

WHAT IS A LITTLE TROOPER?

Someone who handles adversity well

Courageous, persistent person

All children of our
British Armed Forces
personnel are Little
Troopers



An infographic titled 'Did You Know?' in large yellow letters. It features several hand-drawn illustrations and statistics: a house with '61% OF SERVING PARENTS AWAY FROM HOME FOR OVER A MONTH (2019)'; a sign that says 'MORE THAN 1/3 OF FAMILIES FEEL DISADVANTAGED'; a sign on a chalkboard that says '96% OF PARENTS WOULD LIKE MORE SCHOOL SUPPORT'; a sign on a post that says '42% OF FAMILIES HAVE HAD TO MOVE TWICE IN 5 YEARS'; a sign that says 'GOING TO 7 DIFFERENT SCHOOLS IS COMMONPLACE'; a sign that says '80% SERVICE FAMILIES HAVE CHILDREN'; a sign that says 'DECEMBER 2021 6,100 DEPLOYED IN 22 OPERATIONS IN 30 COUNTRIES'; and a sign that says 'OVER 1,000,000 MILITARY CHILDREN'. The infographic also includes the 'little TROOPERS' logo in the top right corner and the website 'WWW.LITTLETROOPERS.NET' at the bottom right.

LITTLE TROOPERS THE CHARITY

Founded originally in 2011

Following founder Louise finding a letter her daughter wrote while her dad was in Afghanistan

2021 sees us celebrating our journey and existing for 10 years supporting all children with one or both parents serving in the Regular or reserve British Armed Forces, there are over 100,000 military children out there who need us!

my daddy is a Soldier.
my name is Madison I am 7 and
my dad is in Afghanistan.
I am old and
and my dad is in Afghanistan.
Pille Sad, worry, scared
dad is in Afghanistan because my
my Mum has helped me
a lot since he has
dad is a half But my
heart. always in my
Some of my friend dont
understand So me and my mummy
wonted to do something positive
about it.
we are ~~doing~~ doing this
help So we can raise money
peple how have got in Geld So we are
raising money for charity for heras
My Daddy is a ~~her~~ hero!



OUR VALUES

Inclusion

Insuring children feel included and in control of any military life hurdle they face

Recognition

Recognising that Little Troopers are special and their unique daily challenges are seen

Celebration

Celebrating being part of the British Armed Forces community



WHO IS SUPPORTED?

Little Troopers is the charity supporting children of our British Armed Forces (there are in excess of 120,000) who can face daily unique challenges due to being a part of a military family; long periods of separation, operational deployments, moving home and school frequently to name a few.

*Children with parent(s) serving in the **regular or reserve** British Army, Royal Navy and Royal Air Force is the **ONLY** eligibility.....rank, location, service, martial status don't matter*

Married Unaccompanied – dispersed families

Families living in military accommodation

Divorced/Separated families

Co-habiting families

Single serving personnel with children

WHAT CHALLENGES ARE MILITARY CHILDREN NAVIGATING?

- Military children can **experience life differently from their peers**
- Families are always coping with unexpected change and uncertainty which can impact on family life
 - Having a parent **deployed** or serving away from home on **exercise**
 - **Moving home and school** frequently
 - **Living unaccompanied**
- Important to realise that military children are not necessarily resilient to these experiences just because they happen all the time.
- Having a parent away on exercise for a few weeks can be just as hard for some children as a longer deployment

