

Learning a new language involves not only mental activity and cultural awareness but also a lot of fun!

In starting out with French you will soon realise that some very basic things you thought were 'international concepts' are simply not. Numbers are a good example to demonstrate that.

We use numbers every day and barely wonder why we express them a certain way until we are to undertake some research or learn another language. Indeed, learning a new language sometimes shows different approaches in the numbers... and the French way is not the simplest.

As you can see, the way some languages deal with

numbers is quite logical... French is too, in its own way! Up to 69, it follows an easy pattern, similar to the English one. But when it comes to 70... it changes. Unlike the Swiss and the Belgian, the French won't add the '-ante' suffix (equivalent to the '-ty' suffix in English) any more. Saying 70 will then be '60+10' (soixante-dix). What about 80? The French will say '4x20' (quatre-vingt)! and when it comes to 90, we'll say '4x20 +10' (quatre-vingt-dix)! Kind of a mental calculation...





Every French learner will ask why? Well, even the French don't know, that's just the way it is! It is only after doing after a bit of research that I understood



French Corner by Aurelie Billot

these subtleties began in the Middle Ages. At that time, 20 was a counting base. Hence, 30 was 20+10... Although this has been simplified for small numbers like 30 (trente), 40 (quarante), 50 (cinquante) and 60 (soixante), bigger

LINGUISTIC DIFFERENCES

	97
	90 + 7
	7 + 90
	9*10 + 7
	4*20 + 10 + 7

numbers have kept it, without clear explanation.

But differences don't stop there. Living in Australia, I realised we don't write 1 and 7 in the same way, making filling out official documents interesting! In France, decimal numbers are

also mostly written with a comma to separate the whole and decimal part; important to know when bidding on ebay or making bank transfers! Indeed, in French big numbers are never separated with commas but with a small space: 17,000 would be understood as 17.000! In French 17,000 would be written 17 000...

Finally, in everyday life, you may be surprised to find that not only are different numbers used for clothing/shoe sizes, but also that phone numbers are neither presented nor spelt the same. French people give their phone number by groups of 2 digits and you don't spell it digit by digit. So, what is your phone number? 02 (zero-deux) 66

(soixante-six) 89 (quatre-vingt-neuf) 13 (treize) 75 (soixante-quinze) Quite an exercise at the beginning! However our brain is able to deal with it very well and it becomes natural after a few weeks of practise.

For more advanced learners, here are two French expressions using numbers: "se plier en 4 pour..." = to bend over backwards "se mettre sur son 31" = to be dressed up to the nines

Douce France, French Language Centre offers private/small group tuition, conversation classes and Immersion programs to adults, HSC students and homeschoolers. Visit: www.douce-france.com.au or email: douce-france@yahoo.com

ASTRO FORECASTS

by Tina Mews

WHAT'S HAPPENING IN THE HEAVENS?

Aries

The 13-months Jupiter in Sagittarius cycle is favourable for developing new concepts. There might be opportunities to travel, study, expand and meet people who are of diverse backgrounds. This is also a great period for spiritual growth and opening up towards new horizons. During November 16 – 23 could stretch yourself too far. So, take some care; good planning will lead to success!

Taurus

During this month your focus is on others, especially your intimate partnerships. You can learn something important about your deeper needs and inner resourcefulness. The 13-month Jupiter in Sagittarius transit can bring benefits through jointly held resources and shared projects. Make space for new opportunities of growth and expansion!

Gemini

This is the time of the year where it is important to look after your health and review your lifestyle. Shift to a healthy diet, boost your immune system, get some rest. On a bigger picture, the 13-months Jupiter in Sagittarius transit might bring fresh opportunities from your relationships and connections with others. Just keep your eyes and ears open!

Cancer

This is a great time to nurture yourself with fun and play. Treat that 'inner child' of yours with some special outings, or throw a party and enjoy your home with friends and family. This is potentially a very creative time for you, when the day-to-day affairs can be lightened and revitalised with a good portion of exuberance and passion.

