



ATTENTION

Parents if you **DO NOT** wish your child to take part in our research please complete this form and return to your child's **School Office**

I prefer my child NOT to take part in the evaluation explained in this leaflet

Your name:

.....

Signed:

.....

Your child's name:

.....



The Research Team

From the Institute for Health and Wellbeing at
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If you wish to contact an independent representative within our university and someone who is outside of the immediate research team, please contact:

Dr Lavinia Norton
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An Evaluation of Diet and Physical Activity Programmes in Primary Schools in Halifax

Information sheet

For children and their parents



Some primary schools in Halifax are currently delivering diet and physical activity programmes to their pupils. Leeds Metropolitan University have been asked to find out how effective these programmes are in improving children's knowledge and behaviours related to healthy diet and physical activity, their psychological wellbeing (e.g. body image and self-esteem) as well as finding out how they are delivered within the primary schools.

We also want to find out from parents of the children involved in these programmes if:

- They know about any nutrition or physical activity programmes in their child's school
- If they have been given any information related to diet and physical activity from the school
- If they are aware of changes to their child's knowledge of diet and physical activity
- Any changes they may have made to their child's diet and physical activities

We are inviting children and their parents to take part in this study. Please take time to read this information sheet and ask us if anything is not clear or if you would like more information. Please take time to decide whether you are happy for your child to take part.

Why have I (or my child) been chosen?

We want to work with children in years 2 and 4 in some primary schools in Halifax. You have been chosen because your child is in the selected year group in the selected school.

What will we be doing?

The research team will be asking children to fill in a survey during a lesson to see what they know about healthy foods and physical activity, their own diet and physical activity and how they feel about themselves. We will also hold discussion groups with children lasting around 30 minutes discussing healthy diets and physical activity. The discussions will be recorded to help with accuracy but we will check everyone is okay with that first. Recordings will be destroyed as soon as the project is finished.

We would also like to take their height and weight measurements and see how this changes over time. The research will take place over two years from November 2012 to September 2014.

We would like parents to fill in a short questionnaire around diet and physical activity in November 2012 and a further questionnaire in June/July 2013 with telephone interview. If you complete and return the questionnaire you will be entered into a prize draw to win a £20 High Street shopping voucher. Questionnaires will be given to your child to give to you complete. Please put them in the envelope provided and give them to your child to return to their teacher.

Do I or my child have to take part?

Taking part is voluntary. It is up to you and your child to decide whether to take part. Your child is free to withdraw at any time and without giving a reason.

What are the possible risks and disadvantages of taking part?

We hope that the discussions, surveys and taking of measurements do not raise any concerns and it is not anticipated that there should be any risks from taking part. If your child does raise any concerns please get in contact with one of us or speak to your child's teacher.

What are the possible benefits of taking part?

We hope that the information your child provides will help find out how well any diet and physical activity programmes work within the school.

What will happen to the information?

All information will be stored securely and only the university researchers will have access to it. Anything that is said during the discussions is strictly confidential. Children's weights and heights will be kept private and answers on questionnaires will also be confidential, we will not ask parents for any identifying information. The researcher is however bounded to pass on any information relating to any illegal activities or anything that might harm the participants.

When writing up the report ***participants' names will not be used at any point.*** Any comments, quotes or experiences used will be anonymous. The results of the study will be in used in a report and journal papers will be written and the results shared with other education and health professionals.