOD ALLERGIES

At Jamisontown Public School we have a number of students who are at risk of experiencing severe life-threatening allergies to certain foods. These foods include, but are not limited to, nuts, peanuts, eggs and dairy products. It would be appreciated if families could consider not sending food to school which contain nuts and/or peanuts, however, foods containing "traces of nuts" are allowed. The students at risk and their families greatly appreciate your support and assistance with this.

As a consequence of this we encourage students not to share any food with other students. We also request parents not bring birthday cakes, or similar, to school to share with their child's class.

Whilst we encourage students not to bring products that contain certain allergens we cannot guarantee that we are an allergen free school.

AFTER HOURS CARE

Students attending Jamisontown Public School may access the before and after school care services. These services are provided by:

- TASK (onsite at Jamisontown Public School) - 1300827500
<https://www.task-kids.com.au/>
- Tandara Before and After School Care - (02) 4732 4162
- Kidz Club - (02) 4732 4405
- Mrs P's - (02) 4733 1921

Please contact these centres directly for further details.

COSTS TO PARENTS

Voluntary Contribution

Jamisontown Public School has a voluntary school donation. This donation allows for purchase of expendable items for classroom use. A family cost is applied for 2 or more children of \$30 per year, where single children are asked to contribute \$15 per year.

Text Books

Parents may be asked to pay for text or activity books for their child. They should contact the Principal if financial status precludes payments at the requested time.

Excursions

At regular intervals throughout the year students in all classes could be involved in excursions/performances relating to areas of studies. Costs are kept as reasonable as possible and are all inclusive if overnight accommodation is involved (Years 5 and 6 only).

School Functions

K-2 and 3-6 Presentation Assemblies (End of Year)

Athletics, Swimming and Cross Country Carnivals

Fortnightly Assemblies

Anzac Day and Combined Scripture Services

Education Week, Open Days

Parent/Teacher Information Evenings

Performing Arts Festivals, P & C Functions

Book Club

During the year pamphlets from the 'Book Club' are sent home.

If you would like to purchase a book for your child, you may do so via the Linked Online Ordering System (LOOP) platform.

WORKING WITH CHILDREN CHECK

All volunteers who are working within classrooms, around the school, on excursions or at any time children are present and who are not a direct parent/carer of a current student, are required to obtain a **WORKING WITH CHILDREN CHECK (WWCC) Clearance**.

How to apply:

Complete the online application form which can be accessed at:
www.kidsguardian.nsw.gov.au/child-safe-organisations/working-with-children-check

Once you have made an application, you will receive an application number.

Present your application number to a Service NSW Centre, along with proof of identity (which consists of the same proof required when applying for a NSW driver's licence). For information about the Service NSW Motor Registry you. Once your application has been processed, you will receive a WWCC notification via email. When this is completed, bring a copy of your paperwork to the school office.

Becoming Involved

There are many ways that you can become involved. Teachers often ask for help with various activities such as sport or play programs. This will be dependent on NSW Health advice and is subject to change. You can attend P & C meetings and support fundraising. You are invited to special function days and assemblies. Other areas are just as important. Please read and act upon any requests and information given in newsletters and notes promptly. We really appreciate this help.

GENERAL SCHOOL RULES

Be safe ~ Be respectful ~ Be a learner

Expectations

It is an expectation that all Jamisontown Public School students will observe the behaviours relating to the times, places and activities listed below.

Movement and Corridors

Students need teacher permission to be inside any buildings during play times. Students need specific permission to leave classrooms.

Mobile Phones

In line with the NSW legislation mobile phones **should not** be brought to school. However, if students do bring a mobile phone or digital device (including smart watches) to school they must hand it to an office staff member each morning and collect it from the office in the afternoon.

Playground Areas

The 'No hat - play in the shade' rule applies. Running is not allowed on hard surfaces. All students must sit down when they are eating recess and lunch.

Excursions, Sport and Extra-Curricular Activities

Students must wear school uniform when attending any functions, particularly those outside the school. It is expected that students are on their best behavior when representing our school.

Before 9:00 a.m. and Post 3:00 p.m.

All students are requested to sit down prior to the 8:30am bell. After 8:30a.m. no running or large ball play is allowed. On the 9:00a.m. bell, all students line up in morning assembly class lines. At 3:00pm all students should leave the school via the most appropriate exit for them. The back gate is usually locked by 3:15pm.

Diamond Badge

Awarded for consistent and excellent behaviour. Awarded when students earn five (5) large gold awards.

Behaviour Levels

Each student begins on Gold Level. Repeated infringements may result in placement on Silver Level, for two weeks, and parents will be notified of this. This is a warning level.

