



PARENT INFORMATION SHEET FOR THE ACTIVE FOR LIFE YEAR 5 STUDY

We plan to do some exciting research in local schools to look at how we can make sure that Year 5 children do enough exercise and eat enough fruit and vegetables to keep them healthy. As part of this research we will be asking your child to fill in a questionnaire, wear a belt around their waist with a small box that measures how active they are and be weighed and measured. This will be done three times – at the end of Year 4, Year 5 and Year 6. Your child will be automatically included in this study unless you do not want them to be. To decide whether or not you would like your child to be included, you should carefully read all the information provided below.

What is the purpose of the study?

- Doing some exercise and eating fruit and vegetables every day is important for healthy growth and development in children.
- Lots of children in England do not do enough exercise or eat enough fruit and vegetables.
- In the Active for Life Year 5 study we want to find out if children can be taught how to do more exercise and eat more fruit and vegetables during the normal school curriculum.

Which schools and which children are in the study?

- All junior/primary schools in Bristol and North Somerset have been invited to take part in this study.
- Altogether 60 schools are taking part.
- Your child's school is taking part in the study.
- We hope that all children who are currently in Year 4 at your child's school will take part.
- Children are not chosen because of their weight or for any other reason.

What will happen?

- In half of the schools (30 schools) the teachers will be given some training and materials for 16 new lessons (some of which will have homework). These are lessons that in America have been shown to work better than standard lessons used to teach children about the importance of exercise and eating fruit and vegetables.
- The lessons will replace other lessons that the children would have been taught on similar curriculum areas.
- No children will be expected to spend more or less time in school because of this study.
- All schools in the study will still cover all areas of the National Curriculum and all children will be expected to attend all of their classes as usual.
- We will decide which 30 schools get the new lessons by a random method, which is the same as tossing a coin to decide for each school. It is important to choose the schools this way so that we can properly test whether the lessons make a difference or not.
- Apart from the new lessons our study will do everything else the same in all 60 schools.
- The measurements that we hope to do on your child will be the same whether their school has the new lessons or not. We will not tell you, or your child or the researchers who are measuring your child and helping them with questionnaires whether the school has the new lessons or not.

What will be measured?

We are asking parents /carers to give consent to the following measurements and information to be collected from their children on three occasions: spring/summer 2011 (Year 4), 2012 (Year 5) and 2013 (Year 6).

- Exercise (how active or not your child is) will be measured by asking them to wear 'accelerometers' for 5 days. These are small activity monitors which look like pedometers (see picture) and are worn on a belt around the child's waist during day-time.
- Measurement of height, weight and waist
- Questions to measure the food eaten the previous day, how much time is spent watching television and using computers, how much the child enjoys exercise and eating fruit and vegetables and how much they enjoy doing exercise and eating with their family.
- At the start of the study we are also asking for the following information: child's name, date of birth, gender, ethnicity, and home postcode.



How will the measurements be done?

- All measurements will be collected by University staff with enhanced Criminal Record Bureau (CRB) clearance. These staff will be trained and experienced at collecting these measurements from children.
- The height, weight and waist measurements will be done in a private area away from other pupils and staff. Children who take part will be asked to remove their

shoes and any heavy outdoor clothing. They will be weighed in normal indoor clothing. Staff and other children at the school will not see the measurements.

- The university staff will explain how the children should wear the accelerometers and will collect these from the schools at the end of the 5-days of wearing them.
- The university staff will give out the questionnaires and be in the classroom when the children are filling these in so that they can help if any of the questions are not clear to any of the children.

What happens to the measurements?

- The information collected about your child will be kept confidential and will only be used for research.
- The information will be stored at the University of Bristol.
- All questionnaires and computer data for your child will be stored with an ID code (rather than their name) and will be anonymised so that it will not be possible for anyone to see information connected with your child.
- When the data is analysed the information will be anonymous, so that it will not be possible to identify an individual child.
- None of your child's information will be passed on to the school, Bristol City Council, NHS Bristol or any other individual or organization who is not directly involved with analyzing the data for the study research. Those analyzing the data for research purposes will not have your child's name or personal details. In short, no one will be able to find out your child's measurements.

What if I change my mind?

You are free to withdraw consent for your child to have these measurements or questionnaires at any stage without needing to give a reason. Please contact the research team at any time (details below) if you change your mind.

Who is funding the study?

The University of Bristol has been funded by the Department of Health to do the Active for Life Year 5 Study.

Who is leading the project? Who else is involved?

The project is being led by Professor Debbie Lawlor, University of Bristol, with guidance from a steering group including staff from NHS Bristol, Bristol City Council, schools, parents and staff from the University of Bristol. The study has support and collaboration from Bristol City Council and NHS Bristol (the local Primary Care Trust).

Ethical approval

This project has been reviewed and approved by the University of Bristol Faculty of Medicine and Dentistry Research Ethics Committee.

How can I find out more information?

If you wish to know more about the study before deciding whether to take part, or if at a later date you want to withdraw from the study please telephone Judith Brown, the study administrator, on (0117) 331 4011 or email her at: afly5-scm@bristol.ac.uk. She will put you in touch with Professor Debbie Lawlor, the study lead if you would like to speak to her.

What do I need to do if I would like my child to be in this study?

If you are happy for your child to take part in the measurements you **DO NOT NEED TO DO ANYTHING**.

What do I need to do if I do not want my child to be in this study?

There is no obligation for your child to take part in the study. If you **DO NOT** want your child to take part in some or all of the measurements please fill out the attached Refusing Consent Form, and return it (using the pre-paid addressed envelope) by