

'You're braver than you believe, stronger than you seem, and smarter than you know.' **A.A. Milne**

STARS 

Sutton Tuition and Reintegration Service



Welcome to

STARS

**Empowering every child
to engage with education**

'Just because you feel afraid doesn't mean you can't do it.' – **Lemony Snicket**

'If you fell down yesterday, stand up today.' – H.G. Wells

Welcome to Sutton Tuition and Reintegration Service

Who are we?

STARS is a medical referral unit for young people who live in the London Borough of Sutton. We provide education, through a 12 week intervention, for students who are unable to attend their mainstream school.

Our mission here at STARS is to provide an environment where young people with medical needs are able to access a high-quality education, enhance social confidence and successfully reintegrate into mainstream provision.

What happens when you join STARS?

Lots of young people are a bit nervous about coming to STARS because they don't know what to expect. STARS is a safe and caring space for you to re-engage with education and build up your resilience.

Before you join us, we will visit you and your family at your home-school. During this meeting we will collect lots of information about what has been difficult at school and what has gone well. We will develop a detailed plan about how to meet your needs while you are with us, and how we will help you to return to your school.

What will STARS expect of you?

All the staff at STARS understand that you will have had a difficult journey in education so far. We will do our best to remember the things you struggle with and only ask that you try to engage with us as best you can. Even on the days you are really struggling with feeling unwell, we hope you will come to STARS and allow us to support you. If you are feeling very overwhelmed or unwell when you are at STARS then we will call home and liaise with your parents/carers to decide what is the best option to help you at that time. If you need to speak to your parents/carers whilst at STARS, a member of staff will support you with this too.

We have clear and simple expectations of conduct. We hope that you will treat everyone, in the way you speak and behave, as you would wish to be treated.

We hope that you will allow us to develop your resilience. This means getting better at managing set-backs and upsets by bouncing back stronger than before. This is a skill we will help you to practise.

You will need to wear your home-school uniform and if you have a pencil case then please bring it with you. It would be great if you could bring a pen, pencil, ruler and scientific calculator. If you don't have your own pencil case, then please do not worry as we will be able to provide all the equipment you need.

Olivia has been thrown a lifeline by the caring staff at the Sutton Tuition and Reintegration Service

Jo and Andy live in Cheam with their 15-year-old son, and 13-year-old daughter, Olivia

Gradual return

Jo and Andy are grateful to the staff of the Sutton Tuition and Reintegration Service (STARS) for the gentle way they encouraged Olivia to return to mainstream education after a long absence. Jo says: "Olivia had been suffering anxiety and had been away from school for 18 months, but attending STARS helped her get used to going to school again. The kind staff used to take her on visits to her former school to reintroduce her, and she has now been back there for a term."

Anxious time

Olivia's father, Andy, said she had started to struggle with anxiety when she was in Year 6 at a large mainstream primary school. "When she started at secondary school, which had a 12-form entry, it was just too much for her. She went for a few days and then had to take an assessment test she hadn't been expecting. Afterwards we couldn't persuade her to go again," he recalls. "We tried to get help for Olivia but there was nothing available, so we took her for a private assessment. They identified she had ADHD and dyslexia and said she probably also had autism. When she was at her worst with anxiety, she couldn't leave the house."

Settling quickly

Andy and Jo are full of praise for the staff at STARS who carefully helped Olivia to get back into mainstream education. Jo says: "She started at STARS when she was 12 and we were amazed how well she settled in. I took her into the classroom on the first day, left her at the classroom door the second day, and by the third day, she was happy to go in on her own."

Changed outlook

"Olivia was part of a small class and was able to leave the classroom at any time if she felt overwhelmed. She was made to feel she was in control and the change in her was amazing. She made friends and had a good rapport with the teachers," Jo says.

Earning rewards

Olivia enjoyed the activities and lessons at STARS. The emphasis wasn't just about the academic side, but also about helping her feel more comfortable at school. "She had 100% attendance and was able to go on the Friday outings every week because she was doing well. We were delighted she was attending school again and had some structure in her life and was coping socially," Jo says.

