

A 3D rectangular sign with the words "PHYSICAL EDUCATION" in bold, black, sans-serif capital letters. The sign is blue with a black outline and a hatched pattern on its sides. It is set against a blue background with faint, stylized drawings of a basketball, a soccer ball, and a baseball.

PHYSICAL EDUCATION

Jamison Jets,

Welcome Back! I can't wait to start another year of Physical Education at Jamison. It will be filled with engaging lessons, teamwork, fitness & fun. As a reminder it is important that all students come prepared with sneakers. Proper footwear is essential for your safety and comfort during physical activity. I look forward to seeing all of you on your first day of PE in the gym.

Mrs. Christine Cochran



CALLING ALL VOLUNTEERS!!!

Hello Jamison,

We are looking for parent volunteers to help with lunch from 1:20 PM – 1:50 PM every day. To be considered, you need to have your volunteer clearances up-to-date, and on file. Even if you can only do one day per week, we would love to have you.

If you are interested in volunteering in our cafeteria to help with lunch, or if you would like more information, please contact Mr. Dave Heineman at dheinema@cbsd.org.





See you soon!

SEPTEMBER 2023



Lunch Prices: \$2.60 Full/ Free for Reduced

A Program meal must include items from at least 3 food groups, one of those items must be a ½ cup of fresh vegetable, ½ cup of fresh fruit or 100% fruit juice to follow USDA guidelines for the NSLP. Any second entrée will be charged a la carte pricing to the student's account.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
 LABOR DAY	 Welcome Back!!	<p>Download the MYSCHOOLBUCKS App to add money on student's lunch accounts and track purchases</p>	<p><u>Dates That Rate:</u> 9/5 First Day of School 9/15 Ace's Tray Day 9/25 Yom Kippur 9/26 Ace's Tray Day</p>	 1	<p><u>Daily Offering</u></p> <ul style="list-style-type: none"> • PB&J Protein Pack with Crackers & String Cheese • Choice of 1% White Milk Non-Fat Chocolate Milk
<p><u>First Day of School</u> Chicken Nuggets Veggie Nuggets w/Yellow Rice</p> <p>Ham & Cheese Sandwich Chef's Salad Diced Pears Steamed Corn</p>	<p><u>First Day of School</u> Chicken Nuggets Veggie Nuggets w/Yellow Rice</p> <p>Ham & Cheese Sandwich Chef's Salad Diced Pears Steamed Corn</p>	<p>Cheese Pizza or Pepperoni Pizza</p> <p>Ham & Cheese Sandwich Chef's Salad Apple Slices Baby Carrots</p>	<p><u>Chicken Parm Flatbread</u> or Grilled Cheese</p> <p>Ham & Cheese Sandwich Chef's Salad Fresh Orange Celery Sticks</p>	<p>Cheeseburger Deluxe Gardenburger Grilled Cheese</p> <p>Ham & Cheese Sandwich Chef's Salad Mixed Fruit Baked Beans</p>	<p><u>Wellness Tip</u> <u>of The Month:</u></p>
<p>French Toast Sticks w/Sausage Patty Southwest Chipotle Nachos</p> <p>Pretzel & Yogurt Pack Cheese Sub Warm Apples w Cinnamon Pepper Strips</p>	<p>Hot Dog On a Bun Southwest Chipotle Nachos</p> <p>Pretzel & Yogurt Pack Cheese Sub Juicy Pears Cherry Tomatoes</p>	<p>Cheese Pizza Taco Pizza Southwest Chipotle Nachos</p> <p>Pretzel & Yogurt Pack Cheese Sub Apple Slices Fresh Carrots</p>	<p>Chicken Tenders w/ breadstick Southwest Chipotle Nachos</p> <p>Pretzel & Ycogurt Pack Cheese Sub Orange Smiles Mashed Potatoes</p>	<p><u>Ace's Tray Day</u> Penne w/ Meatballs Southwest Chipotle Nachos</p> <p>Pretzel & Yogurt Pack Cheese Sub Mixed Fruit Steamed Broccoli</p>	<p>Broccoli is high in many nutrients, including fiber, vitamin C, vitamin K, iron and potassium. It can be enjoyed both raw and cooked, but research shows that it's most beneficial if it's gently steamed.</p> <p>Try steamed broccoli on the 15th</p>
<p>Pancakes w/Tater Tots Mac N' Cheese</p> <p>Baja Veggie Salad Chicken Salad Wrap Fresh Apple Pepper Strips</p>	<p>Chicken Tacos Fish Tacos Mac N' Cheese</p> <p>Baja Veggie Salad Chicken Salad Wrap Diced Pears Steamed Corn</p>	<p>Cheese Pizza or BBQ Chicken Pizza</p> <p>Baja Veggie Salad Chicken Salad Wrap Apple Slices Baby Carrots</p>	<p>Chicken Patty or Mac N' Cheese</p> <p>Baja Veggie Salad Chicken Salad Wrap Fresh Orange Crinkle Cut Fries</p>	<p>Pizza Sticks w/Marinara Mac N' Cheese</p> <p>Baja Veggie Salad Chicken Salad Wrap Mixed Fruit Green Beans</p>	
<p><u>Yom Kippur</u> <u>School</u> <u>is</u> <u>Closed</u></p>	<p><u>Ace's Tray Day</u> Enchilada Stacker Popcorn Chicken</p> <p>Hummus Veggie Plate Muffin Pack Juicy Pears Mexi-Corn</p>	<p>Cheese Pizza or Meat Lovers Pizza</p> <p>Hummus Veggie Plate Muffin Pack Apple Slices Fresh Carrots</p>	<p>Chicken & Rice Bowl or Popcorn Chicken</p> <p>Hummus Veggie Plate Muffin Pack Orange Smiles Celery Sticks</p>	<p>Mini Corn Dog Bites or Popcorn Chicken</p> <p>Hummus Veggie Plate Muffin Pack Mixed Fruit Baked Beans</p>	
					

