

# Supporting Armed Forces Children in our Schools

## Wow – what a month April was for Month of the Military Child (MotMC)!

April is always a special time to shine a light on the incredible strength, resilience, and spirit of Armed Forces children – and this year was no exception! From Purple Up Day celebrations to heartfelt artwork and touching homecoming/goodbye photos, you all helped make this MotMC truly unforgettable.

A huge thank you to every child who took part in my competition – whether through school or individually. Your creativity and courage were so inspiring, and it was wonderful to see the pride you take in being part of a military family.

With so many outstanding entries, it was incredibly hard to choose – especially in the artwork category, where the standard was truly exceptional. In the end, I just couldn't narrow it down to three, so I'm thrilled to announce six winners for Best Artwork!

### WHAT'S IN THIS ISSUE

**Month of the Military Child  
Competition Winners**

**Forces and Me Lunchtime  
Clubs**

**Southampton Family Trust**

**New Resource Hub**

**Forces Friday Event @  
Hermitage Academy**

## **Competition Winners**

### **Best Homecoming/Goodbye Photo**

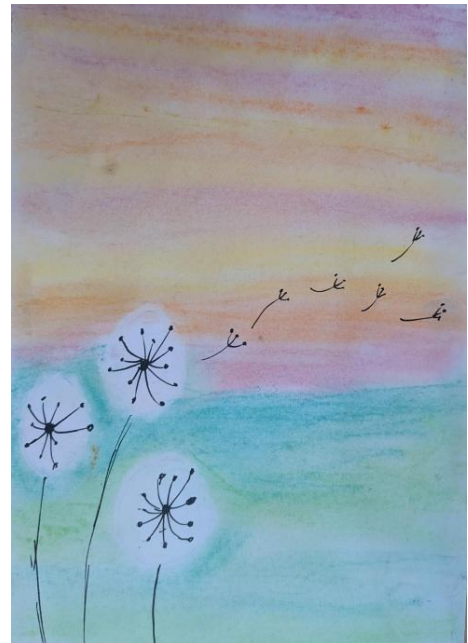
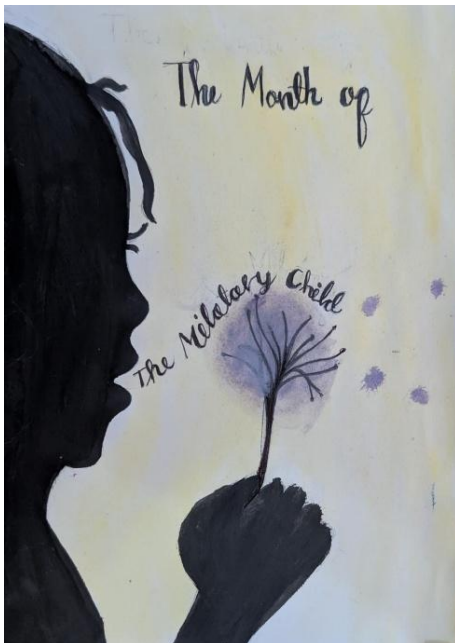


## **Best Purple Up Day Photo**

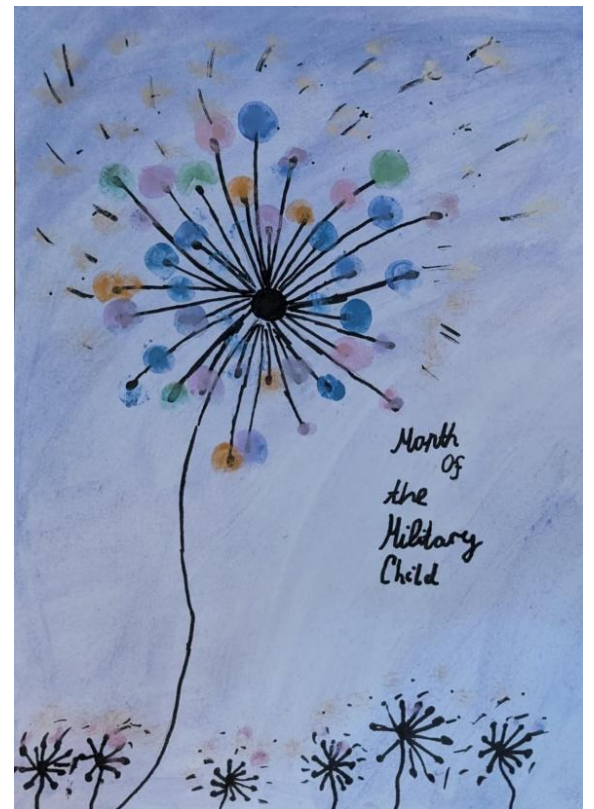
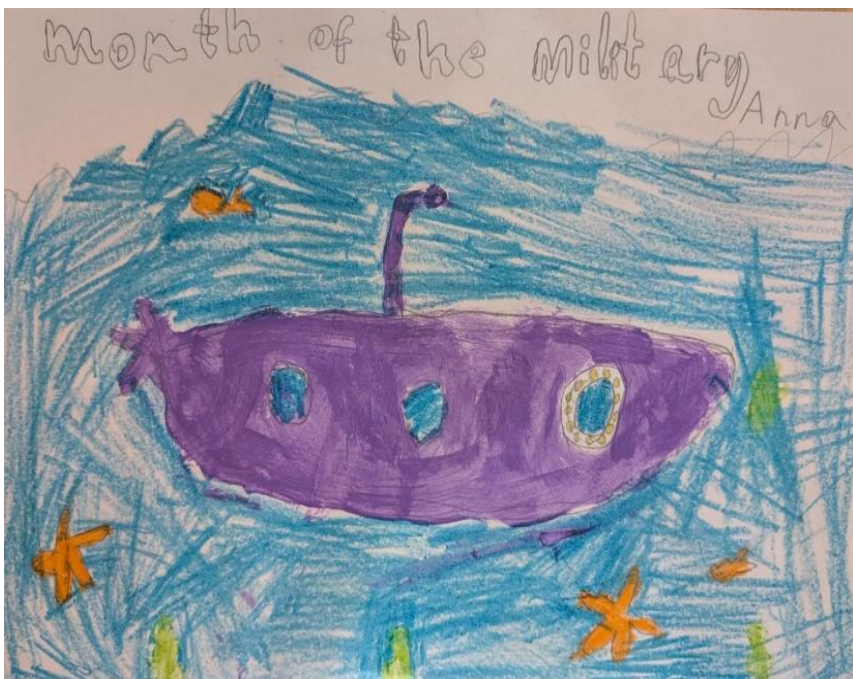


