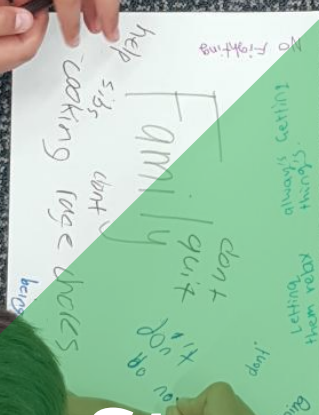




GRAEME DINGLE FOUNDATION

Empowering kids to overcome life's obstacles
Whakamanawatia ngā tamariki kia eke panuku



Stars Teina
Tokoroa
Intermediate
2021

Tokoroa Intermediate School

Year 7 & 8 Stars Teina Summary



108 Student
Surveys



84% of Year 7's and 55% of Year 8's said they like Stars Teina 'quite a lot' or 'a lot'.



82% of year 7's said they get along with lots of Year 8's at school.



Over half of Year 7's feel they have a Year 8 to talk to if they have a problem.



"I like the energy and vibe that's at Stars Teina. I like how they make it fun so we can enjoy our time there."

"I like all the activities and the funny times that we have. I also like all the different things that we learn about kindness integrity respect and lots more other kind way to treat ourselves and each other."

"Stars Teina has helped me relieve from stress. Especially when they were teaching us about how to control our emotions."



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The Stars Teina Programme

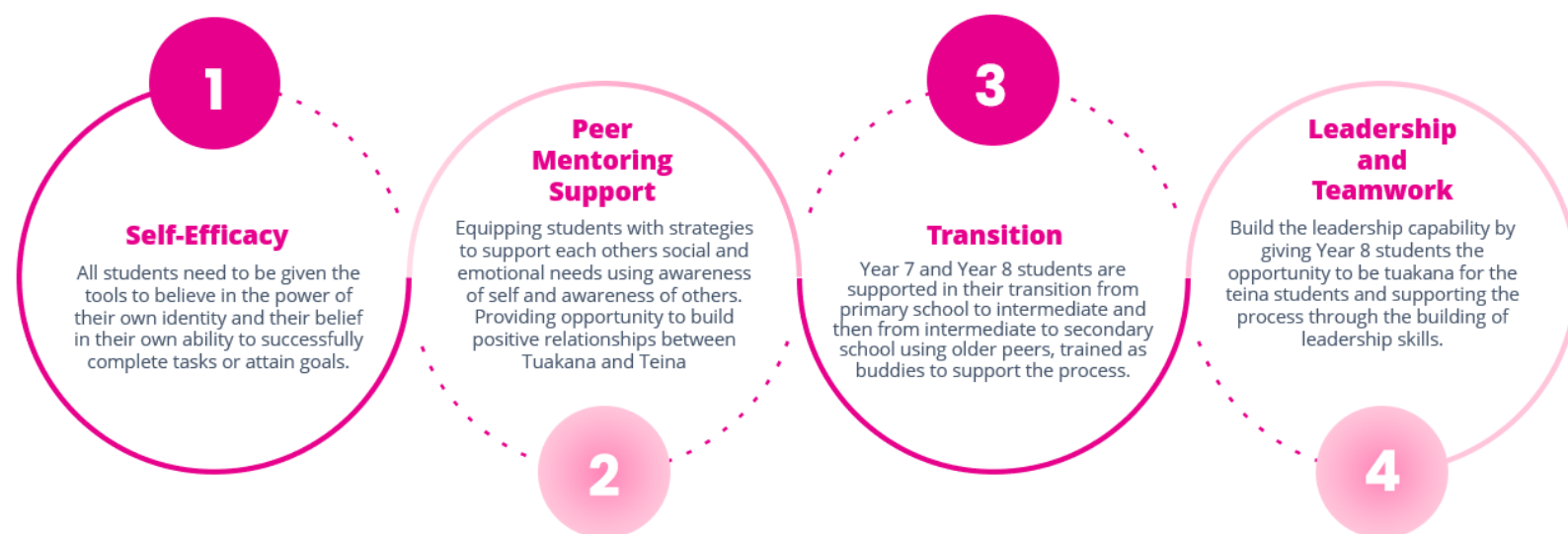
Stars Teina is a follow-on programme from Kiwi Can aimed at intermediate aged rangatahi. The programme follows the four Kiwi Can themes of positive relationships, respect, integrity, and resilience, but also integrates peer mentoring and independent learning to help youth of this age build valuable skills for their future.

Stars Teina is delivered in a format that empowers students to take ownership of their learning. Programme leaders are guides for ākonga and use an inquiry-based facilitation style of learning. This encourages students to explore the four themes of Stars Teina (Planning, Retrieving, Creating and Evaluating, Reflecting & Sharing) through their own questioning and discoveries.

