

YORKSHIRE AND NORTH EAST SCiP ALLIANCE Hub

Hello!

Do you watch **Britain's Got Talent**? Why do we ask? Check out our update on the York & North Yorkshire Festival of Friends **Celebration** event to find out.

In this spring edition of our newsletter we are also sharing details of upcoming events for teachers, practitioners and pupils. Even better, they are all **virtual**, and **free to attend!**

We also have **Service Pupil Champions** Nickie and Jess sharing their experiences of running post lockdown wellbeing sessions in schools.

Do you have **news, information** or **opportunities** about anything to do with supporting **Service children**? If so we would love to share it in our next newsletter. [Get in touch!](#)

News from the Hub

Save the date! Event for Service Children coming soon.

Service Children's Progression
 **ALLIANCE**

SAVE THE DATE

CREATIVE FORCES DAY 2021 (VIRTUAL)

Primary School Creative Forces Day – 22nd June 2021
Secondary School Creative Forces Day – 23rd June 2021

9:30am – 12:30pm

**Hosts: Yorkshire & North East and
Lincolnshire & East Midlands SCiP Alliance Hubs**

Features: Information for students surrounding Further (FE) and Higher Education (HE), themed workshops, a Q&A with current FE/HE civilian students and students from Armed Forces families, signposting to supportive charities and organisations that can help Armed Forces families.

Further information to follow shortly.

We are pleased to let you know that we are hosting a virtual event for school pupils from service family backgrounds in June.

A Creative Forces Day is an opportunity for military service children to come together to gain knowledge and understanding of FE and HE progression routes and explore their identity as Service children. For more information please [email the hub](#).

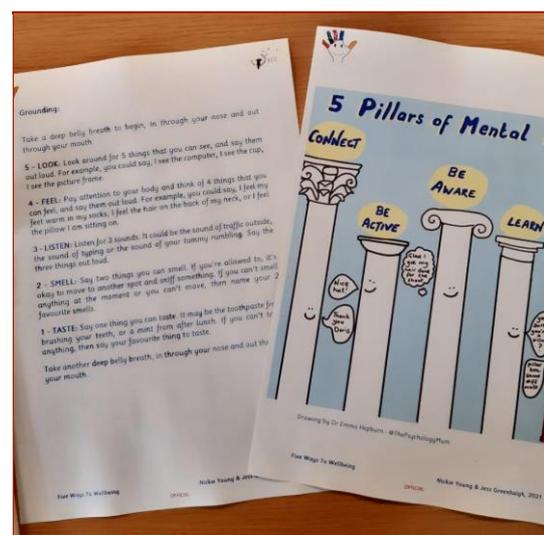
Special **celebrity** guests announced for celebration event!



Pupils in North Yorkshire who have been taking part in the Festival of Friends project will be celebrating at a virtual awards ceremony with two special celebrity guests! Britain's Got Talent 2020 finalist **Steve Royle**, and Paralympic Athlete **Tanni Grey-Thompson**!

This awards ceremony will bring together schools who have been running projects that aim to develop and share good practice in supporting Service children. The awards will take the form of small financial development grants for embedding the winning projects and sharing them with other schools.

Guest blog - Pupils learn about the 5 ways to **wellbeing**



Jess Greenhalgh, Service Pupil Champion for North Yorkshire shares her experience of delivering wellbeing sessions with her colleague Nickie Young:

We started these sessions during the lockdown period when we were unable to deliver the support in schools for Service children as we usually would. This past year has had an effect on everybody's mental health and wellbeing, and we are of course very aware that Service children as a collective group already struggle with the changes, transitions, separations etc of military life on top of the challenges of this past year, so we wanted to provide online wellbeing sessions that would help them in keeping their mental health in check!

The Five Ways to Wellbeing sessions run over the course of five weeks, with each week corresponding to each of the five pillars of mental health: Connect, Be Active, Take Notice, Learn and Give. The first two lots of sessions have been delivered virtually over Microsoft Teams and included lots of opportunity for discussion, talking about emotions, playing games connected to each of the Five Ways and learning how we can use the Five Ways to Wellbeing in our everyday life to improve our mental health.

At the end of the five weeks the students received a goody bag which included a "paper hug" a squishy toy, a pencil, a pack of seeds, a poster on the five pillars of mental health and a certificate for completing the sessions!

Nickie and I are really looking forward to presenting these sessions live in schools – we already have 4 schools booked in which is fantastic – we will be delivering the sessions together, so we are taking full classes of students, Service children and civilian. I am also currently presenting the Five Ways to Wellbeing to a small group at Leeming RAF Primary school who have been particularly affected by parental deployment, home learning and some changes to the staffing in school.

We used Mentimeter as a weekly evaluative tool for each session and Survey Monkey for our end of course feedback. Below is feedback for the "take notice" week where we discussed how important it is to take notice of your surroundings, your own emotions and the feelings of others around you.

What will you start, stop and continue doing after this session?

Start: noticing what's around me

Start noticing how I'm feeling

Start - noticing how my anger affects my family

Keep exercising

Continue: making sure my brother is OK

Keep noticing my own feelings

Upcoming Events

More dates added for the **Thriving Lives Toolkit** conference series



If you missed the Yorkshire and North East Thriving Lives conference last November, there are still opportunities to attend a conference. The next one will be 8th and 23rd June and you can [book your place here](#).

Sign up to attend this free virtual launch - next Wednesday!

'The Impact of Service Life on the Military Child' Report Launch Event

Date: 5th May

Time: 13.00-14.00

Hosted by the Veterans and Families Institute for Military Social Research (VFI), Anglia Ruskin University.



The Veterans and Families Institute for Military Social Research will present the findings of their report on the issues facing naval families at a virtual event on 5th May. Tickets are free and [can be booked here](#).

The Yorkshire and North East Hub is led by FutureHY, part of the OfS Uni Connect Programme.

[Go to the SCiP Alliance Yorkshire and North East page](#)