## **Best Artwork**

With so many outstanding entries, it was incredibly hard to choose 3 winners, the standard was truly exceptional and so I'm thrilled to announce six winners for Best Artwork!











This term Lunchtime Clubs are taking place in Kilcreggan Primary, Rhu Primary, Hermitage Primary, Colgrain Primary, JLB Primary and Hermitage Academy.

The children have been busy creating fantastic arts and crafts, playing games and completing their *Forces & Me* journals. ★

## 🎉 Rhu Primary Lunchtime Club Update 🎉

We had our final session on 3<sup>rd</sup> June for the P1 - P3 group and what a fantastic time we had! The children celebrated with a fun-filled party, enjoying games, dancing, and plenty of laughter.

We're already looking forward to welcoming the P4 - P7 group after the summer break - see you then!



### Forces & Me Lunchtime Club Rhu Primary

#### THANK YOU

Thank you for encouraging your child to attend the Forces and Me Lunchtime Club this term.

It's been a pleasure having them take part in the group and seeing the connections and confidence grow among the children.

The club provides a safe, supportive space for children from Armed Forces families to share experiences, build friendships, and feel a strong sense of belonging. Your support has played a key role in making this possible.

#### JOURNAL

As part of the club, some children chose to write in a personal journal. If your child took part in this activity, we'd be happy to send their journal home so they can continue adding to it - especially if they have a parent currently deployed.

It can be a helpful way to express thoughts and feelings and something meaningful they might want to share with their parent when they return.

#### FEEDBACK

We'd love to hear any feedback you/your child may have about the club - what's worked well or how we can improve.

Please scan the following QR code

## SUMMER HOLIDAY FOREST SCHOOL

**FOR ARMED FORCES CHILDREN  
& FAMILIES**

**IN HELENSBURGH &  
LOMOND SCHOOLS**

**OPEN TO THE CHILDREN  
OF ACTIVELY SERVING  
PARENTS**

SCAN TO BOOK

**A FUN WAY TO:**

- find friends
- promote wellbeing
- reduce stress
- build resilience
- enhance mood
- grow confidence
- learn practical skills

**THE ARMED FORCES  
COVENANT FUND TRUST**  
Funded by HM Government

## 🎉 Forest School Summer Sessions 🎉

Thanks to funding from the Armed Forces Covenant Fund Trust we will be offering free Forces and Me Woodlandwise Forest School sessions this summer for children from serving Armed Forces families (regular and reserve).

### Session Dates and Age Groups

**Tuesday 8th July (11am - 1pm) S1 Transition**

**Tuesday 22nd July (11am - 1pm) P1 - P3**  
Fully booked – can go on waiting list

**Tuesday 5th August (11am - 1pm) P4 - P7 Fully**  
booked - can go on waiting list

Please scan the QR code or click on the following link to book a place

[https://woodlandwise-forest\\_school.live.baluu.co.uk/...](https://woodlandwise-forest_school.live.baluu.co.uk/...)

Southampton Family Trust are offering three free online seminars for Royal Navy families taking place this June, funded by the Royal Navy and Royal Marines Charity as part of their Strengthening Families programme.

These relaxed and supportive sessions are open to any Navy family and are designed to stand alone – so families can join whichever ones suit their needs.

Upcoming Seminars:

- Parenting and the Deployment Cycle – Tuesday 10th June
- An Introduction to Parenting Children with ADHD – Tuesday 17th June
- An Introduction to Parenting Children with Autism – Tuesday 24th June

All sessions run from 7.30 – 9.00pm via Zoom.

