Dear Parents, Guardians and Caregivers,

Variety Bash (NSW)
On the 14th of August the NSW Variety Bash Cars visited Onslow. As a part of this visit they donated $4000 worth of sporting equipment for the juniors Fundamental Movement Skills program and the secondary students Certificate II in Sport and Recreation. A colouring competition was also held with two junior primary students taking out the two main prizes of digital cameras; the students were Jarra Holton and Rialey Hayes both from Mrs Fildes class. Noah Wright from Mrs Harris’ class was awarded and encouragement prize.

Parent Workshops
Next term we are running two parent workshops. One will be on Protective Behaviours and the other will cover Numeracy. Both workshops will be utilizing the skills of experts from Perth. We will send out dates and times as they are finalized. If you have any questions or a particular need in the area of Numeracy please come and have a chat.

Shoes, Shoes, Shoes
We are requesting that students wear covered shoes to school. We have had numerous children presenting to the front office with splinters in their feet and I am consistently picking up thongs that have been abandoned in the playground. Covered shoes help keep the feet safe particularly in warmer weather where feet can be burned both top, from the sun, and bottom, from the heat of the ground. I thank for your support.

School Survey
Last term parents, students and staff were invited to participate in the National Schools Opinion Survey. We had almost 100% participation from staff and students. Unfortunately parent participation was extremely low and I acknowledge that there were problems with the web address on the front of the surveys. We will ensure this is rectified for the next round of surveys which will be conducted next year, and investigate ways to encourage parent involvement. Results from staff and students will be available in the next newsletter.

Athletics Carnival
We had a fantastic sports carnival on the 14th of August with the day ending in a draw between Flames and Breakers. Our kids made us very proud with their sportsmanship and effort. I was amazed by our junior primary students, especially the pre-primary students, who ran the 400 race and didn’t stop to walk any part of the race, WOW.

Principal taking Leave
Finally I am taking a week of Long Service Leave the last week of this term. Mr Tyndall will step into my seat for the week.

Jackie Barry
Principal
Onslow PS
This Term we are focussing on the School expectations Be Respectful and Be Your Best. This includes a teaching focus and an opportunity for students to practice these expected behaviours. We have introduced a ‘Green Form’ to record incidents where a student fails to show school expectations. Once four incidents are recorded within the same week, the behaviour is referred to the administration team. Each recorded incident will be followed up with a courtesy phone call home to notify you of the matter and how it was dealt with.

Graduation Fundraising

In the fundraising we’ve had this term, we have raised close to $550. A very big thank you to everyone for helping us get this far, so quickly. We have had a successful week selling jelly cups with more initiatives planned to help us reach our target. The year 6’s have come up with the idea of selling baked goods at the markets, we are working on organising this. We are also looking at holding sausage sizzles, selling baked goods at school, a free dress day, a raffle draw and a crazy hair day for next term.

A big thank you to Saxon and Jaime for selling chocolate crackles at the last markets raising a whopping $112! A huge thank you to Jaime’s grandma for donating time and ingredients!

We have a fundraising thermometer in our class tracking our progress as we reach closer to our goal of $1200. Thank you again to everyone, from the year 6’s.

FIRE PREVENTION WORKS IN ONSLOW

Please be advised that the Onslow VES will be carrying out fire prevention works in the Onslow town site on Tuesday September 1st and Wednesday September 2nd.

These burns will commence at 8:00am each day weather permitting. Please ensure that you have your washing of the clothes line, all windows and doors are closed and any evaporative air conditioners are turned off.

There will be a number of fire appliances and volunteers in the area and possible smoke over roads in the immediate vicinity so please slow down.

Please ensure that you and your family remain clear of the work site for the duration of the operations, for your safety and the safety of the Volunteers.