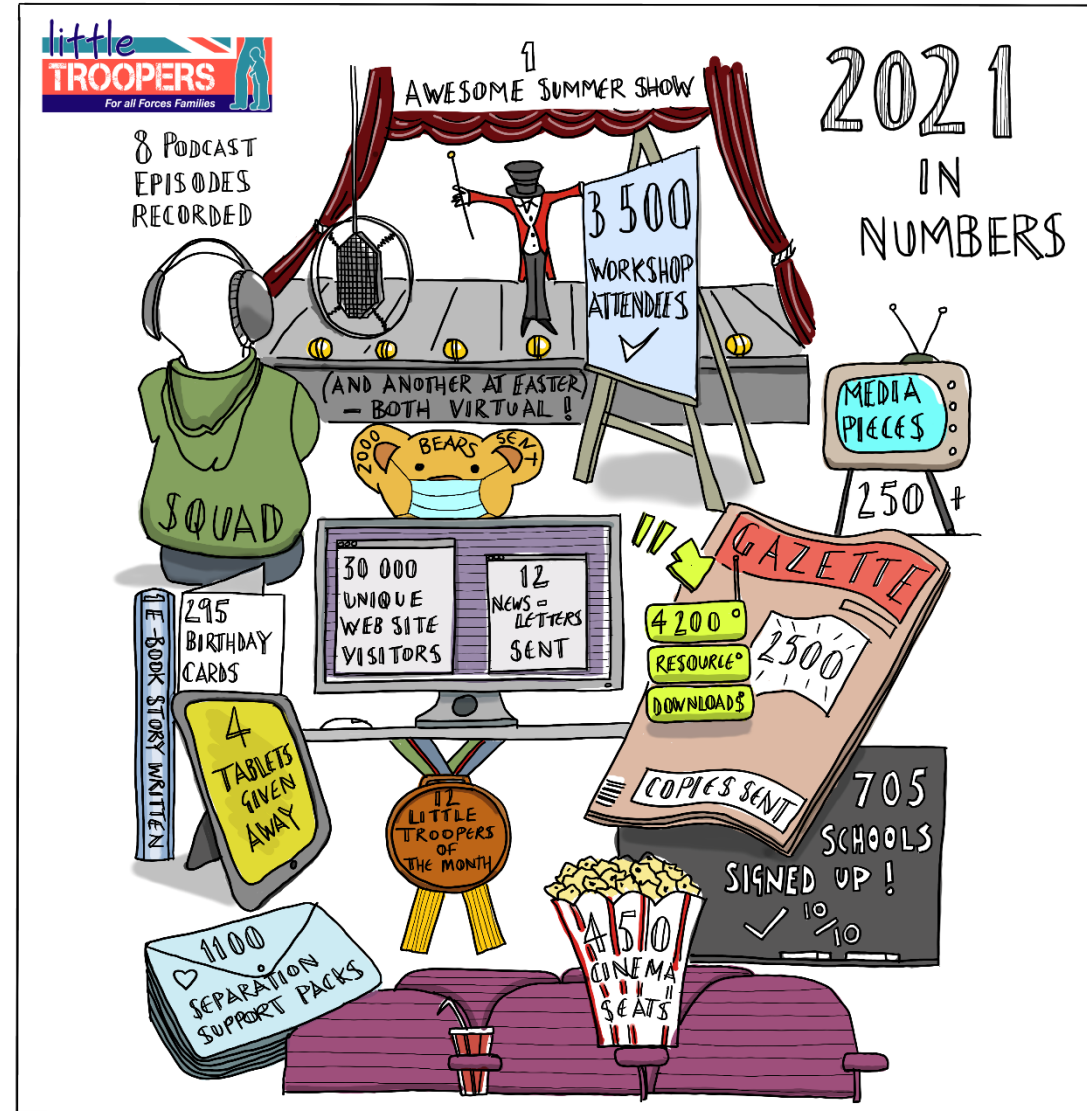
PROVISION

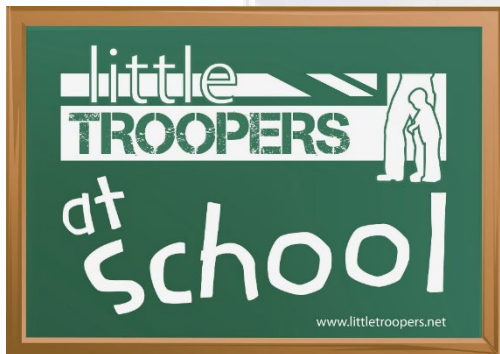
Resources - Separation Packs, Send a Hug kits, Story books, Wellbeing course templates, Resource packs

Initiatives – Birthday Scheme, Little Troopers Letters, Little Troopers Treasures App, Little Troopers at School, Little Trooper of the Month, Little Troopers Gazette, Christmas Smiles

Website – Information Sheets, Crafty Little Troopers activities, Downloadable child certificates, Recommended Reads, SQUAD

Shop for Little Troopers – Hoodies, T-shirts, role play outfits, mini medals





Little Troopers GAZETTE
LITTLE TROOPERS GAZETTE - Winter 2020/21 Edition - Nov-Feb
FREE

HELLO FROM Louise

Welcome to the very first edition of the Little Troopers Gazette! This newspaper is especially for children who are part of the military community, just like you.