Leo

At the moment you might feel like spending more time at home or with your family. Here you can strengthen and nurture your inner life. This is your time of new inspirations, fresh contacts and playful inventiveness. Creative projects are likely to fare well over the next 13 months (Jupiter in Sagittarius transit) and could possibly bring some type of recognition. Important is, that you are going to have some real fun; a time for recreation and regeneration!

Virgo

During this period, you might find a heightened interest into research, education and communication in general. Some solitude is needed for doing all the mental work that has been piling up. Then, over the 13-months Jupiter in Sagittarius transit you will focus much more on your home and family, as this is the area in your life which is likely to grow and expand.

November

November is a month of transitions and energetic shifts as several planets are changing signs: Jupiter enters Sagittarius (Nov 9), Uranus re-enters Aries (Nov 7), Mercury enters Sagittarius (Nov 1) and the Moon Nodes enter the Cancer/Capricorn axis after 18 months in Leo and Aquarius (Nov 7). **Jupiter, the largest planet in our solar system, enters its own sign Sagittarius on November 9, the first time in 12 years.** Jupiter will remain in Sagittarius until December 3, 2019 heralding a 13 month- period of renewed optimism. Jupiter indicates where in our life we are looking for new horizons. Jupiter is larger than life, loves adventure and risk, shows an urge to grow and expand our perception. A planet in its own sign expresses its pure energy. Jupiter is a wanderer, and in Sagittarius, he is in the sign of travel, higher learning, foreign cultures and philosophy. Sagittarius is a mutable fire sign and on the downside tends to support restlessness, prejudice, and inflation (also concerning financial markets!). Nevertheless, this Jupiter-in-Sagittarius period will be great for widening our minds and opening our hearts by embracing people from foreign cultures, either through travelling overseas or through inviting them into our own homes or country. The Sun's journey through Scorpio (Oct 23 – Nov 22) takes us into the dark waters of our own subconscious. The evolutionary intent behind is a penetrating, feeling-centred self-analysis and facing those inner parts that need to be integrated and healed. Scorpio's message is about contemplating our depths, facing our fears and whatever else has been buried inside. **The New Moon in Scorpio on November 8** marks the promise of a new beginning as Jupiter is just in the process of changing signs. Uranus, the cosmic liberator and awakener is activated by the nodal axis during the entire month and indicates a period of restlessness and unforeseen incidents. On the positive, new perspectives how to deal with old problems might be possible as Uranus transits correlate with a time of sudden breakthroughs and unexpected changes. **The simultaneous shift of the Lunar nodes onto the Cancer/Capricorn axis (November 7 – May 10, 2020)** brings issues concerning security, home, nurture and care back into the collective focus of attention. Uranus, squaring the axis, demands a new approach in dealing with these sensitive issues. Overall, we are entering an 18-month period where we will focus more on



looking after the well-being of those who need our protection and support (Cancer), while leaders (Capricorn) will be reminded that their purpose is to serve the needs of the people.

Venus remains retrograde until

November 16. We are still in the process of reviewing our relationship dynamics, as well as personal and business arrangements. Venus is in her own sign Libra until December 3 when she will be forming her last opposition to freedom planet Uranus. Venus in Libra has lots to do with fairness and justice. She inspires us to find the right kind of balance within our partnerships,

honouring the space together as well as the space apart. Once Venus is in direct motion again, **Mercury will go retrograde (November 17 - December 6).** When the messenger planet turns retrograde, the communication channels on earth seem to get blocked, increasing the opportunity for misunderstandings. It also signifies a time of review of our current and planned contracts and projects. Any changes we might have designed in the Venus retrograde period could be under re-consideration for the better or the worst. Delays regarding anything to do with transport or travel are very likely.

The Full Moon in Gemini on November 23 is opposite Jupiter in Sagittarius and square Mars in Pisces. This is a time for communicating and sharing grand ideas which then have to be broken down into do-able steps. Mercury retrograde urges for a deeper reflection and fine tuning of any new plans and projects. Inspirational Neptune in Pisces is going direct two days after the Full Moon and after a 5-month retrograde period. Neptune stimulates us to follow our bliss. We get the feeling that things are moving again after a period of cautiousness and blocked dynamics which has been very typical of the last few months.