Gaining confidence

Jo and Andy say the staff at STARS built up Olivia's confidence by letting her do things at her own pace and she thrived in a small class where the teacher knew all the children well. "If she felt overwhelmed during a lesson, she knew she could leave and go and talk to a member of staff, or sit in a corner and do a puzzle, or a drawing," Jo says.

Short visits

"The STARS staff were flexible and understanding. They saw she had the potential to get back into mainstream education and took her on visits to her old school, but everything was done at her pace and she would choose the time herself. She started by going at lunchtime to see her friends. Then she did part of a lesson. She was in control, but the staff from STARS encouraged her, and eventually they were able to leave her there," she says.

Becoming resourceful

Jo and Andy are delighted Olivia has now been back at her former school for a whole term. "Olivia has managed the challenges of a mainstream setting, it hasn't stopped her going in and she is doing well," Jo says. "She has become more confident and resourceful since her time with STARS and seems much happier."

How will we support your learning?

A gentle start

For your first two weeks at STARS someone will meet you at reception when you arrive and take you to your classroom. You won't have to start with a full timetable initially; we will ease you in gently.

A typical timetable will be:

Week one:

- ★ Monday to Wednesday period 2
- ★ Thursday and Friday periods 2 and 3

Week two:

- ★ Monday to Wednesday period 2 and period 3
- ★ Thursday and Friday periods 1, 2 and 3

From week three onwards you will have a full timetable, so will be attending periods 1, 2, 3 and lunch. You will begin a gently phased reintegration plan in the afternoons for which transport is provided.

Classes at STARS have less students than in your home school. This means you can access more direct support from the teacher.

During your time at STARS we will focus on English, maths and science. It may be that you have missed some time from school and we will help you to identify the gaps in your knowledge and support you to close them.

What does a typical day at STARS look like?

The first lesson at STARS begins at 9.15am. Lessons are 1 hour long, there is a 15-minute break and a 30-minute lunch break.

Lesson 1: 9:15 – 10:15am. At 10am there is an optional wellbeing walk (weather permitting).






Break: 10:15am – 10:30am. Orange/apple juice, toast or pain au chocolat are all available. Break time is an opportunity to relax, chat with friends and members of staff, play board games, cards and other activities. If you are in need of something a little more physical, there are supervised sports activities you can take part in.

Lesson 2: 10:30 – 11:30am. The first 10 minutes is spent reading as a class.

Lesson 3: 11:30 – 12:30am. The first 10 minutes is spent listening to the latest news, so we can all keep up-to-date with what is going on in the world around us.

Lunch: 12:30 – 1:00pm. Food is available, see below.

Lunchtime is also an opportunity to relax, chat with friends and members of staff, play board games, cards and other activities including supervised sports activities. 1pm, all students on a full timetable attend a reintegration programme.

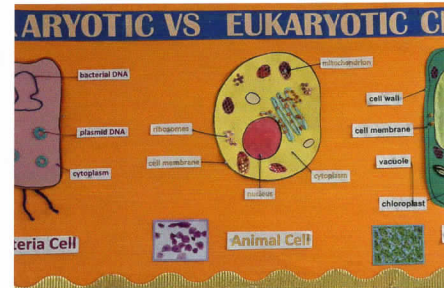
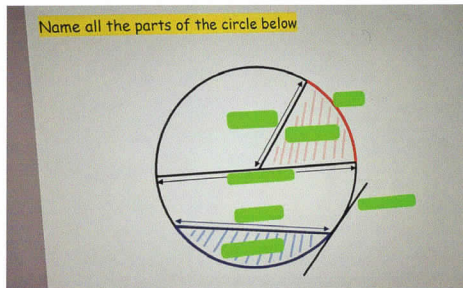
A typical menu				
Monday	Tuesday	Wednesday	Thursday	Friday
Pasta carbonara and garlic bread 	Chicken burger and chips 	Chicken nuggets and potato wedges 	Chicken fajitas 	Pepperoni pizza and garlic bread 
Vegetarian option: Pasta in creamy cheese sauce and garlic bread	Vegetarian option: Vegetarian burger and chips	Vegetarian option: Vegetarian or fish nuggets and potato wedges	Vegetarian option: Vegetable fajitas or spaghetti in tomato sauce	Vegetarian option: Margherita or vegetable pizza and garlic bread
Toasties or sandwiches: Ham, cheese and salad	Toasties or sandwiches: Ham, cheese and salad	Toasties or sandwiches: Ham, cheese and salad	Toasties or sandwiches: Ham, cheese and salad	Toasties or sandwiches: Ham, cheese and salad
Fresh fruit available	Fresh fruit available	Fresh fruit available	Fresh fruit available	Fresh fruit available