Medison is now 17 years old herself and Little Troopers is really fun but the charity room hubs lots of other military children which make me really happy because I think military children are really special. Did you know that we have over 100,000 British Armed Forces children?

When your mum or dad (or both) serve in the British Armed Forces it makes you so proud but can mean they have to move a lot so you get to go to different schools and you have to change your name a lot and when I was 17 years old I decided I wanted to do something really different so I joined the British Army. I don't think my mum and dad thought I'd go but they were really proud of me and they were so happy to see me in uniform which was a little bit scary but I really enjoyed being in Germany and all the experiences I had there.

Lots of love and thank you to each of all our military child budding journalists who got involved and wrote an article for this edition. I have really loved reading them.

Hi!

OUR AMAZING LITTLE TROOPERS PRESS PACK

The Little Troopers Gazette is packed with content written by military children, and young adults and includes other fun things for you to do. We hope you can choose from a range of suggested topics including: My Military Life, What My Parent Does, My School and What's Like.

Happy Writing!

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www.littletroopers.net



LITTLE TROOPERS AT SCHOOL

How can Little Troopers help education settings?



PROJECT OVERVIEW

Little Troopers at School project was launched in 2018 to help schools understand the challenges military children can face and provide lots of age specific, appropriate resources for education settings to help promote inclusion and recognition

What is available for you now?

- Information Sheets – Schools and Parents
- Recommended Reads list for libraries
- 'At School' website area
- Meet the Teacher blog series
- Primary School resource pack
- Online school workshop – 2hrs
- Schools' quarterly newsletter
- Story books series 1& 2 = 6 books
- Crafty Little Troopers activity sheets

- Primary Wellbeing course template
- Additional needs resources – talking mats and social stories
- Secondary wellbeing course template
- Forces Life Club – 16 sessions, plus a video of in use
- SQUAD podcast & facilitator outlines and how to use video
- Secondary resources for lessons
- School fundraising area
- Case Studies



INFORMATION SHEETS

Parent & School sheets

Term Time absence
Service Pupil Premium
Challenges faced
Transition
Separation

- Making the forms available in school
- Appreciating if forms come in
- Asking at parents evening about separation periods
- Recognising the challenges faced, lack of roots etc

School sheet

Spending the Service Pupil Premium - good examples

The Service Pupil Premium is awarded at a rate of £9.50 per service child per year, as covered in the other information sheets in this booklet. Schools use this money to provide additional support during challenging times and to help mitigate the negative impact on service children of family mobility or parental deployment.

There are various factors that will influence how this could be best used for the greatest benefit. This sheet covers some good examples for different scenarios. Schools with a lower number will obviously have less funds to spend so some imagination is required.

- Primary aged School
- Secondary aged School
- Schools with just a couple of service children, or if Schools with a high percentage of pupils coming from service families

Primary School with low number of service pupils

Welcome packs for service children to the school on joining

Maps of the school, timetables, clubs

Leavers Pack for service children when they leave your school

Leaving Card, Photos, Special work, Any certificates, Recent exam/ test results

Display in school

Incorporate 'where we live' include pictures of the military additionally have a deployment board if any service children have permitted they attend

Little Troopers Resources

Resources from Little Troopers are very inexpensive and a great use of SPFF funds plus they can bring a wealth of benefits to the service child. Separation Packs are just £10 and Send a hug lets are just £1.50 and mini medals are just 65p many of the other resources such as Crafty Little Troopers sheets are available to schools free via the website www.littletroopers.net

Lunch Club for Service Children

A once a week/month opportunity for all the children to come together, talk about any deployment/separation, write letters to parents away, add to the display board, some troops funds purchased with SPFF to contact parents, if applicable, do activities to help them stay in touch with parents

Books

There are extensive books available with regards to deployment that could really help military children

Mascot

Have a mascot within the school that the military children can take home and leave a diary of a week

Primary School with high number of service pupils

Contribution to the salary of a designated member of staff if it is essential to have a breakdown of how teacher time is apportioned

Welcome packs for service children to the school on joining

Maps of the school, timetables, clubs etc

Leavers Pack for service children when they leave your school

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The above information is provided as a guide only. Little Troopers does not accept any responsibility for the use of the information provided. Little Troopers is a registered charity (1142258) and is not a government department. Little Troopers is a registered charity (1142258) and is not a government department.

