



06 October 2022

Dear Parents/Carers

## **SUPPORT AVAILABLE TO MILITARY FAMILIES**

At present, 16% of students who attend Helston Community College have been identified as the children of military families. The local context is that the base of HMS Seahawk (RNAS Culdrose) is within Helston town. HMS Seahawk (RNAS Culdrose) is one of the largest employers within the Helston community. Due to the nature of the base, many students and families reside in Helston.

There are a range of plans that we have developed as a College, through links with the Military Social Worker and Youth Worker Team, which I would like to inform you about.

<b>Weekly drop-in sessions for students</b>	These sessions are run by Cathy Sherlock (Youth Worker from the RN FPS Community) every Tuesday lunch time in A9 on South Site. Students do not need to pre-book, they can simply attend.
<b>Half termly coffee afternoons for parents/carers</b>	These sessions are shared with our military families each half term, with each one having a slightly different focus throughout the year. All family sessions have a member of the RN FPS community present.
<b>1:1 support sessions</b>	As a College we are committed to the mental health and well-being of our students. We understand that the cycle of deployment faced by many military families can cause additional pressures for young people. In order to support this, we work closely with Cathy and her team to provide 1:1 support sessions for any student or family who requests one.
<b>Flexibility</b>	We can also support when family members are deployed by offering dedicated time for students to speak to loved ones. We understand that distance and time zones may become challenging when trying to communicate. In order to support this, we have a dedicated space and computer facilities that students can use, even if this is during the school day.

The following websites may also be of use to you:

**Reading Force:** <https://www.readingforce.org.uk/families-new-to-reading-force/>

**Little Troopers, for all service families:** <https://www.littletroopers.net/>

If you would like further information about the support available, please contact Mrs M Mugford ([mmugford@helston.cornwall.sch.uk](mailto:mmugford@helston.cornwall.sch.uk)).

Yours faithfully

**Mrs M Mugford**  
Assistant Headteacher  
Community