'You don't have to see the whole staircase; just take the first step.' – **Martin Luther King Jr.**

Core subjects

What subjects will I study

At STARS we focus on the core subjects, English, maths, science and PSHE. You will have a lesson everyday in the core subjects and once a week for PHSE.



English

The English department will encourage you to develop a love of literature and English language and help you become a confident, imaginative, clear communicator.

You will learn to write stories, poetry, scripts as well as persuasive letters, essays and speeches. Through reading every day you will encounter a range of cultures, experiences or opinions and explore what it is to live in the varied, ever changing and exciting world we inhabit: students have said this has helped them empathise, learn about the world and better understand themselves and others.

We look forward to you starting your journey with us.

PSHE

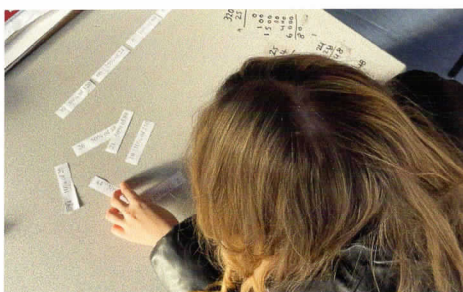
PSHE is taught to ensure students are well prepared and informed individuals. All students are timetabled for one lesson of PSHE per week. Lessons are based around three main themes - Health and Well Being, Relationships and Living in the Wider World. It's hoped that these lessons can inspire students to achieve their goals, give them life skills and become independent productive members of society. At STARS we strive to ensure that you gain knowledge and understanding that will help you to play an active, positive and successful role in today's society.

Maths

Maths is taught in a fun and enjoyable way. Students experience a wide variety of activities and games with lessons that are taught in a fun and interesting way.

Maths is a chance to explore patterns in the world, learn important problem-solving strategies as well as solving puzzles and enjoying the importance that maths plays in everyday life.

We look forward to having some maths fun with you soon!



Science

The Science department at STARS comprises two teachers and you will be taught by both.

We deliver the science curriculum in a fun, engaging way, and there are plenty of opportunities to participate in 'hands on' activities and scientific practicals in a safe, calm and relaxed manner. We will inspire you to observe and question the awe and wonder of the science in your everyday lives.

We look forward to meeting you.



'If you see someone without a smile, give them one of yours.' – **Dolly Parton**

'Mistakes are proof that you are trying.' - **Unknown**

What extra support will we be able to offer you?

Supporting your mental health

All the staff at STARS have experience in supporting young people with their mental wellbeing. We do have some extra spaces, such as the sensory room, to help you to self-regulate when you are feeling overwhelmed.

There are many different ways we support the young people at STARS including working with your parents/carers as well.

These include:

★ **Jigsaw4U** – commissioned counselling, with skilled specialist support practitioners, to support students with the reintegration process.

★ **The Re-Think it project** - a course designed to help manage the symptoms of anxiety and working on how best to manage this beyond your time at STARS.

★ **Online safety lessons** – staying safe online is vital. Being aware of any potential risks we might face, which include malware, scams and cyberbullying, is important for everyone.

★ **Individual support** – there are many different ways we support individuals and their specific needs. Examples include: ELSA, one-to-one talking sessions, managing your anxiety, zones of regulation, timetabled opportunities for mindfulness and many more.

What rewards can be achieved?

The biggest of all rewards is for you to access high quality education, grow in confidence and be successful both at STARS and at your home-school. Other rewards that you can achieve are:

★ **Merit slips** – these can be awarded for many things such as excellent progress, great attitude in lessons, contributing in class discussion and lots of other reasons. If you get 10 merit slips, you will be given a £5 Amazon voucher.