Focusing on four key priorities, the Stars Teina programme is designed to:

- Help students make a successful transition into Intermediate and Secondary school
- Strengthens the sense of community within a school by bringing younger and older students together to develop positive relationships
- Encourages older students to role model positive behaviour
- Builds student confidence and life-skills that can be transferred to their school and community

Figure 1. Stars Teina programme aims





This Report

This report presents feedback from seventy-six Year 7 and thirty-two Year 8 students who took part in the Stars Teina programme during 2021 at Tokoroa Intermediate School.

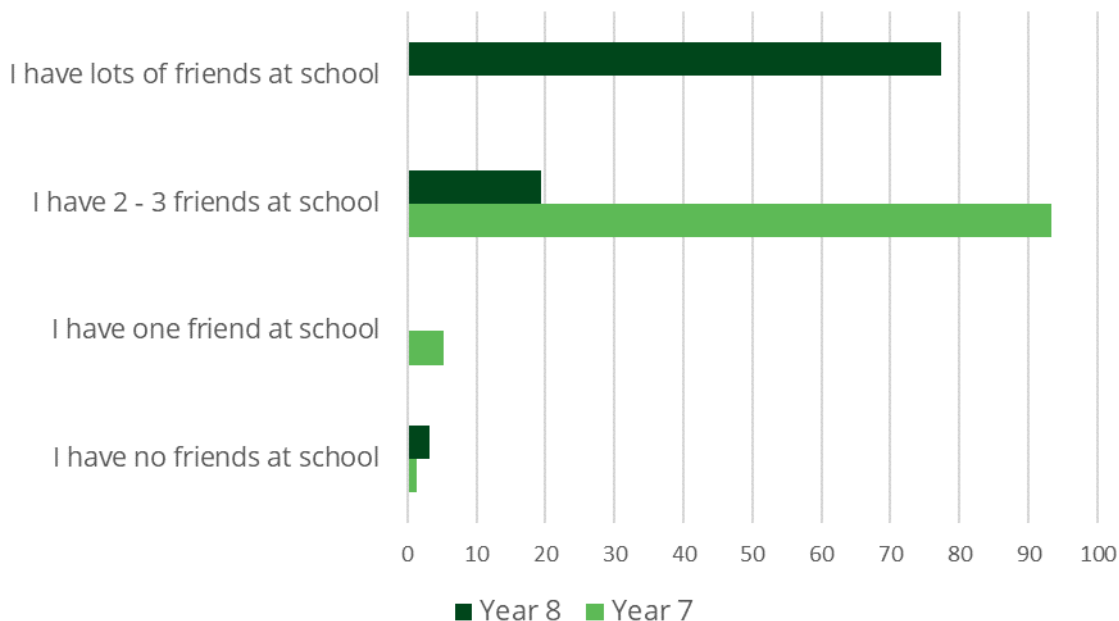
The rangatahi completed a short paper-based survey about their experience, and their responses have been analysed. The following report contains a mix of quantitative and qualitative findings.

Connections with peers

Number of friends at school

The Year 7 and 8 students were asked how many friends they had in their own year level at school. For example, Year 7 students were asked, “How many friends in Year 7 do you have at school?” The Year 7 students selected from the following multiple-choice options, “I have no Year 7 friends at school”, “I have one Year 7 friend at school”, “I have 2- 3 Year 7 friends at school”, and “I have lots of Year 7 friends at school”.

Graph 1. The number friends the Year 7 and Year 8 students have in their own year level.



Most Year 7 students have ‘2 – 3 Year 7 friends at school’ at 93%. The second most chosen option from Year 7’s was ‘2 – 3 Year 8 friends at school’ at 5%. Lastly, a small percentage at 1% said they have ‘no Year 7 friends at school’. None of the Year 7 students selected the option ‘I have lots of Year 7 friends at school.’