Navigation by the Stars: Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead: Plans, Directions, Concerns for 2019; contact Tina on 0457-903-957, email: star-loom@hotmail.com

Upcoming Workshops and Weekly Classes: Weekly Classes: 'Astrology for Beginners: Planetary Cycles', Tuesday evenings 5.30pm – 8pm, at the Lillifield Community Centre; for bookings and info: star-loom@hotmail.com or contact 0457-903-957

One-day Workshops:

"The Astrology of 2019: Search for a New Vision", December 1, 10am – 4pm; at the Living Yoga Sanga Centre, Mullumbimby, 63 Stuart Street; for all info and booking contact 0457-903-957 or: star-loom@hotmail.com

Libra

Venus is in your Sun sign until December 3 putting an extra emphasis on your relationships. The challenge is to find the right balance between freedom and commitment. Make some space for yourself because this is an excellent time for manifesting your vision. Opportunities for studies or travel might present themselves over the next 13 months, as Jupiter is transiting Sagittarius.

Scorpio

This is the time of your personal solar return. What are your intentions for the year to come? What is worth keeping and what needs to go so that there is space for new developments? The Jupiter in Sagittarius transit could mark a very productive 13-month period. Know where you like to put your energy and what you want to further and nurture in your life.

Sagittarius

Jupiter's journey through your sun sign (Nov 8 – Dec 3, 2019) can bring lots of great opportunities. Most importantly, this transit heightens your optimism, confidence and generosity. You might feel like moving beyond set boundaries to explore unknown territories. This is a new cycle of growth and you can expand your perspective on life now.

Capricorn

The emphasis is on developing a vision of the future & creating a value system that feels authentic and true. It is a time of review, letting go, and recharging your batteries. Reflecting on your experiences is immensely helpful now and will lead to new insights about yourself and your place in the world.

Aquarius

This is the time of the year where you get the outcomes from the projects that you have been focusing on during the year. This is also a good moment in time for developing new plans. Expanding your knowledge base and broadening your perspective will help with reaching long-term goals. The 13-months Jupiter in Sagittarius transit is especially favourable for group activities and team work.

Pisces

Jupiter entering Sagittarius (Nov 9 – Dec 3, 2019) can bring you increased public recognition and success. It can be a time of achievement if you are willing to put yourself in the limelight. Mars, the cosmic motivator, is in your sun sign during November 18 – January 2, providing you with extra energy and drive. This is your time to make a move!

Unveiling your magick



by Marilyn Devlin

I think it's important, really important, to access and settle into our deep inner well of knowing.

Our security, safety, love and sense of belonging. We've arrived. It's November 2018. If only we had 5D glasses... we could see the ginormous shifts currently occurring all around us. And within us.

Sensitives, those whose feeling natures are acute, may be really feeling these energetic shifts reverberate in their body. Step back a bit from everything, even if just for a while. Life can continue without you.

What is it that you need right now? Give it to yourself. Create space around you just to be... to be you existing in this moment in time. Rest, nourish and feed your sacred vehicle... shower it with loving support.

We're entering a time where it's paramount to be clear on what support structures we need. What supports us during major times of change? How can we feel safe, secure and nourished within our own being? The changes brewing are major... cycles upon cycles upon cycles completing and renewing; on both a macro and micro level. Yes, the epochal times are building.

November's a great month to have our focus firmly on 'ahead'... not behind. What's our vision? Where are we heading? What are we creating? The old adage still applies... what we focus on grows. Our personal energy and focus is way more influential than we normally consider. With Jupiter returning to his home space, Sagittarius, the focus is on EXPANSION and FREEDOM.

He's beginning a new 12-year cycle... of abundance and higher vision. We're encouraged to dream big. Expand our vision... make it large. Focus on the centre core of our goal. Know where we are and where we're heading. 'Cause life's about to get really BIG. Our body follows our mind.

It's well over time to take our focus from the absence... what's not

working. As if we don't know already. Excess focus there robs us of our power and clarity. Life is celebrating within us, all the time; we need to find a way to connect to this rich source of inspired creative life-force energy... renewing in every moment.

