

The North East and North Cumbria Child Health and Wellbeing Network works to enable all children and young people to be given the opportunity to flourish and reach their potential, and be advantaged by organisations working together.



Child Health and Wellbeing Network
North East and North Cumbria

STAR is a network initiated programme.



WHAT IS STAR?

- ★ Whole school dance programme
- ★ Promotes physical and mental wellbeing
- ★ Addresses health inequalities
- ★ Evidence-based
- ★ Designed to directly address resilience frameworks
- ★ Includes family support

“STAR actively engages pupils to explore themes connected to physical and mental wellbeing through dance and creativity. We have developed and refined an innovative arts-based approach in helping pupils develop self-awareness, explore identity, and acquire social and emotional learning skills.”

Network Arts and Creativity Advisor



HOW DOES STAR WORK?

1 Whole school engagement (reception to Year 6) with all classes taking part in a block of 9 sessions (one session per week)

2 Includes whole school CPD for teachers and offers workforce development opportunities throughout programme

3 STAR is designed to directly address core elements of Personal, Social, Health and Economic Education

4 Pupils experience high quality professional theatre (digital/live) at outset that acts as 'point of inspiration' and ties to themes being explored

5 All activities led by professional dance artists and programme managed by experienced cultural organisation

6 Inclusion of enrichment activities (online and classroom-based) to continue learning outside of the dance sessions

7 Block concludes with end celebration to share learning and achievements with friends and family

8 Differentiation in content for Foundation/Key Stage 1 and Key Stage 2

9 Continual evaluation and reflection built in to programme

10 Extended work with the family unit including mapping of and signposting to existing cultural community assets to support sustainability

11 Model replication framework available with top tips and examples of how STAR can be adapted and adopted locally



OUTCOMES OF STAR PROGRAMME

TEACHERS

“children more engaged in class, better listening, less disruptive behaviour, improved creativity, social & literacy skills”

ARTISTS

“contributes to children’s creative, social, cognitive and physical skills, as well as increasing their confidence”

FAMILY SUPPORT

“supports improved behaviour in the home, increases social networks for families and families are better able to meet the children’s emotional needs.”

When surveyed (0 = not at all, 10 = very much so), teachers said:

STAR is a positive enjoyable experience for pupils

8.76

STAR has led to greater self-confidence with pupils

8.26

STAR is an effective way to explore emotional resilience with pupils

7.63

*Outcomes identified by a research team from several North East universities who led evaluation on the STAR programme 2021-22.



“With dance you get a break from reality, and you get to relax and let yourself be yourself.”

Year 5 pupil



INTERESTED IN STAR ADDRESSING HEALTH INEQUALITIES IN YOUR AREA?

We are looking to develop new partnerships with arts providers, interested schools and local family link services and can share our framework as your guide.

You can also find out more about STAR (including a collection of short films) by visiting the STAR resources page here: www.tinarts.co.uk/current-projects/star/s-t-a-r-resources-for-sharing/

To find out more and explore how STAR can deliver real impact and tangible outcomes in your area email england.northernchildnetwork@nhs.net or complete this online form: [Microsoft Forms](#)

COSTINGS

The average cost for the STAR programme for a two form entry school across a full academic year is £13,200. The cost includes all CPD, artist delivery, digital resources and family support plus further enrichment activities.

The programme builds in economies of scale meaning the cost per school reduces as more schools sign up for the programme.

All costings are provided as a guide only and are based on a two-form entry across all year groups (Reception – Y6).



“I have been delighted to watch how this project has developed from its first inception into an innovative programme targeting those with the least opportunity to engage in the arts. If we are serious about giving every child the best start in life we need to sustain and spread this sort of approach, so that we can generate robust evidence of benefit. In the long-term STEM needs to become STEAM with art and creativity as an equal partner.”

Professor Chris Drinkwater