Address: 46-88 High Street, Egham, Surrey, TW20 9HE
Email: info@littletroopers.net
Little Troopers Registered charity no. (England and Wales) 1142258

www.littletroopers.net
Twitter: @littletroopers
Facebook: littletroopersathome

Separation Chit

Parent sheet

Got a period of separation coming up? Use the below, cut across the line and give the completed sheet to your child's school

SEPARATION CHIT

My mum / dad is in the British Army Royal Air Force Royal Navy based at:	My name is:	My age is:
One of my parents is going	They are going to:	They will be gone for:
Things I am doing at home to count the days:	Things I am looking forward to:	Things I am worried about:

Notes:

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TALKING MATS

Talking Mats are a communication framework for helping children with additional needs organise their thoughts and express their views about particular issues. They allow visual representation of these thoughts and views. We have created some for military situations.

When ... is away - Talking Mats

FREE

DOWNLOAD

School - Talking Mats

FREE

DOWNLOAD

Changing Schools - Talking Mats

FREE

DOWNLOAD

Activities - Talking Mats

FREE

DOWNLOAD

SOCIAL STORIES

Social Stories: Short, simple descriptions of some military social situations developed as a tool to help individuals to better understand the situation and what is to be expected of them.

Mummy's rules are different - Social Stories

FREE

DOWNLOAD

Mummy will miss my birthday - Social Stories

FREE

DOWNLOAD

Going Away - Social Stories

FREE

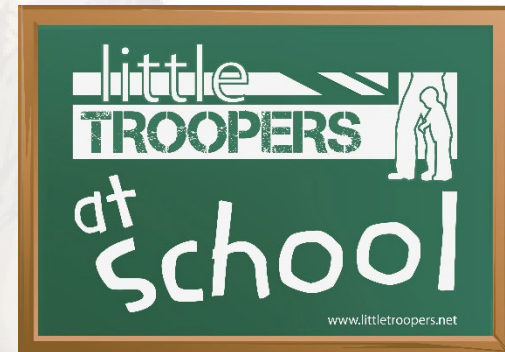
DOWNLOAD

ADDITIONAL NEEDS RESOURCES

little TROOPERS at school

www.littletroopers.net

RECOMMENDED READS



PRIMARY SCHOOL PACKS

- Schools booklet
- USB – Loaded with Role Play Props, Certificate templates, Forms, Separation Diary
- Activity Sheets – Bingo, Military life timeline, Poppy, Memory Jar
- Lesson plans – 2 x Literacy 4 x Maths
- Role Play plans – RAF, Army & Royal Navy
- Circle Time scenarios – x 5
- Little Trooper Board – Maps, Stickers, Poem, Location Cards (and template)
- Short Story – written by published author Tom Palmer



- Intro booklet
- USB (loaded with 32 documents)
- A1 Map
- Stickers
- Bingo calling cards in pouch
- Floor Cards
- Charade Cards

Session 1 – Mindfulness

Session 2 – Belonging/Identity

Session 3 – Creative Writing

Session 4 – Separation/Deployment

Session 5 – Superhero's

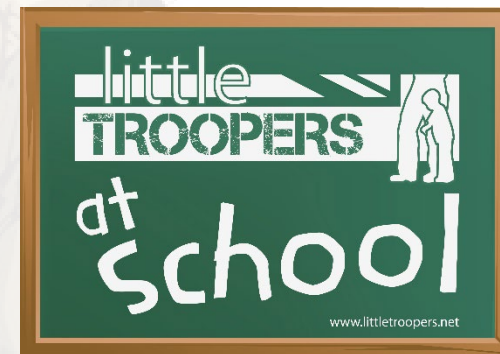
Session 6 – Change

Session 7 – This is Me

RESOURCE PACK

One pack supports up to 25 children

WELLBEING COURSE TEMPLATE



PRIMARY SCHOOL VIRTUAL ROADSHOW

Over 3500 military children took part

Now available via our website to replicate

Over 3,400 children, who have a parent serving in the British Armed Forces, joined one of 20 primary school workshops.