One of our closest neighbours, Venus, is strongly influencing our cosmic and personal scene at present. Recently wrapping up a nineteen-month cycle... began in March 2017, she continues to guide us on an evolutionary spiral through space and time.

This whole creation is a mathematical masterpiece. Every nineteen months Venus makes a new 'Star Point' - in the formation of her magickal pentagram... completing a new pentagram every eight years.

Venus, Goddess of Love and Beauty, instrumental in the formation of relationships; how we're attracted and to what. She's also a guide to our personal values... our core alignment to self. What is deeply true for us? Our north star, our inspiration, our focus... who we are and what we stand for deep within our self?

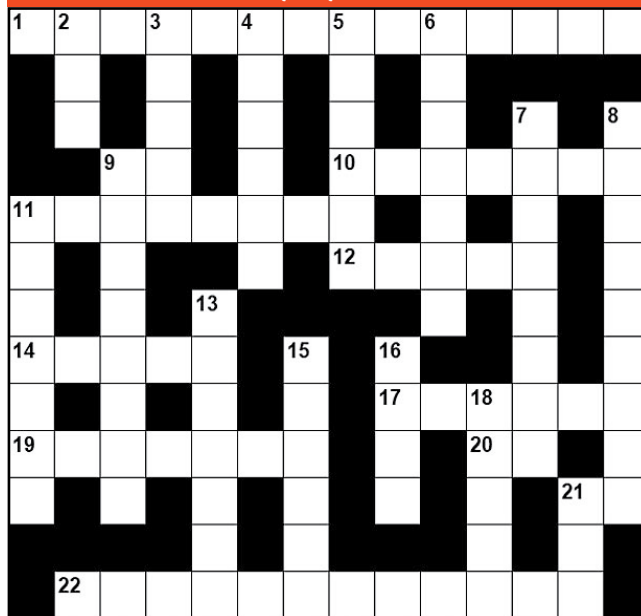
There's never been a better time to embody our Truth. To walk it, talk it... live it. Attuning to the harmonies of time and space... we're ready to begin anew. The past is no more... the future's yet to arrive. Yet we feel it approach... our body responds to any ripples in the field. Big things are preparing to birth. We need to be ready... securely grounded in our being. As these waves of evolutionary force reshape, remodel and renew our world.

We live on this paradise of a planet called Earth... our sensational loving and nurturing Mother. More and more people are becoming aware, waking up. A solid foundation of awareness and heart focus has been building now for many years. Foundations set back in the seventies.

Whatever's approaching we have everything we need to survive and thrive. Never, ever lose hope. We are the pioneers of our new world. We belong here.

Nimbin Crossword

2018-II
by 5ynic



Across

1. Combustibility
9. Nazi paramilitary wing
10. Vector? Airline
11. Balance sport (without the snow)
12. Second highest mountain range
14. Seaweed
17. Correspondent
19. (Prophet's) Follower
20. Because
21. Planning form?
22. Local tree (8,4)

Down

2. Pinch?
3. Not tight
4. Chinese communist
5. Wattle, Mimosa...
6. Thrust into?
7. Zeppelins
8. Flowering Proteaceae
9. Caviar fish
11. NSW state flower
13. Fitting neatly inside
15. Miserable, pathetic
16. Semiprecious gemstone
18. Tariff free zone (Ottawa, Washington, Mexico)
21. Reservoir?

Solution: Page 22

Nimbin Trivia Time

by Eclectus

Questions

1. Is Americium a) a patriotic anthem; b) a Roman city; c) a disco tune from the seventies; d) a heavy metal; or e) a ciliated protozoan?
2. What was *Hitchhikers Guide to the Galaxy* author Douglas Adams' favourite present on his 42nd birthday?
3. Is Mount Nardi the tallest peak in the Nightcap Range?
4. How do you get to the islets of Langerhans?
5. What is Galloping Gertie?

