

A top-down photograph of coffee-related items on a dark wooden surface. In the top left, there is a pile of dark brown coffee beans. Below them, several large, vibrant green coffee leaves are spread out. In the bottom left corner, a white ceramic cup filled with dark coffee sits on a matching saucer. A red shield-shaped logo with a white cross and a blue stylized 'S' and 'A' is positioned in the middle left area. The text 'ME TIME YOU TIME WE TIME' is written in large, bold, red, blocky capital letters across the right side of the image.

ME TIME YOU TIME WE TIME

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

Welcome!

Welcome to the first issue of **Me Time, You Time, We Time!**

We are extremely excited to make this magazine available to you all and hope that you enjoy reading it, taking part in the activities and making suggestions, tips and recipes to put in following issues.

This month and in every monthly issue to come, we will focus on you and your wellbeing with a prayers, motivational quotes, tips, puzzles and much more.

Please let us know what you would like to see next and send in any recipes to share with our St Anne's community.

Don't forget, when you do the puzzles page to bring your answers in to be put into the well being prize draw!

Look out for the puzzle answers, recipes and more in the July issue.

Enjoy!



Dear Father,
I lie in your arms of love
And pour out my anxious thoughts to you.
Lord, I am choosing to rest here
In the warmth of your embrace,
I give you the things that I cannot face
The struggles, the trials the fears
Father, I will let my tears fall on you
For I know you will catch every one
And never let me go.
Amen

ME TIME

Faith is taking the first step even when you don't see the staircase



Me-time on a busy day is
like milk in coffee - even
a little changes a lot

THINK TIME

Believe in yourself. You are braver than you think, more talented than you know, and capable of more than you imagine.

Always remember to:

- *Try and relax and reduce stress
- *Find ways to learn and be creative
- *Spend time in nature
- *Connect with others
- *Look after your physical health
- *Try to improve your sleep

- Only try what feels comfortable
- Give yourself time to figure out what works for you. Different things work for different people
- Go at your own pace
- Take it step by step. If the first step feels too hard, try to break that up into even smaller steps

YOU TIME

Make time for yourself

For every minute
you are angry you
lose sixty seconds
of happiness.



YOU TIME

Control your anger before it controls you



CULINARY RECIPIE

Chicken Pasta bake

Ingredients

- 4 tbsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
 - ¼ tsp chilli flakes
- 2 x 400g cans chopped tomatoes
 - 1 tsp caster sugar
 - 6 tbsp mascarpone
- 4 skinless chicken breasts, sliced into strips
 - 300g penne
 - 70g mature cheddar, grated
 - 50g grated mozzarella
- ½ small bunch of parsley, finely chopped

Method

- **STEP 1** Heat 2 tbsp of the oil in a pan over a medium heat and fry the onion gently for 10-12 mins. Add the garlic and chilli flakes and cook for 1 min. Tip in the tomatoes and sugar and season to taste. Simmer uncovered for 20 mins or until thickened, then stir through the mascarpone.
- **STEP 2** Heat 1 tbsp of oil in a non-stick frying pan. Season the chicken and fry for 5-7 mins or until the chicken is cooked through.
- **STEP 3** Heat the oven to 220C/200C fan/gas 7. Cook the penne following pack instructions. Drain and toss with the remaining oil. Tip the pasta into a medium sized ovenproof dish. Stir in the chicken and pour over the sauce. Top with the cheddar, mozzarella and parsley. Bake for 20 mins or until golden brown and bubbling.

WE TIME

Send in your recipes to be featured in the next issue

"Your mental health is everything – prioritize it. Make the time like your life depends on it, because it does."

Shining Within



PUZZLE TIME

Solve the puzzles and be entered into a wellbeing prize draw!



Mr. and Mrs. Brown had two sons. One was named Mind Your Own Business & the other was named Trouble. One day the two boys decided to play hide and seek. Trouble hid while Mind Your Own Business counted to one hundred. Mind Your Own Business began looking for his brother behind garbage cans and bushes. Then he started looking in and under cars until a police man approached him and asked, "What are you doing?" "Playing a game," the boy replied. "What is your name?" the officer questioned. "Mind Your Own Business." Furious the policeman inquired, "Are you looking for trouble?!" The boy replied, "Why, yes."