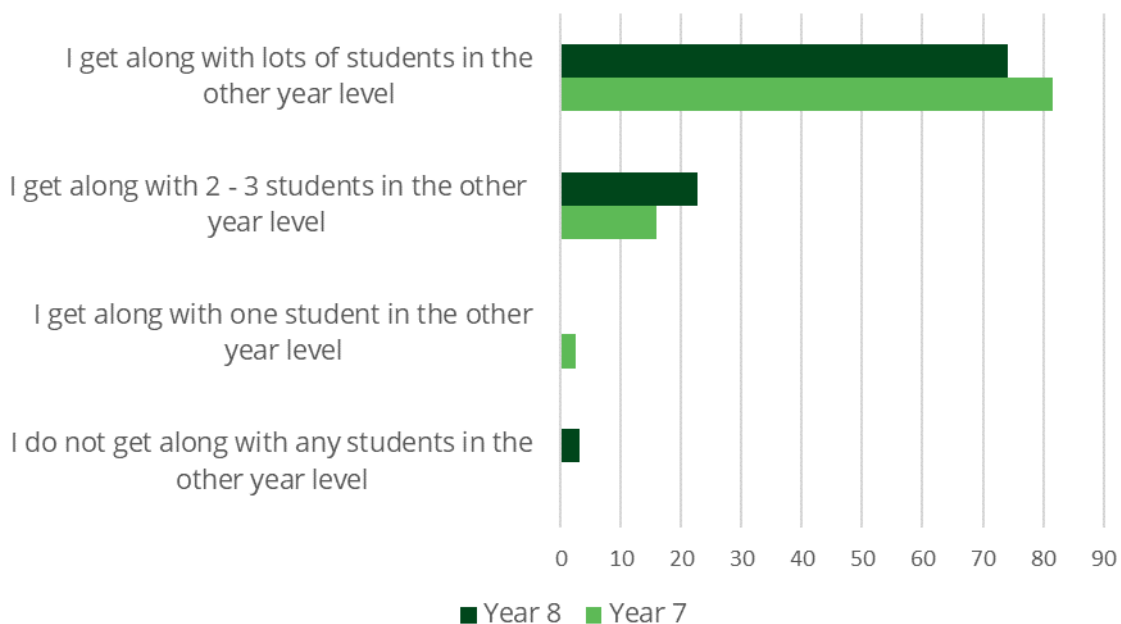
Most Year 8 students have ‘lots of Year 8 friends at school’ at 77%. This is followed by the option ‘2 – 3 Year 8 friends at school’ at 19%. Lastly, a small percentage at 3% said they have ‘no Year 8 friends at school’. None of the Year 8 students selected the option ‘I have one Year 8 friend at school.’

“The activities the new things I learn and the stronger relationships I make with the people in my group.”

Getting along with the other year level

The Year 7 and 8 students were asked how they got along with the other year level at school. For example, the Year 7 students were asked, “How many Year 8’s do you get along with at school?” They selected from the following multiple-choice options, “I do not get along with any Year 8’s at school”, “I get along with one Year 8 at school”, “I get along with 2 – 3 Year 8’s at school”, and “I get along with lots of Year 8’s at school”.

Graph 2. The number of peers the students get along with in the other year level.



Most Year 8 and Year 7 students get along with ‘a lot of students’ in the other year level, at 74% and 82% respectively. The second most popular answer with both Year 8 and Year 7 was ‘I get along with 2 – 3 students in the other year level’ at 23% and 16%, respectively. The remaining percentage of Year 8 students, at 3%, said they ‘did not get along with any Year 7 students at school’. Meanwhile, the remaining percentage of Year 7 students, at 3%, said they ‘got along with one Year 8 student at school’.

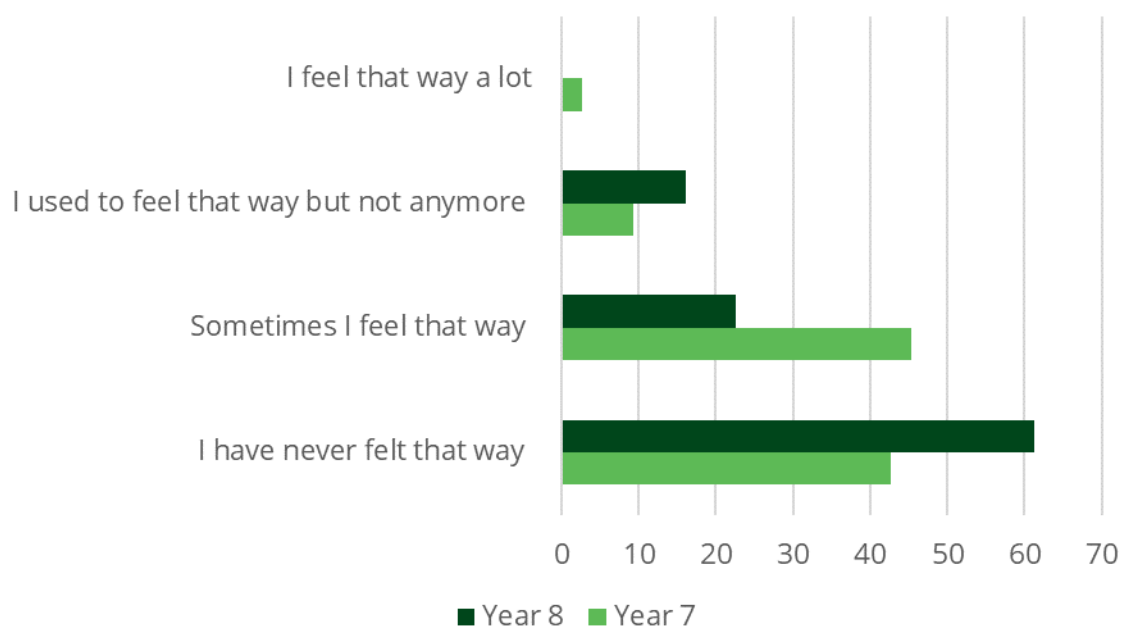
“It [Stars Teina] helped me build friendship with a lot of year 7s I didn’t no [know].”

