

# School Mentoring Programme



Children  
& Youth

Starfish is a Salvation Army mentoring programme working with children and young people in schools, aged 9-16 years.

The aim of Starfish is to make a difference to young people, one by one. This is inspired by the story of the man who - one by one - throws stranded starfish back into the sea. Challenged on what difference it can possibly make to the thousands of beached starfish around him, he replies, 'It made a difference to that one!'



Starfish is a Universal Plus service offering early help focused on emotional health and wellbeing, including personal development and life skills. Working within a school's student wellbeing support, Starfish provides committed and trusted adults to work with young people who need some additional support without which they would be at risk of not meeting their full potential.

### For example, children and young people:

- Whose emotional health and wellbeing needs a boost.
- Who need confidential support for personal issues of any kind.
- Whose rate of learning and/or level of motivation is suffering because of behavioural, social or emotional issues.
- Who are at risk of exclusion.
- Who are struggling with effects of the coronavirus pandemic.



We would love to be able to support any students in need at your school. We are offering this service free of charge and have trained mentors who are looking forward to getting alongside local young people.

## Starfish Outcomes



Increase resilience



Enable more positive friendships/relationships



Boost self-esteem



Improve behaviour (school and/or home)



Increase confidence and ambition



Reduce feelings of anxiety



Improve attendance engagement at school



Improve ability to cope with COVID-related challenges.

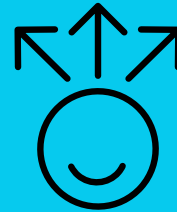
*“The children have blossomed in confidence throughout their time in the mentoring programme and are now ready for the transition to secondary school. They have acquired the necessary skills for this move and can confidently explain their emotions and how they can deal with their anxiety. After seeing the confidence these children have gained through the mentoring programme, I would confidently recommend this programme to any school.” (Teacher)*





## Starfish mentors

Starfish mentors are safely selected and safeguarding trained. They have undertaken training specific to being a Starfish mentor and will receive regular supervision. They will wear ID badges at all times.



## Referral

Students can be referred to Starfish using a simple referral form, outlining details of the young person and the reason for the referral. The Starfish Co-ordinator will chat with the member of school staff who has made the referral and then match the young person with a Starfish mentor. The school will obtain parental permission for the mentoring to go ahead. A start date will be agreed.



## Mentoring sessions

The initial commitment of mentoring (ie, the number of sessions) will be discussed and agreed with the school. The length of mentoring sessions can also be agreed with the school, generally between 30–60 minutes. Mentoring can take place on the school site if there is a suitable room that can be made available. If the school and parent agree, students can also be taken off site for a walk or to another venue. Mentors will engage the students with a mix of activities, games and discussion.

**THINK  
POSITIVE**



## Reporting

The school will receive a short mentoring report at the mid-point and at the end of the mentoring. All mentors will keep weekly session notes that will be open to the school to view if requested. Three-way or four-way meetings (including parent/carer) can be arranged to review progress and plan a way forward if required.



## Outcomes Star

Starfish uses the Outcomes Star (by Triangle) to promote the positive emotional wellbeing of the mentees and to support the journey of change. This industry standard tool is also used to evidence and measure progress in a range of important areas of life. Using the Outcomes Star helps students to understand the motivation, beliefs and skills that are needed for them to create that change for themselves and encourages them to be active participants in their own process of change.



## Safeguarding

All mentors are safely recruited and have attended recent Safeguarding training. We have a safeguarding policy in place, an experienced DSL, and a comprehensive risk assessment. Starfish mentors will also comply with any further school safeguarding requirements.

# Starfish

Information for Schools



Children  
& Youth

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