

More Good Days At School: Building relationships to promote health, happiness and learning

Information for parents and guardians of children participating

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UCL Research Ethics Committee approval number: 14037/012

Summary

- Please read this document carefully.
- Your child's school is taking part in a project about how to best support young people to be healthy and happy.
- All schools taking part are continuing with existing wellbeing support they provide. In half of the schools, staff will also be trained to work with pupils differently.
- To look at the impact of this new way of working with pupils, we will:
 - Ask your child to complete 3 surveys over 2 years;
 - Look at information from the school's records;
 - Your child will have the option of speaking to a researcher one-to-one;

- After the end of the project (winter 2025), the information we collect will be linked with information from the Department for Education and stored in a secure, specialist service. This is so that we, and future researchers, can look at long-term impacts of this programme using other sources of information from educational and criminal datasets.

If you do not want your child to take part, please let us know by completing the opt-out form for parents/carers and guardians that will be sent by your child's school.

You have 2 weeks from receiving this link to opt-out. If you do nothing, your child will be enrolled in the study.

1. What is this project?

Hello, and thank you for reading this information sheet. My name's Julian. I'm leading a research project to look at the impact of support for young people to be healthy and happy at school.

I'm passionate about this project for many reasons. I've seen how children in my family seem to be increasingly experiencing a range of challenges that undermine their mental health and what this might mean for them, and other children like them.

Everyone is different, and all of us are impacted by the things we've experienced. This study is looking at how schools support young people's wellbeing and help pupils to be happy and healthy no matter what they've experienced in the past.

To look at this, we are working with lots of different schools. All of them are continuing with the existing wellbeing support they provide to young people. In

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half of the schools, staff will be trained to work with pupils differently by learning more about how things people have experienced might impact on them.

We don't know if this different way of working with pupils is better, worse, or the same as existing wellbeing support. This is what we want to find out in the research. The findings from this research will be used to inform how schools support the wellbeing of their pupils in the future.

This information sheet contains more details about who we are, what we're doing, and why we're doing it.

All projects like this are looked at by an independent group of people, called a Research Ethics Committee, to protect your interests and safety. This project has been approved by the University College London (UCL) Research Ethics Committee (ID: 14037/012). The project is being conducted by:

- UCL (<https://www.ucl.ac.uk/evidence-based-practice-unit/evidence-based-practice-unit-0>) and
- Anna Freud (<https://www.annafreud.org/>).

The project is funded by the Youth Endowment Fund (<https://youthendowmentfund.org.uk/>).

2. Who is paying for this study?

The study is being paid for by the Youth Endowment Fund (YEF). The YEF is dedicated to preventing children and young people becoming involved in crime and violence. At the end of the study, data collected will be stored in a secure archive and used to follow-up on children's outcomes in the future. This will include, for example, assessing whether children who took part in this, and other projects YEF

have funded, were less likely to be excluded from school or get involved in crime in the future (described more in section 7).

3. Why has your child been invited to take part?

Your child has been invited to take part in this study because their school is involved in the “More Good Days At School: Building relationships to promote health, happiness and learning” project.

Children in Year 8 (12-13 years) or Year 9 (13-14 years) during the 23/24 academic year at your child’s school are eligible to take part.

4. Does my child have to take part?

If you do not want them to take part in the study, they don’t have to. It’s a decision you may want to take together. We would like as many people as possible to take part in order to aid our understanding about what makes a difference for children and families. If you and your child choose not to take part, it will not affect their rights or support.

Please think with your child about whether now is a good time for them to take part or not.

If you do not want your child to take part, please let us know by completing the opt-out form link sent out by your child’s school.

If you do nothing, they will be enrolled in the study.

You will have two weeks from receipt of this information sheet to opt-out of taking part.

5. What happens if my child takes part?

If your child takes part in the study, they will be asked to fill in a survey online at school (e.g., in tutor time) that will take no longer than 30 minutes. They will be asked to complete it 3 times over two academic years.

The survey will ask about:

- How they're doing
- What it's like at school
- How they get on with people at school
- What they think about wellbeing support at school
- Their name and contact details
- Their gender, ethnicity, and if they have any special educational needs

In a small number of schools, researchers will speak to pupils one-to-one (at school or online) about their experiences during the study, and this discussion will be audio-recorded.

Your child's school will share some of the information that they have about your child, which will include:

- Your child's Unique Pupil Number (a unique code for each pupil - so we can match this information with other types of information)
- Information to help us understand if the different way of working is more or less helpful for pupils with certain characteristics:
 - Date of birth
 - Gender
 - Ethnicity
 - Whether they are looked after by the local authority
 - Whether they have any special educational needs

- Free school meal eligibility
- Whether they have a disability
- Information to help us understand the potential longer-term impacts of the different way of working:
 - Their educational record

After the study has ended (winter 2025), we will link the data we have collected with other data from the Department for Education (see the separate document “How we use and protect your child’s information”).

6. Safeguarding

Occasionally, someone may feel upset about a question or issue that arises during the study. If your child feels upset by any of the questions they are asked as part of this study, you (or your child) should tell a researcher (using the contact details at the top of this form) or your school’s safeguarding or pastoral lead. If you or your child do not feel able to ask us for help, we encourage you to make contact with an external support service such as The Samaritans (Tel. 116 123, www.samaritans.org) or Childline (Tel. 0800 1111, www.childline.org.uk).

We will treat the information that your child shares with us as confidential, but we may have to break confidentiality if they tell us something that makes us concerned about them or others being at risk. If this happens then we will try to discuss the issue with them first.

7. What will happen to the results of this project?

We will use the information you give us to help us to find out how well working with pupils differently supports young people to be healthy and happy. This includes how well it has worked in the short term (in the next year) and the long

term (in the next few years). By putting your information together with the information about all of the other young people that have taken part in this study, we will be able to look for patterns that will tell us whether the new way of working is helpful for young people.

Results from this project will be published in reports, such as on Anna Freud's, UCL's, and YEF's websites. Results will be shared with schools so that parents/guardians and pupils can view them. The final report will not contain any personal information about the people who took part in the study and it will not be possible to identify individuals from the report.

8. What happens if I change my mind?

You and your child can change your mind about whether they take part in the study at any time. To withdraw your child from the study, contact the Primary Researcher using the details provided at the start of this information sheet. You do not have to give a reason and it will not impact the support your child receives at school.

If you decide to withdraw, you should tell us as soon as possible. You will be able to withdraw your child's data until July 2025 when the data collection will have ended. Until then, you can withdraw at any time and your child's information will be deleted unless you tell us we can keep it. After this time, it will no longer be possible to delete their personal information because we will have already used their information, along with all of the information we have gathered from the other participants, to carry out our evaluation and to write our report.

If your child has taken part in a one-to-one discussion, you will be able to withdraw your child's data until 9 months later. After this time, it will no longer

be possible to delete their personal information because we will have already anonymized it, meaning we will not be able to identify their responses.

9. Who can I speak to if I have any questions?

The Primary Researcher (Julian) is based at Anna Freud and UCL and can be contacted by email if you have any questions about this project, if there are any problems, or if you have any complaints: Julian.Childs@ucl.org. If you want to take a complaint further, then you can also contact the Chair of the UCL Research Ethics Committee: ethics@ucl.ac.uk.

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