1. d) heavy metal. Number 95 on the periodic table of elements, Americium is a transuranic actinide. Its most stable isotope, ²⁴¹Am, has an atomic weight of 243 and a half-life of 7370 years. It was first isolated in 1944 as part of the Manhattan Project's research into nuclear weapons. Americium can be found at the site of nuclear detonations, nuclear disasters and spent nuclear fuel dumps. 2. David Gilmour invited him to play a number on stage with Pink Floyd at a gig in London at the end of their world tour in 1994. Adams got to play two numbers, 'Brain Damage' and 'Eclipse at the end of Dark Side of the Moon'. 3. No, Mt Burrell is tallest at 933 metres. Second is Mt Neville at 919m, leaving Mt Nardi third at 812m. 4. Through an incision in the abdomen. These islets are regions of the pancreas containing the insulin-producing cells which regulate blood glucose. At least they did before the obesity epidemic. 5. The nickname given to the Tacoma Narrows Bridge built across Puget Sound at Tacoma, Washington by construction workers, due to significant vertical movement of the deck during windy conditions. This continued after the bridge was opened in July 1940, culminating in its collapse a few months later during a gale in November. The oscillation of the bridge reached and then exceeded the aerostatic flutter point, matching the bridge's natural frequency and producing simple harmonic motion (zero net damping) and ultimate catastrophic failure. No wonder they didn't see it coming.

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THE ANODE IN YOUR SYSTEM SHOULD NEVER BE ALLOWED TO CORRODE AWAY, WHATEVER TYPE OR BRAND OF SYSTEM YOU HAVE - Solar, Electric, Gas or Heat Pumps.

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Lismore Transit Centre 7.00am 8.00am 12.00pm 2.35pm 3.20pm 5.30pm	Nimbin - Main St. (Park) 7.30am 8.45am 12.35pm * 3.10pm 4.15pm 6.00pm	Lismore Transit Centre 8.00am 12.00pm 2.35pm 5.30pm	Nimbin - Main St. (Park) 8.30am 12.35pm * 3.10pm 6.00pm
Lismore Transit Centre 7.52am 9.00am 12.45pm 3.25pm 4.25pm 6.05pm	Nimbin - Main St. (Park) 8.50am 9.35am 1.15pm * 4.10pm 5.15pm 6.35pm	Nimbin - Main St. (Park) 9.00am 12.45pm 3.25pm 6.05pm	Lismore Transit Centre 9.35am 1.15pm * 4.10pm 6.35pm

* Mondays & Thursdays Only

No Public Holiday Service
Wheelchair access available
Some buses connect in Nimbin for operators to Murwillumbah

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Visit www.nimbingoodtimes.com and click away!

Weaving and mending successes

by Granny Breath Weaver

The 14th Weave and Mend festival in October was fantastic in many ways. Many women came from all over the place, and some men came which was very good to see. The word is out that our wonderful Nimbin community is supportive of our festival.

Once again the storms and rain waited 'til our festival was over, and Djanbung Gardens was the perfect venue. Many thanks to those who looked after us with food, tea and coffee.

The Nimbin Neighbourhood and Information Centre has provided

ongoing administrative support helping with festival articles and promotion, and the Nimbin School of Arts generously provides \$200 each year. Entry into Weave and Mend has always been by donation rather than entry cost, allowing more people to attend.

For the first time my eldest granddaughter Ayla attended, all the way from Melbourne, to create her first basket. My daughter also came from Texas, Queensland.

Weave and Mend could not have happened without local support and lots of love. All monies donated go to our Young People's Arts Trust Fund.



Three generations: Granny Breath Weaver (centre), daughter Mantis (left) and granddaughter Ayla. Photo: Tom Dorleans

Coffee Camp kids clean cars for cash

Mark it in your diaries, it is time for the Coffee Camp School car wash on Friday 30th November, from 1.30-3.30pm.

Aside from raising funds, this is a fun afternoon for the kids playing with the water and bubbles.

Enjoy delicious locally-grown Byron Aromas coffee and homemade cakes, while the kids do all the hard work cleaning your vehicle. Great prices, great service, and great fun.