We apologise for any inconvenience this may cause, it is envisaged that works should be completed by 4:00pm each day.
V Swans Programs

Pilbara Talented Athlete Program
Students from Onslow PS have been invited to attend V Swans Pilbara Talented Athlete Program in Karratha. The Program will run over 2 days and cover areas such as Nutrition and Goal Setting, Fitness Testing and sport specific testing. The program provides an opportunity for Onslow athletes to experience what it takes to be an elite athlete and watch how other Pilbara athletes train in their chosen sport. The students selected for the program are Kieran Ard, Taylor Brett, Syrell Hayes, Arlen Grainger and Saxon Dave. If you see these students around wish them well in Karratha.

Onslow Athletics Carnival
On Friday 21st Onslow PS had its annual Athletics Carnival at the Town Oval. The whole school competed in the event which showcased the schools athletic skills but also ability to work in a team with the multiple team events. The three competing factions all competed in true school spirit with the end result of the day being a tie between “Breakers” and “Flames”. V Swans was proud to be involved in such a great day and would like to congratulate all the participants on the hard work during PE classes getting ready for the carnival.

Onslow Early Years Group
Monday 24th of August marked the beginning of the Onslow Early Years Group coordinated by Amanda Meyers, V Swans Early Years Liaison Officer.

The Onslow Early Years Group will bring together agencies, organisations and community members that work with children and families in the early years. At the inaugural meeting representatives from Gamala Aboriginal Corporation, Regional Development Australia, The Smith Family, Shire of Ashburton and Onslow School came together with the shared vision of supporting the development of happy, healthy and resilient children in our local community.

Certificate Winners

Kindergarten
Linden Pascoe
Jesse Holton

Early Childhood 1
Riley Coughlan
Terrant Dowton

Upper Primary 2
Jaime-Lee Brooks
Connor Craig

Secondary
Mitch Rayner
Jericho Enciso

Pre Primary
Cody Campbell
Morgan Hayes

Early Childhood 2
Jayden Le Roux
Jasmin Locke

Attendance Awards:
Menzie-Lee Travell
Leia Stratford
Kaea Ahurir

PBS Awards:
Amylia Maclonald
Keagan Le Roux
Lucas Menta
Royden Elliott

PBS Awards:
Dayna Thompson

For more information, please contact:
Sarah Wright
V Swans Active Education Development Manager
0418 865 919 swright@swansdistricttel.com

Sean Walker
V Swans Active Education Regional Manager Ashburton
0400 389 518 swalker@swansdistricttel.com
Kindergarten News!

What an amazing performance the Kindergarten students gave in their first ever assembly item. The Kindergarten students learnt about the ocean and sea creatures in Term 2 this year and chose to perform the shark song for their assembly. The students decided what actions they would do and also created their own shark headbands.

Well done again to the Kindergarten Students!

A very BIG THANK YOU to the pre-primary class who helped the Kindergarten class sing at the assembly! You were all fantastic!

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**Basil Pesto (Nut-Free)**

Makes 1 ½ cups

If you are making this to have with the sushi on the other page, you only need 1/4 cup, whereas this recipe makes 1 1/2 cups! So you could decrease the quantities here.

**Ingredients:**
- 100g fresh basil leaves
- 100g sunflower seeds
- 2 cloves garlic, halved
- 100g finely grated parmesan
- ⅔ cup olive oil
- Juice from ½ lemon
- Sea salt and freshly ground black pepper

**Instructions:**
1. Preheat oven to 180C. Spread the sunflower seeds over a baking tray. Bake in the oven for 5 minutes or until toasted. Or you can cook them in a frypan.
2. Remove from the oven and set aside for 10 minutes to cool.
3. Place all the ingredients into the bowl of the food processor and process until smooth, pushing down sides as needed.

