

What is an SPC?

Service Pupils' Champion is a unique role which was created by North Yorkshire County Council to provide extra support for the large numbers of Service children in the County. There are two Service Pupils' Champions in North Yorkshire working to support the emotional well-being and social development of children and young people aged 5-18, especially during periods of active deployment and exercise and at times of transition. The Service Pupils' Champions aim to strengthen the pupil voice by promoting and developing the work of MKC Heroes currently established in many of the schools in North Yorkshire.

What does an SPC do?

1:1 Support - Sometimes children need a little bit of support - especially if their serving parent isn't home. We offer support in schools to allow children and young people a space to talk and hopefully overcome any worries they have.

Anxiety Workshops - We offer workshops in schools aimed at helping children & young people understand what anxiety is and how to deal with it.

Parents EFA - Being a parent can be hard work! Parents Emotional First Aid helps parents recognise that we all share similar thoughts, feelings, emotions and behaviours to varying degrees and aims to find strategies to help with our anxieties.

MKC Heroes - A national peer support group where children can spend time with other children who understand how unique the military lifestyle can be. We support MKC Heroes groups in schools.

Remembrance Service at Ripon Cathedral - An annual service where 600 children from military schools gather together for Remembrance and also celebration of the military lifestyle and how unique our Service Pupils are.

Armed Forces Day for Children - Children from across North Yorkshire are invited to Catterick Garrison for fun and celebration. Supported by the Army & RAF children enjoy a wide range of military experiences including military vehicles, Bands, uniforms and food!

Support for Parents - Support parents with children with additional needs arriving and leaving North Yorkshire, helping them understand processes, writing letters of support and liaising with schools. We also offer to support parents at meetings.

Representation - We attend national conferences and events representing Service Pupils' in North Yorkshire to ensure that their voices and stories are heard.

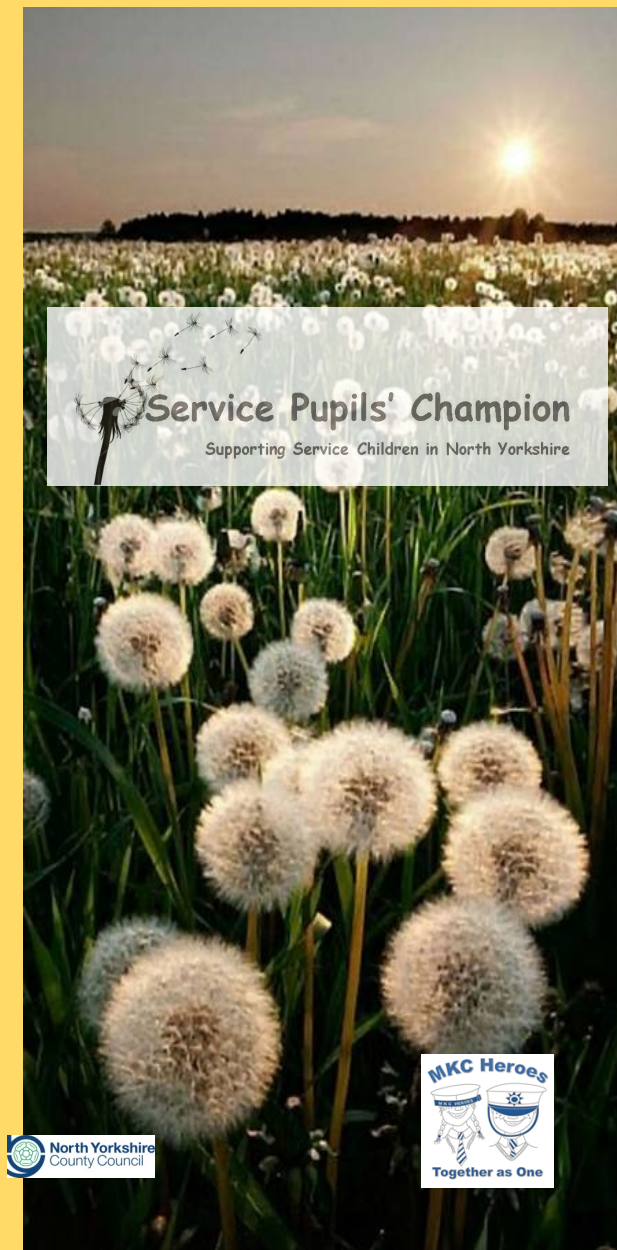
Liaising - Liaison with military colleagues-helping to make sure that information about moves and deployments is shared with schools and that information and concerns from schools are shared with the military.

Checking in - We contact newly arrived families to 'check in' with them- see how their children are settling in, listen and signpost to any support required.

Helping plan and deliver county wide projects—Such as

university widening participation days, drama projects, workshops and Festival of Friends.

Bid writing for funding for specific projects.



Who are your SPCs?

Nickie Young

Nickie covers the large cluster of North Yorkshire schools with service pupils on their rolls around

Richmond and the Catterick garrison, and is based in Colburn.



“ I have been part of an Army family all my life and have experienced the frequent moves and changes in home, school and friends as an Army child, wife and Mum. This year my husband left the Army after **many** years of Service and we are now embarking on a new adventure - being civilians!

Since becoming an SPC five years ago I have become increasingly interested in the impact that being part of a Military family can have on mental health, both for children and their parents. I was delighted to receive training in Emotional First Aid from Solent NHS and try to apply its principles when supporting children and their families. I developed a series of Anxiety Workshops which we have been able to offer to schools in North Yorkshire which give children an understanding

of anxiety and help them develop tools to overcome it”

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Jess Greenhalgh

Jess covers the wider spread of North Yorkshire schools with service pupils on the roll from Harrogate, to Northallerton and all the way out to Whitby, and is based in Ripon.



“ I'm an RAF wife and Mum to three - a 5 year old daughter and 1 year old twin boys! My little girl has had 4 nursery/school moves already, and we moved from Yorkshire to

Oxfordshire when the boys were only 10 weeks old - so I am familiar with the changes, moves, separation from family and other challenges that service families face. My background is in primary teaching; I graduated in 2012 and I have had lots of experience working with many unique children from varying backgrounds.

Since beginning my own family, I developed a keen interest in supporting service children in schools, especially knowing my own children will be facing similar challenges to those service pupils I have worked with during my teaching career. Starting this new role as a Service Pupils' Champion is really exciting for me as I can now really focus on that passion to help

service families like my own!”

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The official flower of the military child is the dandelion. Why? The plant puts down roots almost anywhere, and it's almost impossible to destroy. It's an unpretentious plant, yet good looking. It's a survivor in a broad range of climates. Military children bloom everywhere the winds carry them. They are hardy and upright. Their roots are strong, cultivated deeply in the culture of the military, planted swiftly and surely. They're ready to fly in the breezes that take them to new adventures, new lands, and new friends.



prickly pears

the Dandelion

Official Flower of the Military Child