The workshop, which was funded by the Armed Forces Covenant Fund, celebrates what it means to be a 'Little Trooper' and showcases some of our Little Troopers at School resources. Over two hours there is storytelling, imaginative play, movement and drama. Your military pupils will also be shown tools that could help them navigate some of the challenges they might face either now or in the future.

- Download the pdf under the workshop you wish to run, included will be: facilitator notes, story book + activity sheets and appropriate roleplay pack for the workshop you wish to deliver.
- At a time and date suitable in your school schedule find two hours and get your military children together in the hall or a class room space.
- Play the workshop link and have fun!



Role Play / Drama



Superhero Workshop



Interactive Story



NEW SECONDARY RESOURCES

Resource Hub

- Resources for Schools
- Resources for use with military children
- Forces Life Club

RESOURCES FOR SCHOOLS:

These resources are for you, education settings, and are written to be teacher facing.

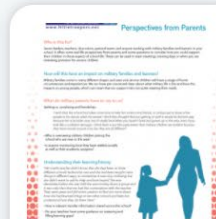
Giving guidance, advice plus hints and tips on how you can recognise the military community within your school.



Website Guidance

FREE

READ MORE



Parent Perspectives

FREE

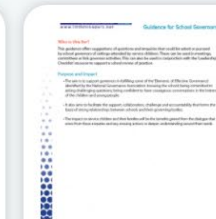
READ MORE



Leadership Ticklist

FREE

READ MORE



Governors Questions Guidance

FREE

READ MORE

Load More

RESOURCES FOR USE WITH MILITARY CHILDREN:

These resources are for use with military children, in large classes or smaller groups.

All have a military theme within but written to give focused ways to engage young people



Mindfulness Pack - 5 sessions

FREE

READ MORE



Writing a Personal Statement

FREE

READ MORE



Write a Story

FREE

READ MORE



Create a Podcast

FREE

READ MORE

Load More

FORCES LIFE CLUB SESSIONS:

NEWLY LAUNCHED

We help you to create a Forces Life Club in your setting to bring young people together in a relaxed way to cover various sessions with a military theme.



FLC - Intro & Display Board

FREE

READ MORE



FLC - Sessions 1-4

FREE

READ MORE



FLC - Sessions 5-8

FREE

READ MORE

NEW SECONDARY RESOURCES

Wellbeing Course

- Free to schools
- 6 week course template
- USB loaded with all resources required – powerpoints, facilitator notes, activity sheets

Request course via our website

<p>WEEK 1 BELONGING</p> <ul style="list-style-type: none">• Facilitator Notes• Slides• Activity Sheet – Who am I?• Prompt Cards• Activity Sheet – Positives• Activity Sheet – Family Tree	<p>WEEK 2 CREATIVE WRITING</p> <ul style="list-style-type: none">• Facilitator Notes• Slides• Activity Sheet – What do you see?• Activity Sheet – What do you feel?• Activity Sheet – Create a character• Activity Sheet – Letter writing	<p>WEEK 3 RESILIENCE</p> <ul style="list-style-type: none">• Facilitator Notes• Slides• Activity Sheet – What does resilience mean to you?• Activity Sheet – Put on your rose tinted glasses
<p>WEEK 4 HAVE YOUR DOODLE SAY</p> <ul style="list-style-type: none">• Facilitator Notes• Slides• Activity Sheet – Warm up• Activity Sheet – Thinking about our doodles• Activity Sheet – Doodle head• Activity Sheet – Doodle say	<p>WEEK 5 EMOTIONAL AWARENESS</p> <ul style="list-style-type: none">• Facilitator Notes• Slides• Activity Sheet – Our emotions• Activity Sheet – Physical signs• Activity Sheet – How am I feeling today?• Activity Sheet – Full of emotion (KS4)	<p>WEEK 6 MINDFULNESS</p> <ul style="list-style-type: none">• Facilitator Notes• Slides• Activity Sheet – Internal weather• Activity Sheet – Letters• Mindfulness Activity Pack (4 x tools)