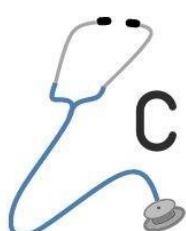


Health and Wellness

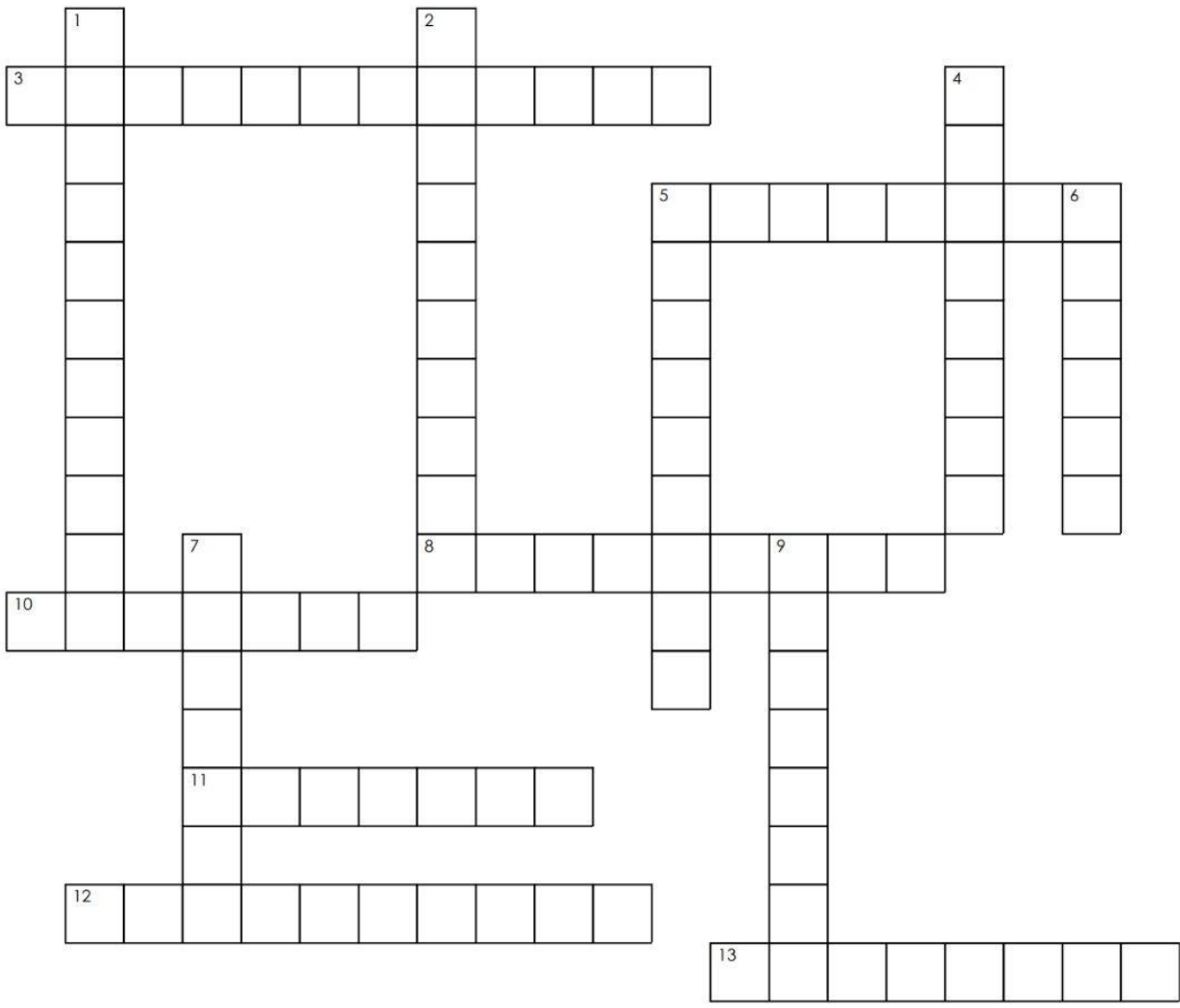
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responsibility
 eating healthy
 prescriptions
 occupational
 intellectual
 activities
 no smoking
 spiritual
 give back
 emotional
 debt free
 financial
 volunteer
 physical
 reliable
 swimming
 exercise
 wellness
 balance
 hydrate
 savings
 walking
 hygiene
 therapy
 stress
 coping
 mental
 biking
 church
 social
 laugh
 goals
 yoga
 pray

Name: _____ Date: _____



Health CROSSWORD PUZZLE




Across: →

- Emotional wellbeing
- Good overall health
- Getting essential nutrients
- Cleanliness for health
- Adverse immune reaction
- Avoiding health issues
- Indications of a condition

Down: ↓


- Relating to breathing
- Treatment for illness
- Physical activity for fitness
- Feeling happy and healthy
- Mental or emotional strain
- Illness or disorder
- Body's defense system



I can't be bought, but I can be stolen with a glance. I'm worthless to one, but priceless to two. What am I?

How many sides does a circle have?

What kind of room has no door?




ME TIME

Solve the puzzles and be entered into a wellbeing prize draw!

"Success
is NOT **FINAL;**

Failure
is NOT **FATAL;**

courage

It is the to
continue

that *counts.*"

-Winston Churchill

ME TIME

Pause for thought: Failure and Success ...



Let the light of Christ shine in our school

