



# Supporting Military Families:

*From the First Hello to the Last Wave Goodbye*

01

## Starting the Journey

- A welcome pack will be sent home.
- Your child will receive a letter from our School Council.
- You will hear from and your child will meet Mrs Simmons, our Military Support Assistant, following a letter from her to you.

02

## Settling in: *Your first two weeks*

- Mrs Simmons will visit your child in their classroom to check how they are getting on.
- Your child will be paired up with a 'buddy' to help them find their way around and keep them company during playtime and lunchtime.
- Mrs Simmons is always on the playground during breaks, to talk to or ask for help.

03

## Building a Picture *Getting to know you as a learner*

- Your child will complete focused assessments in core subjects shortly after arrival to help us understand their current learning level.
- We follow the National Curriculum to ensure a smooth transition into our school.
- If your child has Special Educational Needs and/or barriers to learning the class teacher will work closely with you and our SENDCo (Special Educational Needs and Disabilities Coordinator) will provide additional support and guidance.

04

## While Your Loved One is Away: *Supporting you during deployment*

- If a deployment is approaching, ask the school office for a deployment form to complete.
- Once submitted, Mrs Simmons will be in touch to discuss next steps.
- An individual support plan will be created on your family's needs.
- Mrs Simmons will maintain regular contact with you, throughout the deployment to ensure the support is right.

05

## Saying Goodbye and Moving On:

*Transition to a new school*

- Mrs Simmons will be in touch to make sure you have the support you need during this transition.
- Mrs Simmons will provide emotional support throughout this process to help ensure a smooth and positive transition
- Your child will also create a letter to introduce themselves to their new school, along with an "All About Me" profile.
- She will work with your child to write a goodbye letter to friends and teachers at Waddington All Saints.
- We will communicate with your child's new school to ensure smooth transition and share necessary information.



# What a Support Plan May Include

04

## While Your Loved One is Away:

*Supporting you during deployment*

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### Emotional awareness

Helping recognise and name feelings.



### Social skills

Building friendships, communication, and cooperation.



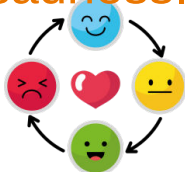
### Self-esteem

Developing confidence.



### Managing emotions

Learning strategies for anxiety, anger, or sadness.



### Problem-solving

Handling tricky situations.



### Transitions

Helping with changes like moving schools or class groups.



## Deployment Group



Children may meet regularly in a small group with others whose parents are also deployed. These sessions provide a safe, supportive space for children.

### Activities may include:

- Researching where their loved one is deployed.
- Writing letters or messages to their deployed parent.
- Keeping a diary (pictures/written) of what's happening while their parent is away, ready to share later.
- Talking about feelings and emotions.
- Learning strategies to build emotional resilience.
- Discovering ways they can feel helpful and supportive at home.

## One to One support



One-to-one support will be offered in situations where we feel a child would benefit from individual time with Mrs Simmons.

### This support may include:

- Facetime or video calls with the deployed parent (where possible and appropriate)
- Additional ELSA sessions to help manage feelings and build resilience.