

# Me Time, You Time, We Time

January 2025



*Take some time out to relax and elevate your wellbeing experience with every issue.*

**LOREM IPSUM DOLOR SIT AMET**

1

Thought of  
the day...



Start  
each day  
with  
a positive  
thought.

ME TIME

Thought of the day – what do you think?



**Dear Lord,**

**Thank you for another beautiful sunrise to enjoy.  
Thank you for the wonderful sounds of nature, from the  
cool breeze brushing through the trees to the birds singing  
melodies.**

**You are a wonderful God, full of grace and mercy.  
I praise you for allowing me another day to spend with my  
family.**

**I ask that You would guide my path today and, more  
specifically, my thoughts, words and actions.  
Please be with me throughout the day and help me  
navigate whatever comes my way.  
Most importantly, help me to reflect and live out my life in a  
way that is honouring to You**

**Amen**

**ME TIME**

*Have faith in God, God has faith in you – Edwin Louis Cole*

NO ONE  
IS YOU,  
AND  
THAT IS  
YOUR  
POWER

-Unknown

THINGS TO REMEMBER :

- YOUR FEELINGS MATTER
- YOU ARE ALLOWED TO CHANGE
- IT'S OKAY TO NEED SUPPORT
- YOU DON'T HAVE TO BE PERFECT
- YOU DON'T HAVE TO PROVE YOURSELF
- IT'S OKAY TO BE UNSURE
- IT'S OKAY TO ASK QUESTIONS
- IT'S OKAY TO TAKE YOUR TIME

MB.

**THINK TIME**

Think it over, don't over think it!

# Self-Care tips:



When practicing self-care as a parent, always remember:

- ✓ Prioritize your sleep
- ✓ Engage in physical activity
- ✓ Maintain a healthy diet
- ✓ Seek social support
- ✓ Set boundaries
- ✓ Practice mindfulness
- ✓ Make time for activities you enjoy, even if it's just a short break, to ensure your overall wellbeing and ability to effectively parent your children.

## Key points to remember:

### ✓ **Prioritize sleep:**

Adequate sleep is crucial for both mental and physical health, allowing you to better manage stress and be present for your children.

### ✓ **Move your body:**

Regular exercise, even a short walk, can significantly boost your mood and energy levels.

### ✓ **Nourish your body:**

Eat balanced meals and stay hydrated to support your physical and mental wellbeing.

### ✓ **Connect with others:**

Spend time with friends and family, or join support groups to share experiences and gain emotional support.

### ✓ **Practice mindfulness:**

Meditation, deep breathing exercises, or simply taking moments to be present can help manage stress and anxiety.

### ✓ **Set boundaries:**

Learn to say no and delegate tasks when needed to avoid burnout.

### ✓ **Make time for yourself:**

Schedule dedicated "me-time" for activities you enjoy, even if it's just reading a book or listening to music.

### ✓ **Seek professional help:**

If you are struggling with significant stress or mental health concerns, reach out to a therapist or counsellor.

## ME TIME

To love yourself is to take care of yourself



# be Happy

Choose to smile,  
choose to love, choose  
to be happy, and choose  
to have a good morning.

## Why learn to be happy?

1. Makes you look  
more attractive

4. Lower risk of  
heart attack

3. Faster recovery  
from illnesses

2. Reduces Stress

5. Helps you live  
longer

### THINK TIME

No one gets to live your beautiful life, other than you.

# Basic cookies

## Ingredients

225g butter  
softened

110g caster sugar

275g plain flour

1 tsp cinnamon

or other spices (optional)

75g white or milk chocolate chips  
(optional)

## Method

### Step 1

Heat the oven to 190C/170C fan/gas 5. Cream the butter in a large bowl with a wooden spoon or in a stand mixer until it is soft. Add the sugar and keep beating until the mixture is light and fluffy. Sift in the flour and add the optional ingredients, if you're using them. Bring the mixture together with your hands in a figure-of-eight motion until it forms a dough. You can freeze the dough at this point.

