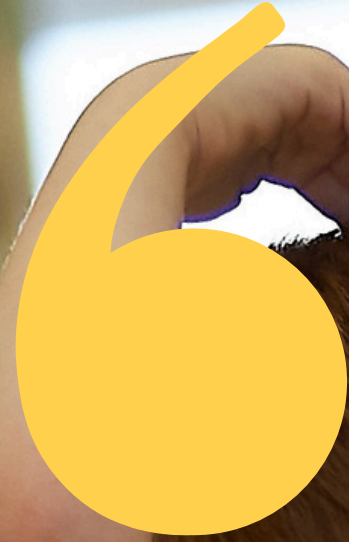


DELIVERING STAR IN YOUR SCHOOL



Child Health
and Wellbeing
Network



A background photograph of a young child with short, reddish-brown hair, wearing a white t-shirt. The child is shown in profile, looking towards the right, with both hands raised to their head, touching their hair. The background is a bright, slightly blurred indoor setting, possibly a school or community center.

“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

DELIVERING STAR IN YOUR SCHOOL

STAR (South Tees Arts Project) 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.

STAR adopts a school and family-based approach, maximising positive outcomes for children, schools and families.

STAR is evidence-based, is proven to address health inequalities and seeks to promote physical and mental wellbeing as well as creative health and self-expression.

STAR was an NENC Child Health and Wellbeing Network Initiated programmes and is led by TIN Arts in collaboration with multiple key regional partners.



AIMS AND OBJECTIVES



Increase access to the arts for children living in deprived areas



Utilise the physical and mental wellbeing benefits of taking part in dance activities to support participants to express themselves and develop self-awareness, identity, and social and emotional learning skills.



Engage families alongside their child to ensure pupils felt supported and the family unit was engaged as a whole into the dance programme as well as having access to tailored support and signposting to support the family in any general needs



Ensure participants were able to experience professional dance as audience members alongside participatory activity



Celebrate their achievements through performance of work created as part of the programme

THE STAR MODEL

Each class takes part in a block of 8 sessions (one per week). Over the course of the 8 sessions pupils work with a professional dance artist in creative movement sessions inspired by a short professional dance performance which is either witnessed live (via a trip to the theatre or professional artists visiting school) or experienced as a digital performance piece.

At the conclusion of the eight sessions, pupils present a short sharing of the work they have created back to families and their peers.

Professional dance works are chosen that can offer ways for the pupils to explore self-awareness, identity, and areas of social and emotional learning.

Underpinning the model is ongoing outreach work outside of school to ensure the 'family unit' is aware of, understands and is supportive of the programme. This can be led by school-based family link workers or via external organisations connected to TIN Arts.





“The consistency of focus, together with the drive and commitment of key individuals has clearly enabled the development of the innovative delivery model that is the STAR project – which can be deployed into places/wards of most need, and replicated across other art forms.”








S Dixon & L Thompson – North East and North Cumbria Child Health and Wellbeing Network – evaluation of the arts and creativity journey’

OUTCOMES FOR PARTICIPANTS

(As reported in 'Evaluating The South Tees Arts Project (STAR)' A pilot study to explore the development and implementation of a school-based dance programme with primary school children, their parents, teachers, and artists to inform suitable wellbeing measures' – the full report can be read [HERE](#)

“Teachers noticed an increase in children’s attention and better literacy skills in class. This was combined with more confidence to express themselves effectively which enhanced their engagement and learning in the classroom”

To read the full range of outcomes STAR generates [CLICK HERE.](#)

-  Enhanced well-being
-  Social and emotional growth
-  Improved behaviour, listening skills, and engagement in class, as well as better creativity and literacy
-  Increased family engagement
-  Improved home dynamics
-  Strengthened Community Ties
-  Teachers have noted the Positive Impact on Teaching

INFORMED BY LEARNING

All iterations of STAR are informed and framed by learning from previous programme delivery. We know what works and how to tailor STAR for your school:

COLLABORATION



Strong partnerships between arts organisations, schools, and community stakeholders ensure the successful delivery of projects .

CURRICULUM INTEGRATION



Aligning arts activities with school priorities (e.g., literacy and mental health) increases relevance and impact .

FAMILY INVOLVEMENT



Engaging families as active participants enhances outcomes, making the programme more impactful for children and their support networks .

FAMILY INVOLVEMENT



Flexible, qualitative evaluation methods allow for capturing the diverse impacts of creative interventions

FLEXIBILITY MODEL

STAR can be adapted to fit each school's needs and the resources available to the school. Schools can choose from one of the following STAR models or build a custom bespoke model of their choosing.

ELEMENT	LITE STAR	STAR	GOLD STAR
Delivery throughout academic year	OPTIONAL (can be delivered within a set number of terms)	YES	YES
Every child receives weekly dance class	OPTIONAL	YES (in cohorts)	YES (option to be all year round)
Every family is engaged	OPTIONAL	YES	YES
Engaged family, child and sibling offered theatre trip	NO	OPTIONAL	YES
Family offered support out of school provision	OPTIONAL	YES	YES.
Resources to support teacher CPD	YES	YES	YES
Training for dance artists	OPTIONAL	OPTIONAL	YES
Training for Family Support workers	OPTIONAL	OPTIONAL	YES
Evaluation and monitoring	YES	YES	YES
School Dance celebration with families	YES (in-house)	YES (in-house)	YES (Face to face - external venue)
Video of pupil performances	YES	YES	YES
Support and Coordination from TIN Arts	YES	YES	YES

FUNDING

Whole-school delivery of STAR currently starts from £44 per pupil across a whole school setting and over a school academic year. This cost is inclusive of all staffing (artists, family link workers, partner costs) and resources required to deliver STAR.

WANT STAR IN YOUR SCHOOL?

Contact TIN Arts (info@tinarts.co.uk / 0300 124 0448) for an initial discussion and to find out how STAR can deliver real impact in your school.

You can also read more about how STAR can bring impact to your school [here.](#)

