

Study Title

Move Well, Feel Good: Feasibility of a co-produced primary school-based intervention to improve children's motor competence and mental health and wellbeing

Invitation

We would like to invite your child to take part in a research project to develop a school programme to promote children's mental health and wellbeing. Before you and your child decide whether to take part, it is important that you understand why the research is being done and what it will involve. Please take some time with your child to read the information that follows. After reading the information, if anything is unclear or you would like more information, please contact us.

What is the purpose of the study?

The aim of the project is to work with children and teachers to develop an intervention programme to promote mental health and wellbeing through physical activity and skill-related games.

Why has my child been invited?

This project involves children in Years 4, 5 and 6. The other children in your child's class have been invited to take part. Children from other local schools have also been invited to take part.

Consent

It is up to you and your child whether they take part. They do not have to take part and the decision should be made after reading the information on this sheet. Your child will be able to drop-out of the study at any time and without reason. Dropping out of the study will not affect your child's opportunities in school in any way. If you would like your child to take part please complete, sign, and return the enclosed consent form and child assent form (child only), or complete the online consent form which can be accessed using this [link](#).

Research, data protection legislation and the lawful basis for processing personal data

The General Data Protection Regulation (GDPR) works alongside other data protection legislation such as the 2018 Data Protection Act and relates to people's rights with regards to personal data that is held by an organisation. The lawful basis on which we are seeking your child's data is that of public task (i.e., the collection of personal data is 'necessary for the performance of a task (research) carried out for reasons of public interest'). At Edge Hill University, we are committed to respecting and protecting your child's personal information. To find ways in which we use personal data, please see edgehill.ac.uk/about/legal/privacy.

Can my child withdraw from the project?

Your child can drop-out of the project at any time. They can do this by telling one of the research team or a teacher, or you can do it for them by emailing or phoning the researchers. Any data collected from your child will be deleted within two weeks of them dropping out and will not be included in the results.

Will my child's participation be confidential?

All information about your child will be treated with the strictest confidence. No identifiable information will be stored or released by the project. All data will be securely stored on password protected University network computers, and may be accessed only by the research team. Any files shared between the research team will be encrypted. After the project has ended the anonymised data set may be provided to other researchers for secondary analysis, upon reasonable request and in accordance with appropriate data sharing agreements.

What will happen to the project results?

At the end of the project, we will write up the results and publish them as academic journal articles. All published results will be fully anonymised and will describe groups of children (e.g., boys/girls, 9-year-olds, etc.) and not individuals. We will securely store the data in anonymised form indefinitely to allow us to perform secondary analysis alongside other data sets, share the anonymised data with

other researchers, and to have the option to gather follow-up data on the same children in the future.

Who has reviewed the study?

The study has been reviewed and approved by the Science Research Ethics Committee at Edge Hill University.

What will my child be asked to do?

Your child will be asked to firstly take part in a workshop with classmates to suggest ideas for the programme. Once the programme starts the children will take part in various measures, which will take place at school and which will be collected by trained research staff. These measures are described below.



Height and weight – These measures will take place in a private area away from the rest of the group, and more than one member of staff or a chaperone will be present. Weight will be measured by asking the child to stand on weighing scales with their shoes removed. Height will be measured using a height meter. No one but the researcher will see the results, they will not be made available to the school and will not be sent home, unless requested.



Questionnaires – As a whole class, the children will be asked to fill out questionnaires that ask about their mental health and wellbeing, self-perceptions, social support, resilience, and physical activities.

Focus groups – Your child may also be asked to take part in a small discussion group of 4 to 6 peers with one of the researchers to talk about how they found the programme.

Movement skills – As part of PE lessons, the children will take part in a skills circuit designed to measure balance, agility, throwing, dribbling, catching, jumping, and running skills. To view the movement skills circuit, please see <https://www.youtube.com/watch?v=ISPLtwDrgRM>.

Physical activity and sleep monitoring – A small activity monitor will be handed out and children will be asked to wear this for 8 days. The monitors are small and lightweight and are worn on the wrist (see image below). Children will be asked to wear the monitors throughout the day and during the night to get a true indication of their activity and sleep patterns.



Additional descriptive data - We will ask you to tell us your child's gender, ethnicity, and date of birth, your postcode, and final education level. This information provides information about the demographic make-up of the participating children. We will also ask you to complete a short questionnaire about your child's motor coordination. Any identifiable data will be removed immediately after anonymisation and linking in accordance with GDPR regulations.

What are the possible disadvantages and risks of taking part?

We are not asking children to participate in any activities that they would not take part in during a normal day (e.g. in class, in PE, at playtime, at sports practice) so risks are minimal. Some aspects of the data collection, such as measurement of weight and height may cause some children to feel anxious. These measures will be taken in a screened area away from the rest of the class, and children will be reassured that they do not have to complete all of the measurements and that they can drop-out at any time, without giving a reason, and without other opportunities in school being adversely affected.

What are the possible benefits of taking part?

Children typically enjoy being part of these projects, and they are a great way to learn about healthy growth and development and may also stimulate your child's interest in the field of health and wellbeing. To say thanks for supporting this project, children who take part will receive a £10 gift voucher.

Is there someone independent I can talk to about the research?

If you would like to speak to someone other than the research team about the project, please contact the Chair of the Science Research Ethics Committee, Prof. Lars McNaughton (lars.mcnaughton@edgehill.ac.uk).

All information about your child will be treated with the strictest confidence. No identifiable information will be stored or released by the project. Any identifiable data will be removed immediately after anonymisation and linking in accordance with GDPR regulations.

What happens next?

After reading this information with your child, please complete the attached informed consent (parent/carers) and assent form (child) and return to school with your child as soon as possible.

Thank you for taking the time to read this information. If you have any questions, please do not hesitate to get in touch. More detailed information such as examples of the surveys, can be provided on request.

Researchers' contact details:

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