### Step 2

Roll the dough into walnut-sized balls and place them slightly apart from each other on a baking sheet (you don't need to butter or line it). Flatten the balls a little with the palm of your hand and bake them in the oven for around 10-12 mins until they are golden brown and slightly firm on top. Leave the cookies on a cooling rack for around 15 mins before serving.

**WE TIME**

Work together to create something delicious to enjoy!

# POSITIVITY IS THE

“

Positive mind

Positive thinking

Positive outcomes

Positive thinking doesn't mean that you ignore life's less pleasant situations. Positive thinking just means that you approach unpleasantness in a more positive and productive way. You think the best is going to happen, not the worst.

ME TIME

Think positive, be positive



A teacher asked her students to use the word "beans" in a sentence. "My father grows beans," said one girl. "My mother cooks beans," said a boy. A third student spoke up, "We are all human beans."



### Riddles..?

What month of the year has 28 days?

What do you call a fly with no wings?

What has to be broken before you can use it?



**TIME FOR  
A BREAK**



## Word Scramble

GRISPN

NOBWAIR

NIAR

DEES

DOULC

RDAENG

NUNSSHIE

BYERUTFLT

SENT

EBE

SOMBLOBS

BLAUDYG

RAGSS

THEA

LANTP

SESNLASUSG

BRUMLELA

CIMRECAE

## ME TIME

Bring me your correct answers and you'll be entered into the prize draw.

You might win !

# Frankie & Nicole's

## Page – Year 6

### Homemade Hot Chocolate with Marshmallow Snowmen

#### Ingredients (serves 1)

250ml milk  
 1 tbs cocoa powder  
 1-2 tsp honey or maple syrup  
 Few drops vanilla extract  
 To decorate (optional)  
 Squirty cream  
 2 marshmallows  
 1 matchmaker chocolate stick  
 edible marker pens



#### Method:

Place the milk in a small saucepan and heat gently, stirring regularly.

Once the milk is warm, add the cocoa powder and stir until completely combined and smooth. Add maple syrup or honey to sweeten and a few drops of vanilla extract.

Continue to stir until all the ingredients are combined and the mixture is hot, but not boiling.

If adding marshmallow snowman, prepare by drawing a snowman face on one marshmallow and buttons on another. Snap a matchmaker chocolate stick in half for the arms.

Pour the chocolate into a mug, top with squirty cream and pop the snowman marshmallow on top, poking the 'arms' into the cream on either side.

#### Tips from us...

- ❖ Listen to music
- ❖ Focus on things you like
- ❖ Drink tea or coffee
- ❖ Eat fruits or cookies
- ❖ Get creative

#### Relax...

- ❖ Soak in a bath
- ❖ Write
- ❖ Meditate
- ❖ Read

#### Things to have...

- ❖ Calming music
- ❖ Display family photos
- ❖ Scents, plants & candles
- ❖ Books
- ❖ A place to put your electronics away



What Zone Are You In?			
Blue	Green	Yellow	Red
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control

## OUR TIME

We have things to say and help too..!



## 1-2-3 family wellbeing

Here's a selection of resources to help your family with income support (money, debt), essentials (food, healthy eating, housing) and staying healthy. See below for local and online resources for mental health, relationships, confidential life advice and much more for your family's health and wellbeing. Please access services via telephone or online first due to COVID-19 as opening times may be subject to change.