“I like that we can just be ourselves and mostly get along and talk to people we haven’t talked to before.”

Peer’s impact on school attendance

The Year 7 and Year 8 students were asked, “Do you dislike coming to school because of problems with Year 7’s?” The students picked from the following multiple-choice options, “I have never felt that way”, “Sometimes I feel that way”, “I used to feel that way but not anymore”, and “I feel that way a lot”.

Graph 3. The percentage of students that dislike coming to school because of problems with the Year 7’s.



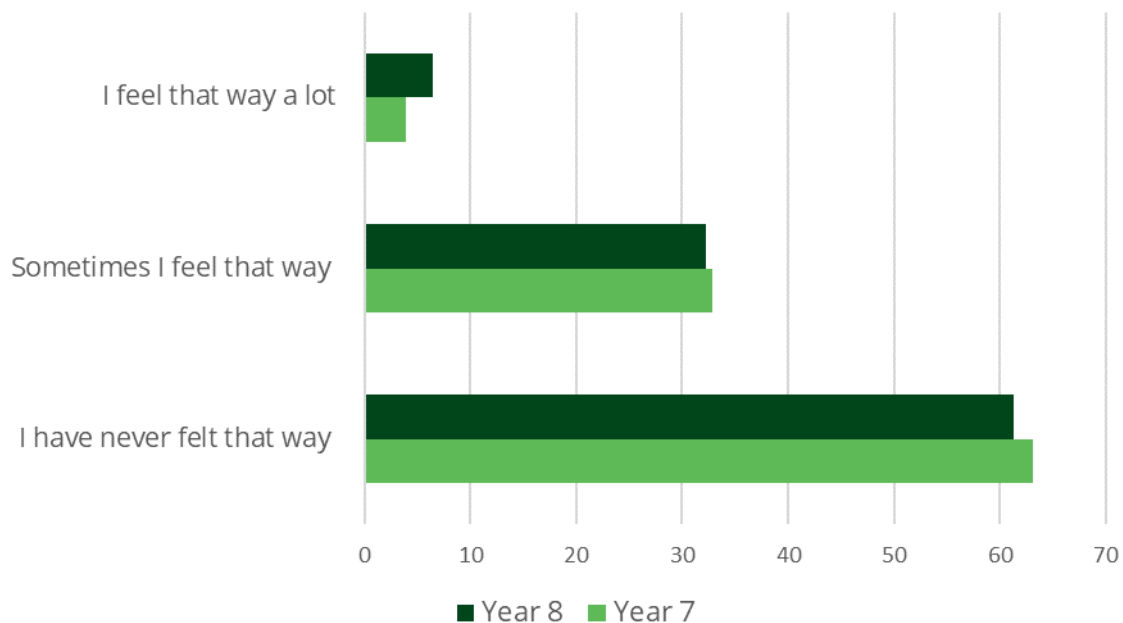
The majority of Year 8’s, at 83.9%, picked ‘I have never felt that way’ when asked if they disliked coming to school because of Year 7’s at their school. Meanwhile, around 43% of Year 7’s picked ‘I have never felt that way’. The percentage of students that picked ‘sometimes I feel that way’ was 45% in the Year 7 students and 23% in the Year 8 students. Students that ‘used to feel that way but not anymore’ towards disliking coming to school because of problems with Year 7’s were 16% in the Year 8 students and 9% in the Year 7 students. Only a handful of Year 7 students, at 3%, picked ‘I feel that way a lot’.

“Stars has helped me get along with other people that I didn’t used to know.”

“They have helped me grow more confidence when talking to people.”

The Year 7 and Year 8 students were also asked, “Do you dislike coming to school because of problems with Year 8’s?” The students picked from the following multiple-choice options, “I have never felt that way”, “Sometimes I feel that way”, and “I feel that way a lot”.

Graph 4. Percentage of students that dislike coming to school because of problems with the Year 8’s.



The majority of Year 7 and Year 8 students, 63% and 61% respectively, selected the option ‘I have never felt that way’ when asked if they disliked coming to school because of problems with Year 8’s. Around 33% of Year 7 students and 32% of Year 8 students said they ‘sometimes I feel that way’, and around 4% of Year 7 students and 7% of Year 8 students said they ‘feel that way a lot’.

“Made me more happy and enjoy school more. It also gave me a reason to come to school on certain days, lol.”