If misbehaviour continues during the time on Silver Level, or for very serious breaches of school rules, the student may be placed on Bronze Level and parents will be requested to attend an interview.

Students who still cannot follow school rules and procedures will then be placed on Red Level where a suspension warning may be issued.

Playground Misbehaviours

Most playground misbehaviours are dealt with by the teacher on playground duty once they become aware of them. Sometimes talking with the student will correct inappropriate behaviours. At other times the student may be given a short 'time-out' and for continuing or more serious incidents a referral (Orange Note) is recorded.

Positive Behaviour for Learning

Our school uses the Positive Behaviour for Learning framework and procedures to ensure the learning and wellbeing of all students. Some of the key aspects of PBL include:

- developing a common language and vision around positive behaviour within the school community
- stating clear expectations of students and staff
- staff collaboration and professional learning focused on PBL implementation
- developing a team approach, with regular meetings
- collecting and using data for decision making

Positive Behaviour for Learning - School Rules

Jamisontown Public School has three core school rules:

- Be Safe
- Be Respectful
- Be a Learner

Using our whole school behaviour matrix, our staff explicitly teach our learners what these rules mean in each area of the school.

NSW Department of Education Student Behaviour Policy

In the event of serious or continued misbehaviour, a student may be referred to executive staff or the principal. If this occurs, the procedures outlined in the Student Behaviour policy and Suspension and Expulsion Procedures will be followed and parents will be informed.

If children have additional need, our school staff will work closely with parents to put plans and supports in place to ensure positive behaviour and learning.

For ongoing behaviours or major behaviours, a child may also have to attend the school's Reflection Room for half of the lunch break. During this time an executive staff member will discuss their behaviour with the child and strategies they could use to improve. Parents will be notified if your child will be attending the Reflection Room.

STUDENT REPRESENTATIVE COUNCIL (S.R.C.)

The Jamisontown S.R.C. was formed in 1994, following the successful introduction to the school of Peer Support. The formation of an S.R.C was seen as a natural progression.

An S.R.C. is a group of students in a school, elected by and from their fellow students, to represent them in the school and organise ways for them to participate in the school.

It:

- is Educational, developing leadership and communication.
- is Democratic, because every student has a voice.
- is Responsible for solving real problems and making real decisions.
- shares decision making with the school executive, teachers, other students and the school community.
- cares about the school, what happens in it and to it, and is fun and rewarding for everyone in the school.

Each S.R.C. is unique and has varying goals. It can be involved, for example, in improving the physical school environment, organising activities for students, encouraging school spirit and pride or fundraising for different community initiatives.

The Jamisontown S.R.C. has a teacher facilitator. The executive consists of the school elected captains and vice captains. School elected Year 6 representatives buddy with the Kindergarten, Year 1 and 2 representatives to help them report to their classes and each class elects its own representative.

The S.R.C. has a Constitution and works on Committee Meeting Guidelines. It liaises with the principal and the teacher facilitator.

SCHOOL UNIFORM

Jamisontown Public School encourages students to wear full school uniform at all times. Uniforms may be purchased from 'Back to Basics' which is located on Cox Avenue, Kingswood. Hats can still be purchased from the front office on Tuesday and Friday mornings between 8.30a.m. – 9.30a.m.

Boys

Summer: Blue & black polo shirt, black shorts, white socks, black shoes.

Winter: Blue & black polo shirt, black trousers, black shoes, black jacket.

Girls

Summer: Blue check dress or black skort with blue & black polo shirt or blue check blouse, white socks, black shoes.

Winter: Blue check dress or black tailored trousers with blue & black polo shirt or blue check shirt, black jacket, white socks, black shoes.

General

Hats – School slouch hats or baseball caps are to be worn outside at all times. We have a 'No hat - play in the shade' policy.

School uniform is to be worn on all excursions.

Suncare is encouraged including use of hats, sunscreen and appropriate sun safe behaviour.

Children with pierced ears are only permitted to wear studs or sleepers to school.

Attendance Matters

Under NSW Department of Education policy parents must provide an explanation for all absences within 7 days, or the absence is deemed 'Unexplained–Unjustified'.

If your child is absent from school please notify the class teacher via phone, email or letter with an explanation of your child's absence as soon as possible.

NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to:



Learn



Make friends



Build skills through fun



Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

1 day per **fortnight** = **4** weeks = Over **1** year missed

1 day per **week** = **8** weeks = Over **2.5** years missed

education.nsw.gov.au





COMMUNICATION METHODS

School learning is most effective when there is a strong partnership between parents, students and teachers. We therefore aim to develop the home - school link. Our school offers a variety of communication methods that are available to our families. Please ensure that your contact details, including your best email address are always up-to-date so you do not miss any crucial information.