This institution is an equal opportunity provider.

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE DUE TO PRODUCT AVAILABILITY



100% JET



Jamison Elementary Home and School Association's Annual Fundraiser

What is 100% JET?

The Jamison Elementary Home and School Association's (HSA) main objective is to coordinate activities and events that strengthen and enhance our community. To continue providing events and assistance to some of Jamison's programming, we need your help.

100% JET is Jamison HSA's annual fundraiser. Rather than have students sell magazines, candy, etc. we ask each Jamison family to donate directly to the HSA to help raise the funds necessary for our annual budget. With this type of fundraiser, 100% of donations support the students and our school!

How Does 100% JET Help?

- Events including:
 - Back to School Picnic
 - Fall Festival
 - Bingo Night
 - Muffins in the Morning
 - Donuts with Dudes
 - Father/Daughter Dance
 - Mother/Son Challenge
- Assemblies & Author Visits
- JET shirts for ticket winners
- Field trips/grade specific needs
- Technology integration
- The Jamison Today Show
- Reading Olympics & Other Competition Parties
- Teacher retirement trees & gifts
- 6th Grade yearbooks and Promotion
- AND MORE!

How Can You Help?

Please consider donating this year. **The HSA welcomes and is grateful for donations of any size, smaller or larger.** We understand that some families may not be in a financial position to donate; please do not feel obligated.

How Can You Donate?

There are 3 ways for you to make your donation. YOU CAN DONATE ANYTIME, BUT FALL IS BEST!

1. **NEW: VENMO!**
2. Paypal
3. Check: Donations can be submitted to your child's classroom teacher, at Back to School Nights (dates listed on website), or to the school office. Please make checks payable to: **Jamison HSA.**

NOTE: Some companies will match your contribution. Ask if your company does Employee Matching. Jamison HSA is a 501(c)3.

Questions:

If you have any questions, please contact:

Tara Schmucker at taraschmucker@gmail.com

Or any HSA Executive Board Member:

<https://www.cbsd.org/Page/1238>

WE COULDN'T DO IT WITHOUT YOU!



100% JET



Jamison Elementary Home and School Association's Annual Fundraiser

Make Your **100% JET** Donation

Thank you for your consideration and for the time that you devote to your children, their education and our school community!

Venmo (Option 1)

@Jamison-HSA

(8322 last 4 digits)



venmo

Or PayPal (Option 2)

Visit Jamison's homepage and click "**Donate**" in the Announcements section.

OR if you have the PayPal app, scan the QR Code.



Or Personal Check (Option 3)

Checks made payable to Jamison HSA.

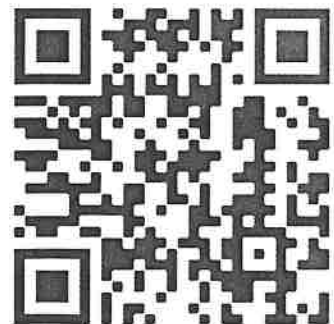
DID YOU COMPLETE YOUR ANNUAL STUDENT INFORMATION UPDATE?

The deadline is September 30!

UNLESS COMPLETE,

- Ø **School nurses may NOT administer acetaminophen, antacids (Tums), antihistamines (Benadryl), or ibuprofen.**
- Ø **The school may not be able to reach you in an emergency if phone numbers or email addresses are not up to date.**
- Ø **You may miss school closing, early dismissal information, emails from classroom teachers, and MORE.**