“Stars Teina has helped me get along with a lot more people by ... teaching me that even though I don’t like people it doesn’t mean I have to ignore them or be mean to them.”

“I got more confident and talked to people I haven't talked to before.”

Impact on student relationships

An open-ended question asked the Year 7 and Year 8 students to write about how Stars Teina helped them build relationships with their peers. The response rate was 96% from the Year 7 students and 100% from the Year 8 students. Their responses have been analysed and are presented below in the form of themes.

Impact on Year 7 students

Relationship management: 40% of students said Stars Teina taught them about positive relationships and how to establish and maintain relationships. Through Stars Teina's games and activities, students were able to interact with different people and make new friends. Students said Stars Teina had taught them how to deal with conflict and establishing and maintain relationships.

Stars Teina's values: 27% of the students identified various values they learned during Stars Teina's lessons which helped build their relationships. The different values were honesty, responsibility, teamwork, respect, and integrity. These important values have taught the students to be more mindful of their actions when interacting with others.

Changes in themselves: 13% of students said Stars Teina made positive changes in themselves. This includes better management of their emotions, allowing some students to make more friends. Some students who said they were shy before the programme now has more confidence in themselves. Stars Teina has given many a more positive mindset.

Treatment of others: 8% of students said they are more aware of how they should be treating other people. They have learnt to not 'judge a book by its cover'. Students also said that it is important to treat others nicely because everyone has feelings.

None or unsure: 13% of students said they were unsure or did not know how Stars Teina has helped them. One student said their existing relationship building skills were good, so the programme had nothing to help them improve on.



Impact on Year 8 students

Stars Teina's content: 30% of students spoke of the various values and knowledge they have gained from Stars Teina. The students learnt important values such as respect, trust, and honesty which helped them strengthen relationships with others. Stars Teina provided its students with insightful information on relationships, where one student said it made them feel prepared for the future. One student said the activities and games made learning more fun.

Beyond social group: 28% of students said Stars Teina had influenced their interactions beyond their usual social group. The students said Stars Teina encouraged them to talk to people they usually do not interact with. Students feel they get along with more people because of the prosocial skills they learnt in Stars Teina.

No comments: 28% of students were unsure or said the programme did not help them build relationships with other students this year.

Communication: 12% of students identified the importance of communication and how this particular skill they learnt was a key factor in their interactions when meeting new people.

Stars Teina's effectiveness: 12% of students said Stars Teina had helped them with relationship building but did not specify how. One student said that 'everything' in the programme was helpful for them.

"It helped me build convinced [confidence] to talk to others and to build relationships with people I don't talk to."

"I guess you could say it has builded my confidence up and helped me interact with new people."

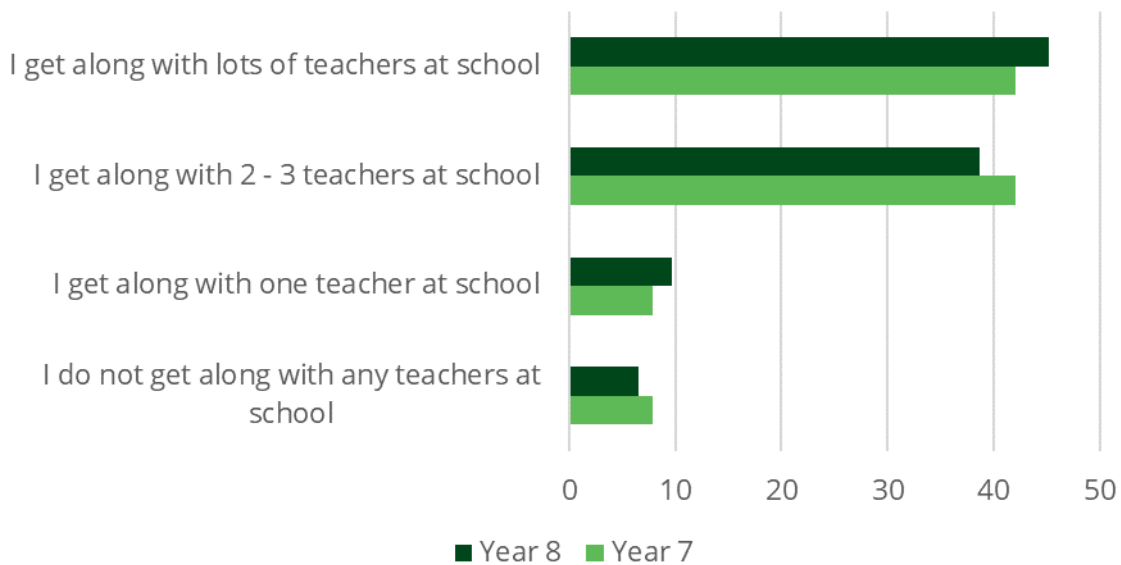
"It helped me get me out being shy and made me get close to my class."