We are also getting excited about our annual December Swim School. A week of intensive swimming lessons and water safety skills before the start of summer.

Congratulations to our five students who have made it to the New South Wales PSSA Athletics competition in Sydney.

Hunter and Cooper will compete in individual events and Cooper, Zara, Benji, and Christian make up our PP5 Relay team.

We wish them all the best representing Coffee Camp and the North Coast.



We invite prospective 2019 Kindy students and families to join our transition to school program on 16th, 23th and 30th November, between 9am and noon. Ring 6689-9259 to register and find out more.

One parent told us, "Coffee Camp School has a strong sense of community which translates into the children feeling proud to be part of the school. I love

the way the teachers encourage the kids' natural desire to learn and feed their enthusiasm for knowledge.

"They also promote a sense of responsibility and support the children to be caring and considerate with each other. I am so glad we found this school for our children."

Come and see for yourself what makes Coffee Camp special.

A fete of the future

Nimbin Central School held its second annual Fete of the Future event earlier this year, and it may be a model that other schools might consider.

A Fete of the Future is a twist on conventional notions of a school fete. It is essentially a mini learning festival, where the running of and participation in learning workshops is incentivised by special currency set up for the event called Rocks.

Rocks are earned by running and participating in learning workshops. Rocks are then spent on things like food, the rock climbing tower and laser skirmish.

This year's fete had a total of 18 workshops, most of which were a collaboration between our students and teachers, with the exception of five workshops that were

a collaboration between our students and community organisations.

Our student and teacher collaborated workshops included: making post-plastic wax wraps, a pop culture gameshow, 'Nimbin Town Hall Meeting 2081' and more.

Our community organisation collaborated workshops included:

- Future Builders with Bunnings Warehouse Lismore;
- Your Future Energy with Rainbow Power Company;
- Trash audit with the Lismore Tip;
- Hooola hoop meditation with Yoga Play; and
- Walking meditation with Yoga Play.

At its peak, there were approximately 375 people in attendance: 250 students, 50



Real crepes at Cafe Futuriste during the fete

staff and almost 75 visiting parents, carers, students from other schools, and community members.

It is estimated that there was a combined 1000 hours of learning.

A special thank you to our local sponsors, Nimbin Lifestyle Real Estate, Nimbin

Emporium and Rainbow Power Company.

Those interested in running a Fete of the Future event in their communities may contact organising teacher Josh Howard for any information about the event.

Email: joshua.howard34@det.nsw.edu.au



TUNTABLE FALLS COMMUNITY SCHOOL

"Barefoot Education for the Future"

We are a small independent parent run school that provides unique educational learning opportunities for children and their families. With small, multi-age classes, active parental involvement and a strong focus on individual, community and environmental wellbeing, children are nurtured to think, learn and create.

Limited spaces available in our stand-alone Kindergarten class and Years 4-6 class. Waiting list for Years 1-3. Orientation days for our new Kindergarten students are 20th/27th November from 9.30-11.30am. Call 66891423 for information.





OUR CREATIVE KIDS

Tunable Falls preschool was delighted to continue our annual participation in the recent Nimbin Spring Arts exhibition. Our creative children submitted individual 3D and 2D works of clay, sewing on paper, soft toys and water colour pieces.

As well as their individual pieces, the children displayed their large scale collaborative wire sculpture that they have worked on for two terms.

Escher tells of his creative experience when making the metal sculpture: "I liked putting the blue, red and black switches on, you know, they are for power." Juno speaks of his exhibitions experience: "I made a mug for my mum out of clay. I took my mum to see it."

The exhibition gave the children and their families an opportunity to view the artworks in a professional setting within the community. It has also given the community an opportunity to view the children's point of view and self-expression through the creative arts.

The children's experience of having their work framed and displayed in the gallery shows that their work is valued, we are engaged in their process and outcomes as well as acknowledging and building their sense of achievement.

Tunable Falls preschool is open Tuesdays, Wednesday and Thursdays. We are located on Tuntable Falls Community. Phone (02) 6689-1179.