School Bytes

School Bytes is a comprehensive school management platform that allows you to monitor your child's school journey simply and efficiently. The parent app allows you to track and submit absences, receive notifications about upcoming events and make payments all in one place. This is not only beneficial to our environment, but it offers an ease of access for parents/carers to access information about your child's school and education and ensures no notes can ever be lost in the depths of a school bag. Download the app today to ensure you don't miss vital information.



facebook

The Jamisontown Public School official Facebook page is a communication tool for providing families and the community with news and photos of school events and activities. 'Follow' our page to stay connected to our school community.



Other Methods

Address: 1A Thurwood Avenue,
Jamisontown NSW 2750
Email: jamisonton-p.school@det.nsw.edu.au
Phone: 02 4733 2200
Website: www.jamisonton-p.schools.nsw.gov.au





JAMISONTOWN PUBLIC SCHOOL

S/S POLO SHIRT	\$ 38.00
BLACK SHORTS	\$ 30.00
BLACKTROUSERS	\$ 40.00
SUMMER DRESS	\$ 64.00
CHECK BLOUSE	\$ 43.00
GIRLS BLACK SLACKS	\$ 47.00
BLACK SKORT (1483)	\$ 36.00
BLACK MICROFIBRE JACKET	\$ 62.00
BLACK MICROFIBRE TRACKPANTS	\$ 50.00
FLEECY ZIP JACKET	\$ 50.00
BASEBALL CAP	\$ 22.00
BUCKET HAT	\$ 22.00
SCRUNCHIE	\$ 8.00
WHITE SOCKS	\$ 8.00 EACH or \$ 20.00 for 4
BLACK COTTON TIGHTS	\$ 15.00 EACH or \$ 30.00 for 3

Prices effective 01/09/24 ~ Subject to change without notice ~ Includes 10% GST

-----BACK TO BASICS-----

SCHOOLWEAR & SPORTSWEAR

52 Cox Ave, Kingswood NSW 2747

Phone: (02) 4721 7422

Email: basics@backtobasicsschoolwear.com.au

Opening Hours: Mon-Fri 8:00AM-4:30PM | Sat 9:00AM-12PM*

**Hours subject to change during Back to School & Public Holiday periods.*

COWAN & LEWIS PTY LTD ABN 76 000 412 779

UNIFORMS

BACK TO SCHOOL 2025



BACK TO BASICS SCHOOLWEAR
52 COX AVENUE
KINGSWOOD NSW

Our Website



SHOP INSTORE OR ONLINE

Monday to Friday - 8:00AM to 4:30PM

Saturday - 9:00AM to 12:00PM

JANUARY TRADING HOURS 2025

Monday to Friday 8:00AM to 5:00PM
(Closed Public Holiday - Monday 27 of January)

Saturdays 9AM - 3PM	SAT 4 TH CLOSED	SAT 11 TH	SAT 18 TH	SAT 25 TH
	SUN 5 TH CLOSED	SUN 12 TH	SUN 19 TH	SUN 26 TH

BACK TO BASICS SCHOOLWEAR

52 Cox Ave Kingswood 2747

Ph: (02) 4721 7422

basics@backtobasicsschoolwear.com.au – www.cowanlewis.com.au

COWAN & LEWIS PTY LTD ABN 76 000 412 779



Parent App

Available now!

Download on the App Store or Google Play by clicking the image below.



Key Features

- Get real time push notifications from your school
- Stay signed in and save your card for secure payments for fees and excursions
- Give consent, sign forms and respond to attendance alerts
- View the school calendar and news



The School Opal card

The School Opal card gives eligible students free or discounted travel between home and school using metro, train, bus, ferry and light rail services you nominate in your application.

Who can apply?

To be eligible for a School Opal card, students may need to live a minimum distance from their school:

Years K-2 (Infants)

There is no minimum distance.

Years 3-6 (Primary)

More than 1.6km straight line distance or at least 2.3km walking.

Years 7-12 (Secondary)

More than 2.0km straight line distance or at least 2.9km walking.



If you live too close to be eligible for free travel, you may still qualify for a School Term Bus Pass, which offers travel on buses between home and school at a discounted rate for the whole school term.

Who needs to apply

A new application is only required if the student has not had a School Opal card before.

If the student already has a School Opal card and is changing schools, campuses or home address, you will need to update their Opal card for the new school year before mid-December at transportnsw.info/ssts-update

How to apply

Applications for next year open at the start of Term 4 this year.