Asking for help

Connection with teachers

Both Year 7 and Year 8 students were asked, "How many teachers do you get along with at your school?" They picked from the following multiple-choice answers, "I do not get along with any teachers at school", "I get along with one teacher at school", "I get along with 2 - 3 teachers at school", and "I get along with lots of teachers at school".

Graph . Percentage of Year 7 and Year 8 students that get along with their teachers at school.



The majority of Year 7 and Year 8 students said they 'got along with lots of teachers at school', at 42% and 45% respectively. This was followed by students that said they 'got along with 2 - 3 teachers at school' with 42% in Year 7 students and 39% in Year 8 students. Around 8% of Year 7 students and 10% of Year 8 students said they 'got along with one teacher at school'. Lastly, a small percentage of students said they 'do not get along with any teachers at school' at 8% in Year 7 students and 7% in Year 8 students.

"It has helped me build strong relationships with my friends and teachers."

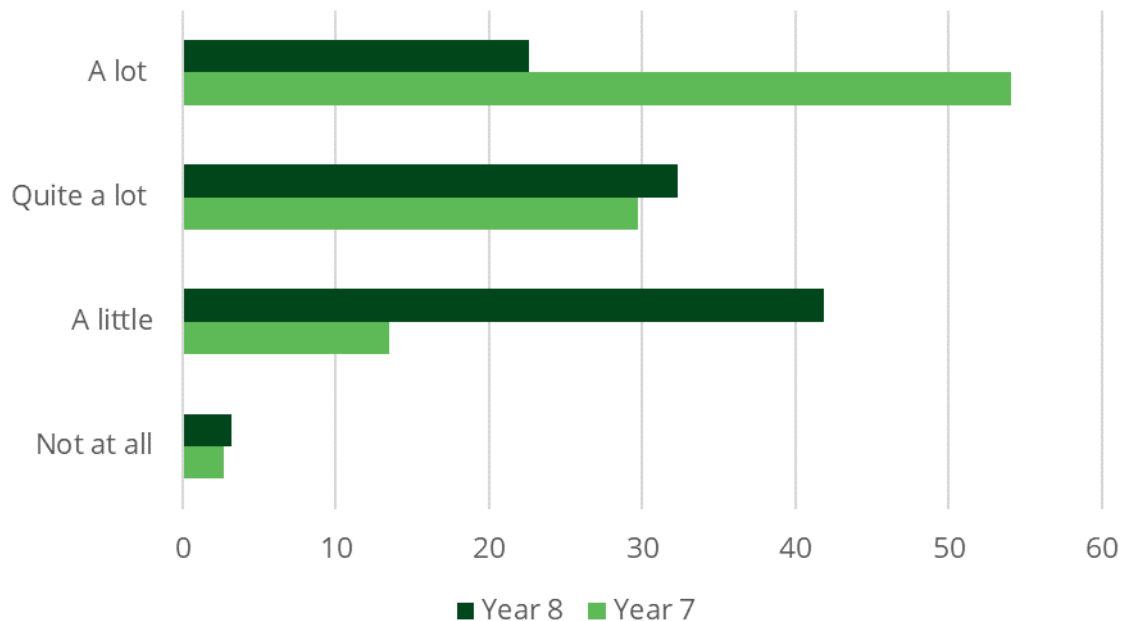
"That you can be yourself in a safe place I also like that there are a variate amount of energisers."

Student Experience

How much the students like Stars Teina

The Year 7 and Year 8 students were asked, "How much do you like Stars Teina?" Their answers were on a 4-point scale, "Not at all", "A little", "Quite a lot", and "A lot".

Graph . Percentage of how much the students liked Stars Teina.



Overall, the Stars Teina programme was rated highly across the year levels, particularly by the Year 7 students. The majority of Year 7 participants said they liked Stars Teina 'a lot' at 54%. Whereas, around 23% of Year 8 students said they liked Stars Teina 'a lot' at 23%. Around 30% of Year 7 students and 32% of Year 8 students said they liked Stars Teina 'quite a lot'. The majority of Year 8 students liked Stars Teina 'a little' at 42% whereas only 14% of Year 7 students said they liked the programme 'a little'. A small handful of Year 7 and 8 students did not like the programme at all, both at 3%.

"I like Stars Teina because it teaches me how to respect others and shows me that u should never give up."

"The activities the new things I learn and the stronger relationships I make with the people in my group."



An open-ended question asked the Year 7 and Year 8 students to write what they liked about Stars Teina. The response rate was 99% for the Year 7's and 100% for the Year 8's. Their responses have been analysed and are presented below in the form of themes.