For further information or to book a place please email [info@sftrust.org.uk](mailto:info@sftrust.org.uk)



FREE ONLINE SEMINAR

## **Parenting During the Deployment Cycle**

Strategies and tips for parents

Tuesday 10<sup>th</sup> June 2025 7.30-9pm

Book a place by emailing [info@sftrust.org.uk](mailto:info@sftrust.org.uk)



Part of the Strengthening Families programme for all Royal Navy and Royal Marines families in the UK and abroad



FREE ONLINE SEMINAR

## **An Introduction to Parenting Children with ADHD**

Insights and strategies for families of children who have or might have ADHD

Tuesday 17<sup>th</sup> June 2025 7.30-9pm

Book a place by emailing [info@sftrust.org.uk](mailto:info@sftrust.org.uk)



Part of the Strengthening Families programme for all Royal Navy and Royal Marines families in the UK and abroad



FREE ONLINE SEMINAR

## **An Introduction to Parenting Children with Autism**

Insights and strategies for families of children who have or might have autism

Tuesday 24<sup>th</sup> June 2025 7.30-9pm

Book a place by emailing [info@sftrust.org.uk](mailto:info@sftrust.org.uk)



Part of the Strengthening Families programme for all Royal Navy and Royal Marines families in the UK and abroad

# New Resource Hub for Armed Forces Families

We're excited to share a dedicated Google Drive folder packed with helpful information and support for Armed Forces families. Whether you're navigating deployment, moving to Scotland, looking for mental health support, or seeking local and national resources — this hub has you covered.

## Topics include:

- Preparing for and coping with deployment
- Relocation tips and support, especially for moves to Scotland
- Mental health and wellbeing information for parents and children
- Local and national support services
- Forces and Me Clubs

 **Access the folder here:**

<https://drive.google.com/drive/folders/1QiYj7VExFEvcCQDYoDT4KuZfrolfwdCp?usp=sharing>



## Forces Friday Event at Hermitage Academy

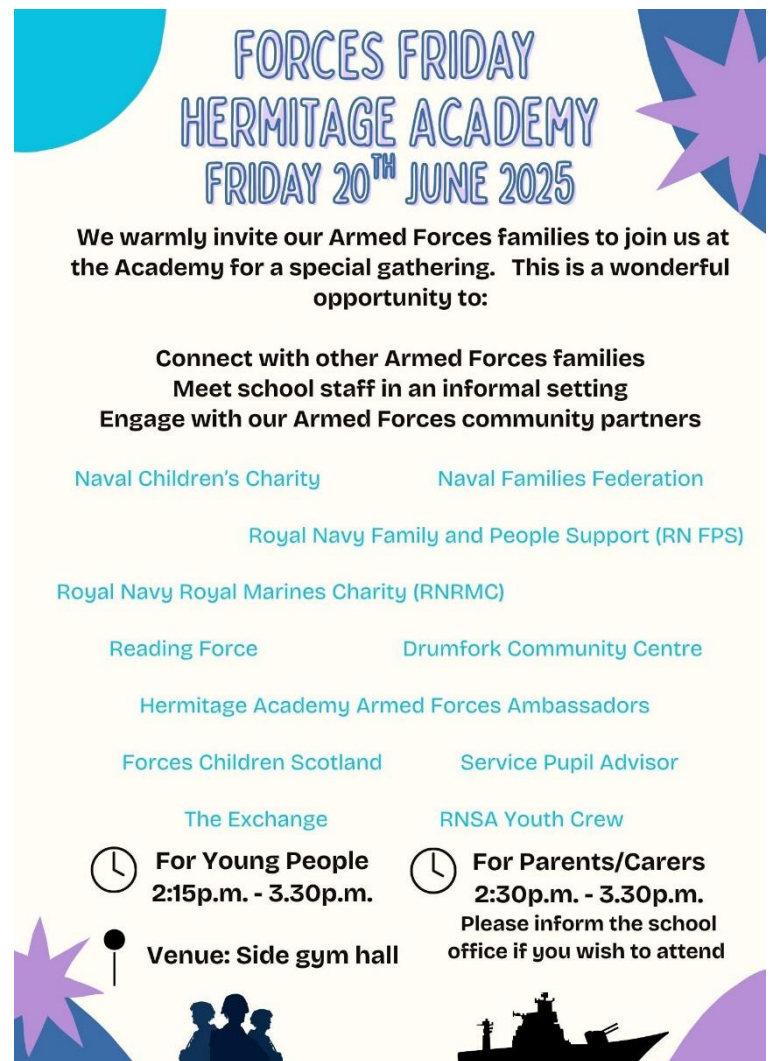
Hermitage Academy are looking forward to hosting their Forces Friday event on 20<sup>th</sup> June 2025 from 2.15p.m. – 3.30p.m.

Forces Fridays will also be taking place in the following schools after the summer break:-

**Garelochhead Primary**  
**29<sup>th</sup> August**

**Cardross Primary**  
**26<sup>th</sup> September**

**JLB Primary**  
**24<sup>th</sup> October**





**If you have any questions or would like to add an article to the next Newsletter then please contact me**

## **Contact Me**

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& Lomond

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