



Thank you for your interest in running a Growing Stars programme at your school! This document aims to provide you with further information and details about the Growing Stars workshop, how it benefits your students, parents and schools community. It outlines key features of the workshop, it's objectives and the process for running it at your school.

We're excited to share with you the positive impact Growing Stars can have on your school community.

## **Brief Overview of Growing Stars**

The Growing Stars workshop is a valuable programme designed to support students aged 6 -12 years with learning differences including dyslexia, dyspraxia, dyscalculia or dysgraphia, while also providing support to their parents or caregivers. This workshop is specifically designed to help students understand and manage the emotional impact of living with these differences, which often includes heightened anxiety, frustration and low self-esteem.

## **Benefits of Growing stars programme**

Based on the running of this programme for over 6 years these are the benefits we have noticed

For the students/ākonga

1. Build resilience and a growth mindset
2. Develop effective strategies to recognise and manage emotional responses, such as frustration, anxiety and low self-esteem resulting from their unique thinking, which may often go unrecognised.
3. Provide an opportunity to connect with peers who share similar experiences.
4. Explore and celebrate their strengths focusing on dyslexic/neurodivergent advantages and positive aspects of who they are.
5. Develop self-awareness to enhance their ability to self-advocate.



For the parents

1. Gain an understanding of dyslexia/neurodiversity and its impacts on their child.
2. Connect with experts to receive advice
3. Engage with other parents who share similar experiences.
4. Learn strategies to support their child's self esteem and communication skills.

For schools

1. Enhanced support for students with learning differences
2. Strengthened relationships with parents and the community

## Overview of programme

### Activities

Growing Stars is an activities and art-based workshop using games, activities and storytelling to help the students learn more about learning differences. Examples of activities include mosaic making, salt jars, blowing bubbles and decorating a storage box.

### Objective

To increase awareness and understanding of dyslexia and other learning differences, enabling the student to implement effective strategies for managing their learning difference. This workshop aims to boost self esteem and motivation , reduce anxiety responses and ultimately enhance engagement in learning.



## Details

- The workshop runs over two mornings from 8.45am to 12.30pm. These times will be discussed with the schools to co-ordinate.
- Limited to 10 students per workshop.
- Conducted by two trained facilitators with the support of 3 – 4 volunteer helpers.
- The single parent session can be scheduled for either after lunch, after school or in the evening on the first day of the workshop.
- To make it affordable we have accessed community funding to pay approximately 90% of the workshop cost. The remaining cost of \$500 per workshop is payable by the school.
- Different schools can join together and provide a few students each to make up the numbers.
- The full amount is payable regardless of the number of children attending upon issue of the invoice.
- It is a requirement for the students enrolled in the workshop that their parents, caregivers or close family members commit to attending the parent session.
- We provide all necessary materials, resources, and equipment required for the effective delivery of the workshop.

## Criteria of children attending

This workshop is aimed at students who have been diagnosed or are suspected to have specific learning differences such as, dyslexia, dyscalculia, dysgraphia and dyspraxia and who experience significant anxiety about their learning. We are willing to consider a limited number of students with ADHD and autism based on prior discussions with the school and these will be on a case by case basis. Please contact us to discuss this further. Students do not have to have received a formal assessment for the specific learning difference to attend.



## Setting up programme at your school

To run the workshop at your school we require some support and resources, including:

1. A room to run the workshop with an adjacent room next door for the materials and resources set up.
2. Three volunteers (eg teacher aides, LSC's)
3. Assistance with the registration process

### Room requirements

The room should be spacious enough to accommodate tables for children to stand around, as well as an area for group seating on the floor or games. Additionally access to a nearby room or space for the resources and materials set up.

We need access to a kitchen to prepare the morning teas and provide a cuppa for the parent session.

### Three volunteers

The school provides three volunteers, who will receive on-line training, readings and support on their role responsibilities. We will also bring one volunteer to manage the resources and support the volunteers during the workshop. The volunteers selected need to be available for 1 hour of online training prior to the workshop dates.

### Registration process

We will work together to register and send information to the parents of the students attending.

### Contact details

Contact details for further information: [support@learningdifferences.org.nz](mailto:support@learningdifferences.org.nz)