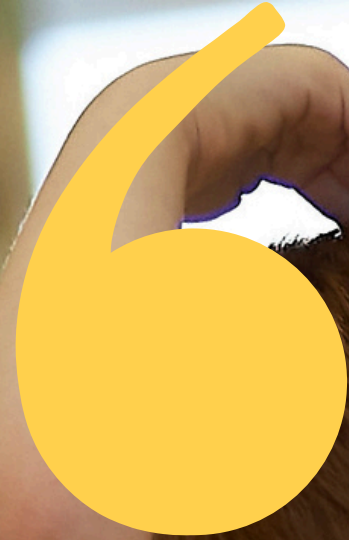


# AN INTRODUCTION TO STAR



Child Health  
and Wellbeing  
Network





“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.”

**Martin Wilson, Director, TIN Arts**

# WHAT IS STAR?



A whole school dance programme



Promotes physical and mental wellbeing



Addresses health inequalities



Evidence based



Designed to directly address resilience frameworks



Includes family support



# ABOUT STAR

**STAR is an innovative locality-based dance and health programme which aims to increase access to the arts for children living in deprived areas of the North East to improve their health and wellbeing.**

The STAR initiative adopted a school and family-based approach, maximising positive outcomes for children, schools and families. STAR was initiated by the North East and North Cumbria Child Health and Wellbeing Network, delivered by TIN Arts and developed in collaboration with multiple key regional partners, including local primary schools, academic researchers, Children North East, Northern Ballet and the South Tees public health team.

STAR is an NENC Child Health and Wellbeing Network Initiated programme and is led by regional dance charity, TIN Arts in collaboration with multiple partners.

# WHAT DOES STAR OFFER PUPILS?

**STAR boosts wellbeing, confidence, creativity and engagement, particularly for disadvantaged pupils. Aligned with the curriculum and Ofsted 2026 priorities, it enhances literacy, PSHE, physical skills and cultural capital.**

Its sustained, whole-school model strengthens inclusion, character development and meaningful teacher-supported learning.

# OUTCOMES AND IMPACTS

Tested and developed in school settings with all identified outcomes and impacts evidenced as part of extensive research undertaken, STAR has been proven to:



Enhanced well-being



Social and emotional growth



Improved behaviour, listening skills, and engagement in class, as well as better creativity and literacy



Increase family engagement



Improve home dynamics



Have a positive impact on Teaching



Strengthen community ties

# FUNDING

**Funders included NHS Tees Valley CCG, NHS England, North East and North Cumbria Child Health and Wellbeing Network, NHS Charities Together, Arts Council England, North of Tyne Combined Authorities, Public Health South Tees.**

Over the course of 2020–2024, the partners sought to develop a sustainable, affordable model. The reduction in cost from the pilot through to STAR 3 per pupil reflects how, as the programme evolved and was informed by the research phase, we were able to refine the delivery model and apply this knowledge to deliver the same level of quality and impact but with more efficient use of resources and capacity.



STAR 1 cost £660 per pupil engaging in the programme (pilot year with extensive research undertaken).



STAR 2 cost £65 per pupil engaging in the programme.



STAR 3 cost £44 per pupil engaging in the programme.



# BEYOND STAR: NEW LEARNING AND ADOPTED PRACTICES

At the completion of Phase 3 of STAR, the Child Health and Wellbeing Network handed oversight of STAR to TIN Arts and the partner organisations remaining supportive in the promotion of the activity and the replication of the programme.

Future iterations of STAR will reference it's history 'An NENC Child Health and Wellbeing Network initiated programme' recognising the networks involvement in bringing partners together. The partner organisations (TIN Arts, Children North East, Northern Ballet) continue to explore ways to take learning gained from STAR and embed this in their working practices across a range of programme delivery.