Step 1

Once the new school has confirmed your child's enrolment, complete the application at transportnsw.info/school-students

Step 2

The school endorses your application.

Step 3

Once Transport for NSW has approved the application, a School Opal card will be sent to the address provided on the application.



A parent or guardian must apply for students 15 years and under. Students 16 years and over can apply for themselves.



Better together

The School Opal card is only for travel to and from school. So it's a good idea to get a Child/Youth Opal card for travel after hours, on weekends or during school holidays.

Child/Youth Opal card benefits

- Concession fares across the Opal network
- Half-price travel after eight paid journeys each week*
- \$1 transfer discount for every transfer between modes (metro/train, ferry, bus or light rail) as part of one journey within 60 minutes from the last tap off†
- Set auto top up and link it to your credit or debit card so there's always enough value on the card to travel.

Find out more at transportnsw.info/opal or pick one up from an Opal retailer. To find a retailer in your area visit transportnsw.info/opal-retailers



Secondary students aged 16 and over can travel with a Child/Youth Opal card when carrying a Transport Concession Entitlement Card. To apply contact your school or institution.

* Excluding Sydney Airport station access fee.


Privacy

For information on how we handle personal information please refer to the Opal Privacy Policy at transportnsw.info/tickets-opal/opal/opal-privacy-policy and the School Pass Terms transportnsw.info/school-pass-terms

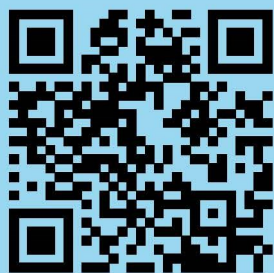


TASK OOSH where convenience meets quality care **ONSITE** at **Jamisontown PS**

The
After
School
Klub

- 
- Trusted care on school grounds
 - Kids get straight to the fun with friends
 - Sector leading educational programs

- Screen & device free - time to play with friends
- First aid & child protection trained team
- Huge outdoor playgrounds



Enrol Online

**out of
school
hours
fun!**



 task-kids.com.au/jamisontown

 enrol@task-kids.com.au

 1300 827 500

Book Club LOOP

LOOP is the Scholastic Book Club
Linked **O**nline **O**rdering & **P**ayment platform.

It's easy to order and pay online for your child's Book Club order using your credit card. If your school is not yet in the **LOOP**, speak with your school's Book Club Organiser.

Head to **scholastic.com.au/LOOP**

or



Download on the
App Store



GET IT ON
Google play

Follow these **easy** steps!

- 1 Simply grab your child's Book Club catalogue and either **SIGN-IN** or **REGISTER** your account.

- 2 Add your child's first name and last initial (so the school knows who the book is for), then select your **SCHOOL** and your **CHILD'S CLASS**.

Note: You can order for multiple children at once if they attend the same school.

Looking for **MORE** product information? Additional content such as videos and downloads are available for select titles. Select your issue and enter the item number to view information on titles and some great resources, such as videos and reviews.

[HOME](#) | [ABOUT](#) | [REGISTER](#) | [HELP](#)



Download on the
App Store



GET IT ON
Google Play

LOOKING FOR MORE PRODUCT INFORMATION?



SEARCH

FIND

- 3 Click on **ORDER** and enter the item number from the Book Club catalogue.

- 4 All orders are linked directly to the school for submission to Scholastic. Books will still be delivered to your child's classroom if you order by the close date.

That's it! There's no need to return paper order forms or payment receipt details to your school.

 **SCHOLASTIC**



ROAD SAFETY INFORMATION

YOU ARE RESPONSIBLE FOR YOUR CHILDREN'S SAFETY WHEN THEY ARE TRAVELLING TO AND FROM SCHOOL.

Drive and park safely near schools

The beginning and end of the school day are busy times for pedestrians and drivers outside schools.

You can help keep children safe by remembering the following:

- drop off and pick up children on the school side of the road
- never call out to children from across the road – it is very dangerous
- always take extra care when driving in 40km school zones
- follow all parking signs – these help keep children as safe as possible
- park responsibly even if this means you have to walk further to the school gate
- never double park – it is illegal and puts children at risk
- never do a U-turn or three-point turn outside the school as it puts children at risk of harm
- model safe and considerate pedestrian and driver behaviours to your children.

For further support

Go to the department's Road Safety Education program at education.nsw.gov.au/road-safety-education or visit education.nsw.gov.au and search for road safety education.

When travelling in a car ensure your children:

- use a booster seat if they are aged between 4 and 7 years old – it's the law
- are correctly buckled up in their seatbelts
- always get in and out of the car through the 'safety door' – the rear door on the footpath side of the car
- are never left alone in the car.



