Onslow Primary School is now taking enrolments for Kindergarten 2015!

Children born between 1st July 2010 and 30th June 2011 are eligible to commence Kindergarten in 2015.

Please see the office staff for Enrolment Forms. Birth certificates and Immunisation records will be required at the time of enrolment.

Onslow Primary School has a transition program in Term 4 for Kindy Kids starting next year—please contact office staff for details.

Principal’s Desk

Dear Parents, Carers and Guardians,

Mr Tyndall is taking some leave

Mr Sean Tyndall will be taking some of his hard earned Long Service Leave and reducing his working week to four days. He will be on leave every Tuesday of term 4. Miss Tracee Drummond will be filling in after winning the opportunity to do so from an internal selection process. Miss Drummond's class will be covered by Ms Amanda Russell.

Attendance Camp Update

Eligible students should have by now received their invitation to attend the 2014 years 3-7 Attendance Camp. As we have previously communicated invitation is based on Attendance and Behaviour. Attendance of 80% or meeting of individual attendance target and displaying of appropriate behaviour. These expectations remain in place right up to the date of the Attendance Camp. Should students drop below the attendance target or display inappropriate behaviour then their invitation will be withdrawn.

Happy Holidays

To all families and students travelling to parts far and wide during these holidays stay safe, travel safely and have a great break.

Jackie Barry
Principal
Onslow School
Athletics Carnivals

In week 8 a select group of students travelled to Karratha to represent the school in a combined team with Pannawonica Primary School at the Karratha Interschool Athletics Carnival.

It was a big couple of days for our students as we had to camp in Karratha the night before in order to make it to the carnival on time. This was a great night and lots of fun was had by all.

This was the first time we have entered a team in this carnival and it was great to see our students compete in such a large event with such quality opposition. With 8 other teams from Karratha and surrounding areas the competition was fierce and our team performed extremely well. Tambrey Primary School were the winners this year but we will try to chase them down next year.

We would like to extend a big thankyou to the V Swans crew, Daniel, Emily and Sarah for coming along and helping, as well as Rick and Dina from Ashburton Transit for getting us to and from Karratha and all of the parents who supported this carnival.

The biggest thankyou though goes to the students whose efforts, sportsmanship and behaviour were exemplary!

Well done kids.

Joel Yates
Physical Education Specialist

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Here are some of the awesome recipes that the students have been making in class with the Onslow Kids Garden Kitchen! For you and the family to enjoy for the school holidays!

**Veggie Fritters & Salsa**

**Ingredients**

- 1 cup flour
- 1 egg
- 1 cup milk
- 1 cup zucchini
- 1/2 cup cheese
- 1 stalk spring onion
- Vegetable oil

**Equipment you will need:**

- Frying pan
- Plate

**How to make it:**

1. Mix flour, egg and milk together.
2. Add zucchini and cheese and mix together.
3. Scrape a spoonful of mixture into each plate and flat with a fork. Flip fritters when bubbles appear.
4. Serve with salsa.

**Mexican Stuffed Spuds**

**Ingredients**

- 13 potatoes
- Capsicum
- Tomato
- Spring onion
- Can of Tin soup mix 400g
- Tin corn 400g
- 1 jar salsa 350ml
- Cheese

**Equipment you will need:**

- Mixing bowl
- Frying pan

**How to make it:**

1. Cut potatoes in half. Scrape out 1/3 of potato from middle to make a hollow & put into bowl.
2. Mix the salsa, capsicum, tomato, spring onion, corn, beans & corn with the potato filling.
3. Chop capsicum, tomato and spring onion. Grate the carrot.
4. Drain tin beans & tin corn.

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### Greek Chickpea & Silver beet Stew

**Season:** Summer/Autumn  
**Serves:** 6 at home  
**Fresh from the garden:** coriander, garlic, lemon, oregano, silver beet, tomato.

**Equipment:**  
- Tea towel  
- Chopping board  
- Cook’s knife  
- Frying pan with lid  
- Wooden spoon  
- Measuring spoon  
- Measuring cups  
- Citrus juicer

**Ingredients:**  
- 2 medium onions, finely chopped  
- 3 garlic cloves, minced  
- 1 tbsp. olive oil  
- 1/2 cup of chicken or vegetable stock  
- 250 g dried chickpeas, soaked & cooked or 2 x 400g tins, drained  
- 6 tomatoes, roughly chopped  
- 1 lrg chilli, deseeded and finely chopped  
- 1 tsp sweet paprika  
- 1 tsp. fresh oregano, finely chopped  
- 4 lrg leaves silver beet, finely chopped  
- 1 or 2 lemons, juiced (to taste)  
- Salt & Pepper

**What to do:**  
1. Sauté the onions and garlic in the olive oil in a large frying pan, until the onions are tender.  
2. Add the chickpeas, tomatoes, chilli, oregano, stock and paprika and mix together.  
3. Cover and simmer for 15 minutes, stirring occasionally.  
4. Add silver beet and cook about 5 minutes longer, or until silver beet is cooked.  
5. Add the lemon juice, salt and pepper to taste.

### Zucchini Carbonara

**Season:** Summer/Autumn  
**Serves:** 6 at home  
**Fresh from the garden:** basil, capsicum, chilli, eggs, garlic, parsley, zucchini

**Equipment:**  
- Large pot with lid  
- Large bowl  
- Measuring jug  
- Measuring spoon  
- Fork  
- Tea towel  
- Chopping board  
- Cook’s knife  
- Grater  
- Large frying pan  
- Wooden spoon  
- Colander  
- Measuring cup  
- Measuring scales  
- Large bowl  
- 2 eggs  
- 2 egg yolks  
- 100ml fat-reduced cream  
- 1/2 tsp salt  
- 1/2 tsp ground black pepper  
- 2 tbsp. extra virgin olive oil  
- 4 garlic cloves, finely chopped  
- 1 long red chilli, deseeded and finely sliced  
- 1 red capsicum, finely sliced  
- 6 small to medium zucchini, grated  
- 1 small handful basil, torn  
- 1 small handful parsley, finely chopped  
- 50g parmesan cheese, grated  
- 1 quantity cooked Basic Pasta (linguine)

**What to do:**  
1. Put a large pot of water on the stove to boil  
2. Combine the eggs, egg yolks, cream, salt and pepper, and mix together with a fork.  
3. Heat the oil in a large frying pan.  
4. Add the garlic and chilli to the frying pan and cook for 30 seconds.  
5. Add the capsicum and cook for 5 minutes.  
6. Add the zucchini and cook for a further 3 minutes.  
7. Cook the pasta and drain, reserving a cup of the cooking water.  
8. Toss the pasta in the pan with the zucchini, then add the basil and parsley.  
9. Remove the frying pan from the heat.  
10. Add half the reserved water and the egg and cream mix to the pasta.  
11. Toss the pasta, adding remaining water if required.  
12. Serve immediately, garnished with grated parmesan.
Sienna, Sahara and Delayla built a city using foam blocks.

Lucy made a pattern necklace.

Ryan has made play dough match the outline.

Grace and Barney are participating in a sensory activity.

Jade taking her bear for a ride on the bike.

Hurry, Hurry, Drive the Fire truck. We performed this item at the school assembly.

Noah explored movement, McKenzie had fun with a puppet and Barney liked looking through coloured glasses when SCITECH visited Kindergarten!

Sahara, Mitchell, Grace, Delayla and Ryan having fun with Mark and Paul from WASO.

Teddy Bear’s Picnic