

## Information Sheet for Parents of Year 9 Students

Stars is a 'Foundation for Youth Development' programme that's designed to support Year 9 students as they move into high school. This initiative aims to help students reach their potential by promoting good health, education and teaching life skills.

In partnership with Stars Albany, Auckland Seventh-day Adventist High School runs this programme over three terms. The programme comprises three stages:

1. **Adventure Camp:** For four days during the first term for all Year 9 Students, their teachers and some senior students who have trained as Peer Mentors.
2. **Community Challenge:** This stage has two components:
  - a) *Community Project* – Students help organise and spend a day on a project to give something back to the community.
  - b) *Community Adventure:* Student groups spend a fun day travelling around their local area to achieve certain challenges while learning about what is available to them within their community, accompanied by a member of staff (called a Group Leader).
3. **Peer Mentoring:** This operates in Terms 1-3. Groups of Year 9 students meet with Peer Mentors each week for a 45 minute session. Following a structure programme, the group looks at some key life skills such as goal setting, time management, using a diary and building positive relationships.  
During the programme, students are expected to organise their time using a diary, complete a logbook, and to set and work towards school, health and fitness and personal goals.

The programme ends with a special graduation ceremony during the third term. Students who have completed the programme receive a Graduation Certificate.

Stars evaluates its programme to understand what aspects are working well and what aspects need improving. As part of that evaluation, students will be asked to complete questionnaires about themselves and their Stars experience.