Tunable kids teach themselves



Last term, Tuntable Kindy class embarked on a learning journey extraordinaire: throughout the term they each had an opportunity to

become the class teacher for a few days.

Using their interests and expertise as a motivation for learning, the children

were asked what it is that they would love to teach and share with the class.

They all came up with a subject and together with their parents/grandparents and teacher they embarked on their teaching /learning journey.

Each child had time over the week to discuss and share their subject area using books, writing and drawing, art, craft, science and technology.

Every week the new teaching expert and learning program was eagerly anticipated as they learned of each other's interests.

The topics included: magicians, building, crocodiles, French knitting, painting, the Netherlands, fairies and trees.

They had this to say:

Ruby: "I liked Lieka telling us about klompers (clogs)."

Sebastian: "I liked showing everyone how to use a drill."

Goldie: "I liked being the teacher and helping the kids when they needed help."



Stories from

Cawongla Playhouse

Playing, by Tom

Preschool is great for playing. And you can mix yellow and blue and they make green! **Gibson the Preschool Monkey, by Harry** He's a monkey and I'm taking him home. He's got a back pack and clothes. I'm going to let him sleep with me. Maybe I will put some pictures in his book.

And I have some other news about my pirate map – it's got X marks the spot and it's got preschool.

Pokemon and Poke Cards, by Charlie and Noah.

They're fun – they make powers, electricity, water, fire, fairy and steel. There's one other power – there's fighting grounds and leaf.

We really like the Pokemon types – all the things that they actually do, like Pikachu's weakness is steel, and his resistance is fire. My Pikachu EX has 3000 lives, and Pikachu in the forest has

30 lives.

Some Pokemon's evolve – Stable evolves into Mega-Stable, Bulbosaur evolves into Evasaur, Evasaur evolves and Ventasaur evolves into Megaventa Saur (mega just means really powerful).

Beedrill has a very good stinger to sting very well, and you can't get close to him. Beedrill has a three sole sting. There are so many cards – Poke cards and Trainer cards. Pikachu has a yellow face and black eyes.

PJ Masks, by Andi, Alia and William Owlet has owl eyes and she can fly and she has wings. Catboy has a super cat jump, car ears and cat claws and cat speed. And he has a tail.

Gecko has super gecko grip so that means he can climb up walls without falling. He has camouflage so you can't see him.

Bindi, by River

I have a new dog and her name's Bindi.



Playground taking shape

At Nimbin Preschool, our playground is taking shape and a green revolution is happening.

We respect children's right to play with the natural elements and we know they need time that is uninterrupted to engage deeply to gain the benefits of this play. Our equipment is selected with great care, promoting innovation, conversation and a sense of belonging to the preschool community.

A simple addition like the new shade-sail will allow children to play for extended periods in the beautiful sandpit while not being exposed to the hot summer sunshine. We were fortunate to receive a state government grant that has enabled us to purchase the two shade-sails, along with big sets of gorgeous new wooden blocks.

A recent literature review conducted by the University of Western Australia highlighted some of the benefits of playing in natural playgrounds for our children, namely:

- Children who play regularly in natural settings are sick less often. Mud, sand, water, leaves, sticks, pine cones and gum nuts can help to stimulate children's immune system as well as their imagination;

- Children who spend more time outside tend to be more physically active and less likely to be overweight;
- Children who play in natural settings are more resistant to stress; have lower incidence of behavioural disorders, anxiety and depression; and have a higher measure of self-worth;
- Children who play in natural settings play in more diverse, imaginative and creative ways and show improved language and collaboration skills. Single use, repetitive play equipment becomes boring quickly;
- Natural, irregular and challenging spaces help kids learn to recognise assess and negotiate risk and build confidence and competence;
- Children who play in nature have more positive feelings about each other;
- Bullying behaviour is greatly reduced where children have access to diverse nature-based play environments; and
- Symptoms of Attention Deficit Disorder are reduced after contact with nature.

If you would like a place for your child at Nimbin Preschool, call us and come and have a look at our wonderful play spaces. Call our team on 6689-1203 or email: nimbinpreschool.director@gmail.com Open every day, 8.30am - 4pm.