What Year 7 liked

Activities and games: 56% of students said they liked Stars Teina's games and activities. The energisers were a highlight amongst the students. They also liked the sports activities, group activities, and being outside for the games. Students described their time as 'fun' and enjoyed the variety that Stars Teina offered.

Learning: 12% of students said they liked what they learnt in Stars Teina. They learnt how to treat others with respect and achieve their goals. One student said Stars Teina had helped them increase their confidence levels in this process. The students also appreciate what they have learnt reflected in the activities/games and in the overall Stars Teina environment.

Positive environment: 16% of students described the environment Stars Teina created. The environment was positive, where students felt safe to speak up and share their thoughts without the fear of being judged. A couple of students expressed they could 'be themselves' in Stars Teina. Others described the environment as fun and good.

Stars Teina teachers/mentors: 8% of students expressed their gratitude for the Stars Teina teachers/mentors. The students enjoyed getting to know the teachers/mentors. The students described them as helpful and supportive.

Outside of class: 5% of students said they liked the addition of Stars Teina, giving them a break from their usual class schedule.

Prosocial behaviours: 3% of students said they liked Stars Teina because it allowed them to strengthen or build new friendships with their peers. Learning about 'respect' also helped students engage in more prosocial behaviours. Students also get the opportunity to interact with their peers they may not usually talk to.

"I like the fun activities and the funny times and how much they care and do for our learning."

"I like all the people that teach us. I like the energizers that we play."

"I like the activities and the new the things we learn."



What Year 8 liked

Activities and games: 51% of students said they enjoyed the activities and games in Stars Teina. Energisers and sports were popular with the students. A few students specifically said they enjoyed 'manu touch'. The students also acknowledged that the activities and games provided opportunities to connect with their peers and learn.

Learning: 23% of students said they like what they learnt in Stars Teina. The students outlined a range of topics that they enjoyed. This included learning about life hacks, information on citizenship, and prosocial behaviours. A few students acknowledged how Stars Teina presented information on these 'serious' topics in a way that they understood and could relate to. Students also enjoyed the discussions that took place.

People: 18% of the students talked about the people in Stars Teina. The students described the Stars Teina's teachers as caring, kind, fun, supportive and fun. The students also enjoyed playing games with the Stars Teina.

Other: The remaining 8% of students said they liked 'everything' about Stars Teina or thought it was 'all right'.

"I like the activities because it teaches me quite a lot although others might not like I actually like it because it's a opportunity to get out of class and do fun things I really enjoy playing manu touch this week but that's my opinion."

"I like that we do energisers because I make a closer connection to most people."

"How their supportive, help people, care about people when something is wrong or ask if we're okay when we look upset, fun activities, learning about stuff we didn't know about and it doesn't take long to understand what it is about."

"I like star Trina because of the games that I played and sometimes I like learning about citizenship."



How Stars Teina helped students

An open-ended question asked the Year 7 and 8 students to write what other ways Stars Teina has helped them. The Year 7's response rate was 88% and the Year 8's response rate was 77%. Their responses have been analysed and are presented below in the form of themes.

Year 7 programme impact

Improvements in themselves: 29% of students said Stars Teina helped make them better versions of themselves. Students said they had more confidence and bravery in their interactions with others. Stars Teina has encouraged their students to be kind, good, helpful, responsible, and honest. Students also said that Stars Teina taught them how to show integrity and always to try their best.

Learning values: 24% of students said the values they learnt in Stars Teina helped them. Students listed values such as honesty, respect, and integrity. The students also learnt about responsibility. The values have positively impacted the students' friendships and relationships with their peers and family.

Social skills and interactions: 22% of students talked about the various ways in which Stars Teina has helped them with their social skills and interactions. Students said they have improved in their cooperation and active listening skills, management of conflict, and how to help others. Altogether, students said they had made new friends with what they had learnt in Stars Teina.

Management of emotions: 5% of students said Stars Teina helped them manage their emotions properly. The students said Stars Teina had taught them to remain calm and relieve stress. They also understand that it is okay to feel not okay and the importance of asking for help when they need it.

Nothing or unsure: 9% of students said they were unsure or there were no other ways they thought of where Stars Teina helped them.

Others: 11% of students talked about a range of ways that Stars Teina has helped them. The Stars Teina's games and activities helped the students to learn. They reinforced that they were 'fun'. One student said Stars Teina makes them eager to go to school, especially on days that Stars Teina are on.

"They have helped me to learn what integrity is."

"Again making me more confident and building my friends status."



Year 8 programme impact

No comments or unsure: 30% of students were unsure or did not have any further comments to share in the survey. Some students reinforced that Stars Teina is a good programme and should continue with its implementation.

Managing relationships: Through survey responses, 19% of students showed that Stars Teina helped them with relationships. This includes knowing how to support others better and understand relationships. Stars Teina has helped its student in building relationships and meeting new people.

