

The staff and students of Bundaberg Central State School are pleased to announce our forthcoming

'Celebrate 18' Concert/Awards Night

**Where: Heritage Christian Centre,
58 Woondooma St.**

Theme – "Jungle"

Tuesday 4th December, 2018

Starts at 6:30pm (doors open at 6:15pm)



**This year's ENTRANCE FEE will be
\$2 per PERSON**

**Proceeds will go towards supporting
our school Chaplaincy Program. (Breakfast Club etc.)**

Chappy Evan does a lot for our students. His day starts with the Smart Start program where he makes breakfast for students. Chappy does various jobs at school helping your children. This entrance fee will help keep our wonderful Chappy at Central School.

**School Magazine will be on sale
for \$5:00 PER COPY.**

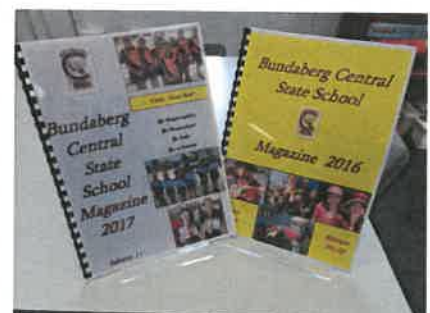
(This magazine is filled with the year's events and your children are in it!!

A great way to remember the happenings of 2018)

So come along and enjoy the night with your

children. They will be on stage, singing and dancing.

Awards' night is always a great night to celebrate!



Prep-1-2 Show And Tell

Taylor had her turn for show and tell last week. She bought in some quails. As you can see her class mates really enjoyed this experience.

Taylor and Nana wrote this report:

Japanese Quails are fast growing and easy to care for and friendly. Adult quails are about the size of an orange and weigh 100—120 grams. They start laying eggs at about 6 weeks old and will lay around 300 eggs a year.



Quails eat grass seeds, small insects, greens and laying pellets. They love grass hoppers.

Japanese Quail love to have a dust bath. They loosen the dust then use their wings to toss the dust onto their backs and then they "shake, shake, shake it off!"

Thanks Taylor (and Nana) for a great show and tell.

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S.E.A.T Visit

On Wednesday 17th October, Mark Farrell visited Central State School to give a talk on Spinal Awareness.

S.E.A.T means Spinal Education Awareness Team.

Mark spoke of Spinal Safety with a focus on

1. Water Safety (check the depth and take a mate)
2. Safety in cars (Seatbelts)
3. Playing safe on our bikes (wear a helmet)
4. Safety in the classroom (sitting on chairs properly, - do not rock or swing on them)

What does our Spinal Cord do? It sends messages from different parts of our body to our brain, then sends it back so we feel pain or move our bodily parts.

What happens if you injure your spine/spinal cord?

Depending of where you break your spinal cord, (it cannot repair itself) you will become paralysed from that section downwards. Example: Spinal cord breaks at the neck area, you will become paralysed and will not be able to move any muscles at all and will need a wheelchair for the rest of your life.

What will impact your life after this injury? You will not be able to look after yourself from then on. You will need a carer to help with everyday chores.

Mark Says — Play Safe, Play By The Rules!