NEW SECONDARY RESOURCES

SQUAD podcast

- Free to schools
- 8 episodes
- Facilitator notes per episode
- Great to open discussions
- Watch our accompanying 'in a school' video



We visited Stonehenge School and saw how they use SQUAD in school with military teens, watch how to get the most out of SQUAD the podcast.

How can I use SQUAD in school?

SQUAD is a free interactive resource that secondary schools can use to support service children in the classroom. It gives schools a reason to bring their service children together and explore some of the challenges that children might be experiencing that are unique to military life, such as deployment, separation, moving home and moving school. Each episode is only twenty minutes long, so you can listen to it as a group or ask children to listen to it in advance of the session.

Little Troopers GAZETTE
 FREE
 LITTLE TROOPERS GAZETTE - Spring 2022 Edition
EXCITED FOR 2022 Adventures

Welcome to our fourth edition of the Little Troopers Gazette! I truly love this newspaper. It is so special that most of the content is created by you, all the little troopers out there! I hope you love reading it as much as I love bringing it to life.

Lots of you got involved recently in Fundraise February, our annual fundraising campaign to raise money for Little Troopers. It's a big mission, HUGE thank you! We are a little charity, every single penny you are so important to us and it really helps support our military children and their families. Did you know there are more than 100,000 British Armed Forces children all living this military life every day, just like you. That's a lot of children! It's not always easy being a military child - coping with deployment, moving home and making new friends. That's why even though my

own little trooper is now at university, Little Troopers is still here for you. Because it's so important to me that all military children in our community feel recognized, supported and celebrated. I'm so excited for this year and we have some fab stuff coming up for you. April is the Month of the Military Child to mark the 10th anniversary of the charity and in this edition you can read about the many different ways you can get involved. Easter is round the corner plus we are planning to run another Little Troopers at School workshop later this year. School workshop later this year 2022 seems to already be spreading but I am definitely looking forward to some weather and lots of adventures as Spring and Summer approaches. I hope to see some of you in person. Don't forget to submit your articles for the next Gazette, we love featuring them.

Lots of love
 Louise xxx

GAZETTE CORNER

IN THIS EDITION

- APRIL MONTH OF THE MILITARY CHILD
- FUNDRAISE FEBRUARY ROUND UP
- GARDENING CORNER
- ARTICLES & POEMS FROM LITTLE TROOPERS
- SUMMER FUN

These are some of the amazing little troopers who have contributed to writing for this edition, we really love receiving your articles.

We have lots of easy-to-follow templates in our pre-2 pack - My Military Life, Interviewing a Parent, Sports Update, Poems, My School...

Find them all at www.littletroopers.net - At Home - Little Troopers Gazette

The next edition will be out in September so we need your articles by the end of August 2022.

LITTLE TROOPERS GAZETTE



WHAT ELSE?



EARLY YEARS OUTFITS



Little troopers treasures

Little Troopers Treasures is an innovative app from the charity Little Troopers to help keep British Armed Forces children connected with their families, even though separated by miles. Unlike the separation journal, time difference activity sheet and planner to help those overseas.

To complement the app there is also a specific area on www.littletroopers.net with lots of supporting resources that can be downloaded at home and used in conjunction with the app. Keeping families connected even though separated by miles. Unlike the separation journal, time difference activity sheet and planner to help those overseas.

HarperCollins Children's Books has donated a selection of fantastic children's books. With the kind permission of the authors, there are some real family favourites available.

Head to the app store on your tablet device and search Little Troopers Treasures and download for FREE if you are a British Armed Forces family, regular or reserve.

THE FUTURE

- Expert View – coming late March 2022 (4 videos to help schools utilise resources)
- Expanding specific teenager support provision
- Little Troopers Therapy Programme
- All Together – national deployment club



littletroopersathome



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