Self-improvement: 19% of students reflected on the positive changes they have seen in themselves. The positive changes include becoming a better leader and role model; one student said the Stars Teina's leaders were good examples for the students to follow. Other positive changes include better management of emotions and increased responsibility.

Confidence: 15% of students felt changes in their confidence from participating in Stars Teina. The students said they felt an overall increase in their confidence, particularly when speaking in front of people. Furthermore, the students feel they can now push themselves out of their comfort zone.

Physical and mental health: 8% of students felt positive changes in their physical and mental health. Stars Teina's activities and games provided a lot of opportunities to move around and run, which made positive impacts on the students' fitness levels.

Other: The remaining 12% of students commented on wanting more games and learning opportunities.

"Stars Teina has helped me be a better leader by being good role models as Stars Teina leaders."

"Understand what relationships are, what we can do in life, how to be more supportive for someone, making me feel like my own self."

"It's helped me make new freinds and meet new people."

Students' suggestions

An open-ended question asked the Year 7 and Year 8 students to write what they thought Stars Teina could do better. The response rate was 96% for the Year 7's and 94% for the Year 8's. Their responses have been analysed and are presented below in the form of themes.

Year 7 Suggestions

No changes: 46% of students said they had nothing they wanted to change about Stars Teina. Many said the programme was fun and they should continue to do what they were doing.

Games and activities: 32% of students provided suggestions on possible ways to improve Stars Teina games and activities. The main suggestion was to have more games. Some would like the games to be more outdoor-based, have new games, or be more active. A few students said they wanted to incorporate their hobbies in Stars Teina's activities, such as art.

Programme implementation: 8% of students commented on how the Stars Teina programme was run. Students said they would like the programme to be a quicker pace by 'getting right into it'. They would also like the teachers/mentors to manage students get too loud and do not listening.

Student participation: 7% of students had comments around participation. Some students wanted to make the activities optional to participate in. Other students said they would like to have more input in what games or activities they got to do rather than have it pre-picked out for them. A few students acknowledged not all their peers equally participated in Stars Teina as they were 'quiet' and would like the chance to get them more involved.

More time: 4% of students wanted changes around the duration or frequency of the programme. Some wanted the Stars Teina programme to take place two times a week. Others said they wanted to make the Stars Teina lesson longer.

Learning: 3% of students wanted more learning in Stars Teina. One student, in particular, enjoyed learning about respect and wanted to incorporate more of it into the programme.

"I think Stars Teina is doing good I don't think you need to change anything."



Year 8 Suggestions

Games: 48% of students had changes they wanted to make surrounding Stars Teina's games. The majority wanted to have more games in Stars Teina. Some said they wanted the games to be longer, outdoor-based, and more exciting. One student proposed playing netball or letting them pick the games they would play. Students also said they wanted to have fewer discussions and time on the mat.

No changes: 17% of students had nothing they wanted to change about Stars Teina. They thought the programme was doing well and should continue with what it has been doing.

Unsure or no comments: 14% of students did not know what Stars Teina could do better in. They did not provide any further comments.

Fewer discussions: 7% of students wanted less time spent on discussions and wanted to use that time spent on being active in playing games. This aligns with the previous theme of 'games' where most students wanted to incorporate more games into Stars Teina.

Other: 12% of students had various other suggestions for changes to Stars Teina. The suggestions included making the programme participation optional, allowing the students to lead the discussions, and having a clear outline of the Stars Teina's lesson.



Final comments from students

An open-ended question asked the Year 7 and Year 8 students if they had anything else they would like to write about. The Year 7 response rate was 76% and the Year 8 response rate was 26%. Their responses have been analysed and are presented below in the form of themes.

Year 7 final comments

No or unsure: 68% of students were unsure of what they wanted to say or did not have additional feedback for Stars Teina.

Positive feedback: 20% of students had positive feedback for Stars Teina. Many students said it was fun and expressed their appreciation. The students also acknowledged and thanked the different people running the Stars Teina programme. One student said they hope to do Stars Teina again and for the programme to reach more people to help them.

Peers: 7% of students had feedback regarding their peers. Some students were not pleased with their peers' attitude during class and wanted Stars Teina to control it better. Meanwhile, other students said they wanted the whole class to actively participate rather than just a handful.

Ideas for change: 7% of students provided suggestions on what they wanted to change about the programme. A few students felt familiar with the content in Stars Teina, so they wanted Stars Teina to expand on the topics they included in their lessons. Other students said they wanted Stars Teina to incorporate more games into the lessons.

Year 8 final comments

No comments: The majority of students, 75%, did not have any further comments.

Games: 13% of students said they would like Stars Teina to incorporate more games into the lessons.

Appreciation: 13% of students showed their appreciation and wanted to thank Stars Teina.



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