<p><b>1 Income support</b> Free impartial money advice <b>the Money Advice Service</b> Tel: 0800 138 7777 <a href="http://www.moneyadvice.org.uk/en">www.moneyadvice.org.uk/en</a></p> <p>For advice on benefits, money, housing Tel: 0800 254 0298 <a href="http://www.camf.org.uk">www.camf.org.uk</a></p> <p>citizens advice</p>	<p><b>NATIONAL DEBTLINE</b> Free helpline: 0800 808 4000 <a href="http://www.nationaldebtline.co.uk">www.nationaldebtline.co.uk</a></p> <p>Family support, employment services, helpline for disabled people Tel: 0808 800 3333</p> <p><b>SCOPE</b> Supporting disabled people</p>	<p><b>StepChange</b> Debt Charity Free debt advice Tel: 0800 138 1111 <a href="http://www.stepchange.org">www.stepchange.org</a></p> <p><b>PFNI</b> UK Bill Help <a href="http://www.billhelp.co.uk">www.billhelp.co.uk</a></p> <p>Every Pound Counts – advice on benefits Tel: 020 7926 5555 <a href="http://www.lambeth.gov.uk/benefits-and-council-tax/housing-benefit/get-benefits-advice">http://www.lambeth.gov.uk/benefits-and-council-tax/housing-benefit/get-benefits-advice</a></p>
<p><b>2 Provide essentials</b></p> <p>Advice on Arranging Childcare and Nursery <a href="http://www.lambeth.gov.uk/childcare-young-people-and-families">www.lambeth.gov.uk/childcare-young-people-and-families</a></p> <p>Free fruit &amp; veg, milk and vitamins <a href="http://www.healthystart.nhs.uk">www.healthystart.nhs.uk</a> Tel: 0345 607 6823</p> <p><b>HEALTHY START</b></p>	<p><b>foodbank</b> Requires a voucher <a href="https://narwoodbristol.foodbank.org.uk/">https://narwoodbristol.foodbank.org.uk/</a> Tel: 07722 121108</p> <p><b>LAMBETH LARDER</b> Emergency food, help and advice <a href="http://www.lambethlarder.org">www.lambethlarder.org</a></p>	<p><b>Shelter</b> Advice, support, legal services for poor housing/homelessness <a href="http://www.enland.shelter.org.uk">www.enland.shelter.org.uk</a> Tel: 0808 800 4444</p> <p><b>Maytree</b> Nursery School and Children's Centre Family support, getting back to work, courses, stay and play, child development <a href="http://www.maytree.nursery.lambeth.sch.uk">www.maytree.nursery.lambeth.sch.uk</a> 4 Allingham Road   London   SW4 8EG School &amp; Children's Centre Tel: 020 8671 3298</p>
<p><b>3 Join in and thrive</b></p> <p>Free life advice: money, housing, health, relationships. <a href="http://www.themix.org">www.themix.org</a> Tel: 0808 808 4994</p> <p><b>koeth</b> Free, safe, anonymous online mental health and wellbeing support for young people <a href="http://www.koeth.com">www.koeth.com</a></p>	<p><b>Parents of the Future</b> 07523 631139 <a href="http://www.evelin.london.nhs.uk/parentline">www.evelin.london.nhs.uk/parentline</a></p> <p><b>ChatHealth</b>: Lambeth Young People aged 11-19 can contact a school nurse via text for confidential advice and support. Tel: 07507 332 150 <a href="http://www.evelin.london.nhs.uk/chathealth">www.evelin.london.nhs.uk/chathealth</a></p> <p><b>HOME START</b></p>	<p><b>LEAP</b> Support and resources for families with babies and infants: Tel: 020 7582 4182 <a href="http://www.leaplambeth.org.uk/">www.leaplambeth.org.uk/</a></p> <p><b>Ready Steady Go!</b> Free healthy lifestyle advice <a href="https://www.lambeth.gov.uk/ready-steady-go">https://www.lambeth.gov.uk/ready-steady-go</a></p> <p>Support and friendship for families from 3<sup>rd</sup> trimester of pregnancy to 5 years old: Tel: 0207 924 9292 <a href="http://www.homestartlambeth.co.uk">www.homestartlambeth.co.uk</a></p>



## COMING SOON TO SENT ANNE'S!

For parents and children

BAMA's classes are designed to help build confidence, discipline, and self-defence skills.

Interested..? Stay tuned for the next announcement

**We Need Your Help**

**Garden needs You**

Can you spare some time? Do you love gardening? Well, this is for you!

St Anne's Primary are calling for parent volunteers help with our vegetable garden and pond for your children to enjoy. If this is something you would like to be a part of please sign up.

Sign up in the Office

## YOU TIME

If you need help, support or advice, please speak to Miss Green