**Log onto the parent portal at
www.cbsd.org/parentportal
and update yours today!**

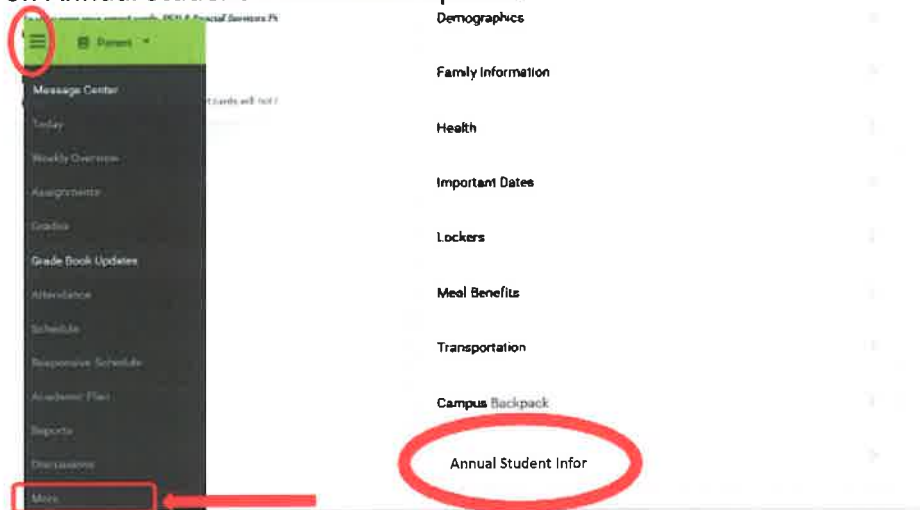


CENTRAL BUCKS
SCHOOL DISTRICT

Annual Student Information Update Instructions



1. Login to your **parent** portal account. Student logins will not work. If you do not have a portal account, you can request a *Campus Portal Activation Key*. If you have forgotten your username/password, click on [Forgot Username/Password](#).
2. Click on the 3 dashes in the upper left-hand corner, click on “more,” then click on Annual Student Information Update.



3. Choose **Click here to update an Existing CB Student Annual Information**.

Click here to update an Existing CB Students Annual Information.

4. Now you are ready to review/update any information. Please be sure to complete for each child listed.



After you confirm/edit information, use the **NEXT** button until you only have the option for Previous or Save/Continue. **DO NOT** click Save/Continue if you have a NEXT button available.

5. You must click on the **Submit** to complete your updates. Please note all tabs are green. Go back into any red tabs. You will receive a confirmation email once submitted.



If you are experiencing any problems or have any questions,
please call or email Lori Rebstock 267-893-5714 or lrebstock@cbsd.org



RITA'S

DINE & DONATE

A RITA'S TRUCK WILL BE
OUTSIDE JAMISON FOR
OUR FIRST DINE & DONATE.
15% GOES TOWARD HSA &
STUDENT EVENTS



AUGUST 31ST

BEFORE OR AFTER THE
MEET & GREET

PLEASE EAT YOUR
TREAT OUTSIDE OF
THE SCHOOL!



Jamison Back to School Picnic!

FRIDAY, SEPTEMBER 8TH
5:30-8pm in the back playground

Home & School Association Sponsored Event!

Join us in a relaxed setting in the back of the school. Bring food or buy from several food trucks. Students enjoy Kona Ice on the HSA! Bring games, play in the playground and listen to music with your Jamison friends!

Families are welcome! No sign-up required, but Jamison students check in to get a ticket for a free Kona Ice if they want it.

Please try your best to carpool if you can as we expect a big turnout!



JAMISON

THE OFFICIAL ONLINE STORE

BACK-TO-SCHOOL SALE



**30% OFF
SITEWIDE!**

FREE SHIPPING
ORDERS OVER \$75



or SCAN HERE
TO ORDER

1ST PLACE 
Spiritwear

SALE RUNS: AUG 22nd - SEP 21st

ORDER AT: 1STPLACE.SALE/81390



HSA PRETZEL FORM

This year we are offering the option to buy pretzels for the entire year. \$10 in cash or check made payable to Jamison Home & School Association, nonrefundable. Pretzel sales will be the third Friday of every month usually. First one is 9/15/23.

If you are interested, please fill out this form and hand it to your teacher or the office by 9/11 with the payment.

There will be a prepaid line each time pretzels are sold.

STUDENTS CAN ABSOLUTELY BUY AT EACH INDIVIDUAL SALE. This option will just help alleviate stress for parents and provide the HSA with a more reliable estimate of how many pretzels to purchase.



\$10 goes towards pretzel cost, Autism Awareness in April, HSA events and the students.



Student's First Name :

Student's Last Name :

Student's Teacher:

**FORM & MONEY DUE
9/11. PLEASE
UNDERSTAND THIS IS
NONREFUNDABLE.**

**Please initial the
box if you read
above! :**



CB WEST CHEER KIDS CLINIC

Saturday, September 16th, 2023



11:00-2:00pm

Grades K-8

\$40/Cheerleader

\$35/Sibling

CB WEST GYM

375 W Court St. Doylestown, PA

18901



**Register by September 8th to
guarantee a clinic T-Shirt**

Register on

www.mypaymentsplus.com

Cheerleaders should bring a water bottle and snack to the clinic.

**All cheerleaders who attend the clinic
are invited to join the
West Cheerleaders on the sideline at the
Friday Football Game, Sept. 22nd.**

**Questions?
Contact Coach Haflett @
mhaflett@cbsd.org**

