



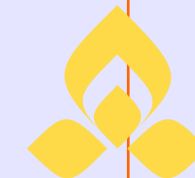
**What is Sleep Hygiene?** What is sleep hygiene in the first place? If this is your first time hearing this, well, it's quite simple really. Sleep hygiene refers to the various practices as well as habits that we do before bedtime in order for us to get a good night's sleep. What's so special about having a nighttime routine? Well, the bedtime rituals that we follow can help promote better sleep, which can benefit our overall mental and physical health. And since you are getting more restful sleep, you will find that you are more productive, alert, and energized the following day.

**Importance of Sleep:** Making time for sleep at the end of the day is necessary as there are numerous functions that require our body to be at rest such as muscle repair, rejuvenating blood cells and the like. Of course, there are numerous benefits associated with getting a good sleep at night such as maintaining good weight.



Click on the link below for more tips on sleep hygiene

<https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>



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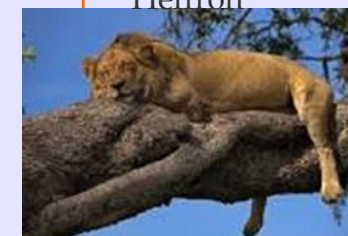
8th September 2020

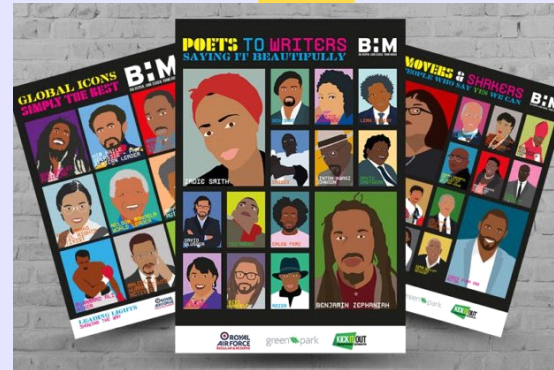
This will be the last weekly newsletter. We will continue adding in a children's slot into the 4-6 weekly foster carers' Newsletter.

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
  - Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
  - Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom
  - Avoid large meals, caffeine, and alcohol before bedtime
- Get some exercise. Being physically active during the day can help.



Bedtime story: "I See the Animals Sleeping: A Bedtime Story" by Thomas Heffron





# Black History

Black history month celebrated from 1st to 31st October.

Anti-racism: What does the phrase 'Black Lives Matter' mean? <https://www.bbc.co.uk/newsround/53149076>

Understanding black history documentaries on BBC iplayer:  
<https://www.bbc.co.uk/iplayer/episode/m000m7j8/african-renaissance-when-art-meets-power-series-1-3-when-art-meets-power-kenya>

More on Black history:  
<https://www.blackhistorymonth.org.uk/>



#### Ingredients:

- ◇ 250g (9 oz / 2 cups) self raising flour
- ◇ 75g (2 1/2 oz/ 1 cup) oat bran
- ◇ 185g (6 1/2 oz/ 3/4 cup) caster sugar)
- ◇ 60g (2 1/4oz) unsalted butter, melted
- ◇ 170ml (5 1/2 fl oz / 2/3 cup) milk
- ◇ 2 eggs, lightly beaten
- ◇ 2 ripe bananas, mashed

#### Method

1.Preheat the oven to 210° C(415°F/Gas 6-7). Lightly grease a 12 hole muffin tin. Sift the flour into a large bowl and add the oat bran and sugar. Make a well in the centre of the dry ingredients.

2.Combine the butter, milk, eggs and banana in a separate mixing bowl and add to the flour mixture all at once. Using a wooden spoon, stir until just mixed. (Do not overbeat as the butter should remain lumpy)

3.Spoon the mixture into the prepared muffin holes. Bake for 15 minutes, or until puffed and golden brown. Transfer the muffins to a wire rack to cool.

Variation: For muffins with a difference, beat 100g (3 1/2 oz) cream cheese, 2 tablespoons icing sugar and 2 teaspoons lemon juice with electric beaters until light and creamy. Spread over the muffins and top with dried banana slices



## DIY Animal Painted Mason Jars



### SUPPLIES:

Mason jars –8oz jars.

White primer

Acrylic paint

Paint markers –Posca Paint markers. You can use them for so many projects, including drawing on rocks.

### DIRECTIONS:

Step 1: Spray your mason jars with an even coat of white primer.

Step 2: Cover the jars with your favorite acrylic paint colors. two coats of paint for best results.

Step 3: Use a pencil to lightly sketch the animal faces onto the jars.

Step 4: Go over the pencil tracing with your paint markers. Here's a little tip: be sure to shake them well before use, and always test them first on a piece of paper.

Step 5 (optional): Seal your jars with a protective sealant.

**Thank you all for reading. We still would love to hear your stories, poems, songs, pictures, baking, crafts etc.**

“It takes a lot of courage to show your dreams to someone else.”  
— Erma Bombeck