★ **Reward assembly** – every Friday, if your attendance is above 80, you will win a bar of chocolate or a fiddle toy.

★ **Reward trips** – those students who have a good attendance are invited to come on a trip which takes place on the last Friday of each month. Invitations are given on an individual basis. These trips are really popular and include a morning trip into Sutton for shopping, ice skating and ten-pin bowling. Highly recommended!

How does the reintegration work?

Once you have settled into STARS, we will support you to attend your home-school in the afternoons. We will provide transport to your school and a member of our staff will meet you there and be on site to help you access lessons and any other activities your school is able to offer you. Staff can come into lessons with you, if this is something that is possible, or just be around if you need us. We want your reintegration to be as successful as possible, so we will help you to select carefully the lessons you are going back into.

What happens at the end of my intervention from STARS?

During your time at STARS, you will complete some assessments for us. You may complete some specialist assessments and screening with agencies outside of STARS, such as educational psychology, speech and language therapists or occupational therapists. This helps us to give a detailed support plan to your school on how best to support you moving forward.

When it is time to go back to school, we will help you to agree a reintegration timetable. We will let your school know how you have done and what work you have covered while you have been at STARS.

Sometimes we will visit you at school to see how you are getting on.

Frequently Asked Questions

How do I prepare for returning to my home-school?

During your time with us there is a lot of work that we will do to help build your confidence and resilience. We will work closely with you and your parents/carers to develop strategies that will help you to cope when you return to your home-school.

All these things will help you to prepare for your return to your home-school.

What do I do if I am feeling unwell?

If you are feeling unwell then please speak to any member of staff to let them know. We will be able to access how you are feeling and offer you the appropriate support.

It might be that you need some time in the medical room or sensory room, which we can arrange. If you are too poorly to stay at STARS then we will contact your parent/carer and decide what we need to do next.

What do I do if I am being bullied?

Bullying rarely happens at STARS. If you do find yourself being bullied in any way, then it is vital that you tell a member of staff.

We will then investigate what has been going on and ensure the situation is resolved and do everything we can to ensure it doesn't happen again.

How do I prepare for life after STARS/school?

If you are in Year 10 or Year 11 you might be thinking about what happens next. You might want to think about doing A Levels, going to college, starting an apprenticeship or other next steps.

Whilst you are at STARS, there will be opportunities to look at Post 16 providers and to talk through possible career paths. We will help you to be fully informed with regard to what is available, so you can make the best choice for your next steps.

Am I expected to complete homework?

Homework is set in each subject every week – whether you complete the homework or not, is totally up to you. At STARS we recognise the importance of homework, but we also know that for some students it is not something they feel able to do. We are happy for you to make your own judgement on whether or not you wish to complete it.

What do I do if I have a medical appointment?

Medical appointments are important to attend. If you are able to arrange the appointments to be outside of school hours then that would be really beneficial, as you won't have to miss any lessons, but we know that sometimes that just isn't possible.



'True happiness comes from within.' - **Unknown**

The environment is key and it offers so much more than a mainstream such as: a sensory space; flexibility on the use of fidget toys; a myriad of reasonable adjustments that are specific to the children rather than blanket provision; high adult:child ratio ensuring more stability and reassurance; high level support throughout the day; child-centered nurturing; fantastic understanding of SEN and the challenges it can bring.

Feedback from parents of students who have attended STARS

All the staff know your child and can identify if they are struggling. My child feels comfortable to talk to staff and feels safe (which is massive for him). When leaving your SEN child in a provision you have to trust in them. This is something I felt straight away. They work with the parents closely and so you are made to feel welcome and part of a team in wanting the best for your child.

My child has flourished since being at stars. Their education has improved markedly as has their mental health.

I felt better about coming into STARS because it's a positive environment and I feel more welcome and understood. it was above my expectations.

Lessons are enjoyable and with the atmosphere so much calmer it is easier to retain information.

Feedback from young people who have attended STARS

My attendance has improved MASSIVELY. I think it is mainly because of the support I received, which was very beneficial and fitted to my needs.

I like that they are positive, understanding and never forget to praise me. While saying that, they do challenge me and push me to my limits. They want me to be the best possible self I can be.

STARS



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