Up to 6 months

Approved rear-facing child car seat



6 months to 4 years

Approved rear- or forward-facing child car seat



4+ years

Approved forward-facing child car seat or booster seat



145cm or taller

Suggested minimum height to use adult lap-sash seatbelt

HEALTHY LUNCHBOXES



There are many foods that can be used to pack a healthy lunchbox.

Fruit & Vegetables

Fruit and vegetables will provide a good daily source of vitamins, minerals and dietary fibre.

All chopped fruit and vegetables can be easily packed into small containers for the lunchbox, making them quick and easy to eat.



LUNCHBOX IDEAS:

- cucumber, carrot and celery sticks (steam carrot and celery until tender for younger children), corn cob, snow peas, green beans, cherry tomatoes, capsicum strips.
- fresh fruit eg apple, pear, kiwi fruit, strawberries, orange, grapes and bananas
- tub of diced fruit in natural juice
- dried fruit *occasionally* – eg mini box of sultanas or a few dried apricots or apple rings
- salad filling in a sandwich, wrap or roll (eg lettuce, grated carrot, avocado, cucumber)

Breads & Cereals

Bread, grains and cereal foods provide important nutrients and energy for busy, growing children. Wholegrain or wholemeal varieties are the best choices.

LUNCHBOX IDEAS:

- sandwiches, rolls, wraps, pita bread
- fruit bread, scone, pikelets
- crackers, corn and rice cakes, breadsticks
- rice, noodles, pasta

Meat & other protein foods

Meat and other protein foods provide protein and iron. Limit the use of sausages and processed luncheon/deli meats (eg devon and salami) as they are high in saturated fat and salt.

LUNCHBOX IDEAS:

- cold roast beef, lamb, pork, chicken, tuna or salmon as a filling in sandwiches, rolls and wraps or added to salad
- hardboiled egg in salad, sandwiches or for a snack
- baked beans, lentil patty
- left-over casserole, rissoles, meatballs, bolognaise sauce, stirfry with tofu

Dairy Food

Dairy foods, such as milk, yoghurt, custard and cheese are an important source of protein and calcium. Reduced fat milk and dairy foods (approx. 2% fat) are suitable for most children over 2 years of age.

LUNCHBOX IDEAS:

- cheese slice, cheese stick or cubes of cheese as a snack with cucumber slices and cherry tomatoes
- cheese in sandwiches, rolls and wraps or on crackers or rice cakes
- yoghurt or custard (small tub or pouch)
- plain milk (small UHT poppers of plain milk are easy to add to lunchboxes)
- calcium-enriched soy alternatives (soy milk, soy yoghurt)





HEALTHY LUNCHBOXES CONT.

Water

Water is the best thirst quencher and the best choice of drink for every lunchbox. Tap water is safe so you do not need to buy bottled water.



LUNCHBOX IDEAS:

- freeze a water bottle overnight; it will help to keep the rest of the lunchbox cool
- pack a water bottle even if you are sending milk – the milk can be consumed at morning tea or lunchtime and the water at other times of the day when your child is thirsty



TIP:

Don't pack too much food or too many choices, as this may be overwhelming for a young child. You only need to provide enough food and drink for 1 snack and 1 main meal. If your child is at the service for extended hours, pack enough for 2 snacks and 1 main meal.

Food and drinks to leave out of the lunchbox

Snack foods and drinks that are high in added sugar, saturated fat or salt are generally low in nutrients. They also provide a lot of kilojoules that can contribute to children becoming overweight or obese. We call these 'sometimes' foods and drinks because they should only be consumed sometimes and in small amounts. Sticky, sweet foods can also cause tooth decay.

Sticky or sweet foods:

- lollies, chocolates, jelly cups
- cakes, doughnuts, sweet muffins
- plain sweet/cream-filled biscuits
- muesli /cereal bars
- fruit bars and fruit straps

Salty, high fat foods:

- potato chips
- corn chips
- cheesy balls, twists
- small oven-baked savoury biscuits
- devon and salami

Sweetened drinks:

- cordial and soft drink
- fruit juice
- flavoured mineral water
- fruit juice drinks
- sports drinks

It is best not to pack these 'sometimes' foods and drinks in lunchboxes. If you do occasionally put a 'sometimes' food or drink in the lunchbox, keep it to a very small portion only.

Note about food allergies: Some services may ask families not to pack specific foods to ensure a safe environment for children with severe food allergies. Please discuss these needs with your service staff.

We look forward to welcoming you to a part of
our Jamisontown Public School community