**Note:**
Pesto is delicious tossed through fresh pasta, or on crusty bread topped with ripe, red tomatoes.

**Watermelon Echidna:**

Using watermelons we grew in the Onslow Kids Kitchen Garden, we made an Echidna (the eyes and tip of the nose are bits of olive, and all the rest is watermelon, including the feet and snout. The spikes are toothpicks! :)

I get ideas for fun food art projects like this Echidna, from the internet, e.g. Pinterest, Facebook, etc. And some of them, like this one, are pretty easy to do. Have a go!
In class this Term, the Kindergarten students have been learning about Dinosaurs!
They have learnt facts about T-Rex, Stegosaurus and Triceratops.

We have also been learning new sounds, recognising and writing our name and numbers up to ten, patterns and ordering dinosaurs from the biggest to the smallest.

Egg and Pesto Sushi

Ingredients:
2 cups uncooked Sushi rice
4 cups water
6 eggs, beaten
6 sheets nori (dry seaweed)
1/4 cup basil pesto (see recipe over the page, or you could purchase some from the shop, but fresh and home-made is best!)
Salt and pepper to taste

Instructions:
1. Combine rice and water in a saucepan and bring to a boil. Reduce heat to low, cover and cook for 20 minutes, or until tender and water is absorbed. Leave covered, and let stand for 10 minutes. Remove to a bowl to cool completely.
2. Heat a frypan over medium heat, and coat with cooking spray, or if it’s a non-stick pan you won’t need it. Pour in the eggs, and scramble until cooked through. Season them with a little salt and pepper. Remove from heat and set aside.
3. Lay one sheet of nori on a clean work surface, or if you have one, a sushi mat. Wet your hands, and press a layer of cooled rice about 1cm thick onto the sheet, leaving about a 4cm space along the top of the sheet. Spread a line of pesto across the edge of the rice. Top with a line of egg. Roll the sheet of nori over the pesto, egg and rice to reach the empty part of the sheet. Wet the end and roll up to seal. Use a knife to cut the roll into 6 small rolls.
You may like to serve them with soy sauce, or not.
BOOK CHARACTER PARADE TUESDAY
1ST SEPTEMBER COMMENCING 9:00 AM

Winners from each class will be announced at the end of the parade.

CANTEEN REOPENING MONDAY

The P&C would like to announce the reopening of the canteen on Monday 31st August. For the first week while our new Manageress Sam settles in, the menu will be limited to sandwiches, toasties, drinks and a small selection of items for recess. We thank the school community for your patience during our extensive interviewing process and for your ongoing support to the Onslow P&C.

Chang’s Crispy Noodle Salad

This recipe is on the back of the noodle packet (Chang’s Crispy Fried Noodles), which are available from the Onslow Supermarket—I found them on a hanging clip in the noodles section. Note: At school we substituted the nuts for sunflower seeds, due to being a ‘nut-free’ school.

Ingredients:
100g (2/3 cup) sunflower seeds (or pinenuts or slivered almonds)
1/2 Chinese cabbage (Wombok) or Savoy cabbage finely shredded
3 spring onions, finely sliced (5mm lengths)
100g sunflower seeds, or pinenuts, or slivered almonds
1 x 100g packet Chang’s Fried Noodles

Dressing:
1/4 cup (60ml) white vinegar
1/8 cup (25g) sugar (it tells you to use 1/4 cup on the packet—but I think half is enough) - or you could try substituting it for honey or rice malt syrup.
1 Tablespoons Soy Sauce
1-2 teaspoons Sesame Oil (Optional)
1/2 cup (120ml) Olive oil

Instructions:
1. Place the sunflower seeds (or pinenuts or slivered almonds) in a small non-stick frying pan over medium heat. Cook, stirring occasionally, for 5 minutes or until toasted. Remove from heat and set aside for 5 minutes to cool.
2. To make the dressing, combine the vinegar, sugar, soy sauce, sesame oil and olive oil in a small bowl. Stir until sugar dissolves, or place in a jar with lid and shake.
3. Place the seeds (or nuts), cabbage, green shallot and noodles in a large serving bowl. Drizzle with dressing and gently toss until combined. Serve immediately.