

Creating Active Schools (CAS) Long-Term Evaluation

Information for Parents/Carers – CAS Schools

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WHAT IS CREATING ACTIVE SCHOOLS (CAS)?

The Creating Active Schools (CAS) programme is a whole-school approach designed to help children be more physically active during the school day. CAS supports schools to embed physical activity into everyday school life, including lessons, playtime and the wider school environment.

CAS has already been introduced in your child's school as part of the Join Us: Move Play (JU:MP) programme in Bradford. We are now carrying out a long-term follow-up study to understand whether CAS has led to lasting improvements in children's physical activity, health and wellbeing.

WHAT IS THE RESEARCH ABOUT?

This study aims to find out whether the Creating Active Schools (CAS) programme has led to long-term improvements in:

- children's physical activity
- children's health and wellbeing
- educational outcomes

The research is funded by the **National Institute for Health and Care Research (NIHR)** and is being carried out by researchers from the University of Bradford and partner universities.

WHY HAS MY CHILD BEEN INVITED?

Your child has been invited because they attend a school that has taken part in the CAS programme.

We are inviting all children in **Years 1, 2 and 3** to take part in this research study.

DOES MY CHILD HAVE TO TAKE PART?

No, taking part is completely voluntary.

You are free to not give consent, or to withdraw your child from the study at any point. Your child can also choose not to take part at any time.

Withdrawing from the study will not lead to any consequences for you or your child.

WHAT WILL THE STUDY INVOLVE?

We are inviting all pupils in Years 1, 2 and 3, including your child, to take part.

Trained researchers will visit the school and ask each child taking part to leave class for around **15–20 minutes** and do the following:

Measure children’s physical activity – researchers will fit each child with a device called an accelerometer, which is worn on an elastic belt around the waist. This device measures the time children spend being active, sedentary and sleeping.

The device can be worn over or under clothing. We will ask children to wear it for **7 days (including when they are asleep and at the weekend)**. It must be taken off when showering, bathing or swimming. The device does **not record sound or location**.

Measure children’s height, weight and waist circumference

Give children a parent/carer questionnaire – children will be given a pack to take home which includes a questionnaire for parents/carers to complete.

The questionnaire will take around **15–20 minutes** and will ask about your child’s physical activity, sleep, health, quality of life and home environment.

Researchers will also do the following for each child taking part:

- **Ask teachers to complete a questionnaire** – this is called the Strengths and Difficulties Questionnaire and asks about children’s emotional wellbeing.
- **Ask the school for basic information about children** – this includes date of birth, gender, ethnicity, postcode, free school meal eligibility and special educational needs status.
- **Educational records** – we will request access to your child’s educational records (such as attendance and attainment) through the **National Pupil Database**.

WHAT ARE THE BENEFITS OF TAKING PART?

Your child will be taking part in a real-life research study helping scientists understand how to improve children’s health and physical activity.

Many children enjoy taking part in research activities.



Children will receive a small **thank-you gift** for taking part.

The findings will help improve future programmes for children.

ARE THERE ANY RISKS IN PARTICIPATING?

There are no expected risks in taking part. Some children may feel slightly uncomfortable during measurements such as height or weight, but these will be carried out in private and children can choose not to take part at any time.

WHAT HAPPENS TO THE INFORMATION COLLECTED?

All information collected will be kept private and confidential and used only for research purposes.

No information will be passed to any organisation outside of the research team.

Identifiable information will be stored securely by the University of Bradford.

Some anonymised data may be shared with researchers at other universities (for example the University of Cambridge) for analysis.

Data will be stored securely for up to **10 years**. Results will be presented in reports and scientific publications, but no individual child will be identified.

HOW WILL I FIND OUT THE RESULTS?

The results of the study will be published in scientific journals and shared with schools.

We will also provide summaries of findings that schools can share with parents and carers.

WHAT DO I NEED TO DO NOW?

If you would like your child to take part, please complete the consent form attached and return it to your child's teacher.

If you have any questions, members of the research team will be available in school.

If you decide later that you would like to withdraw your child, please contact the research team, or ask the school to contact the research team.

WHO CAN I CONTACT FOR MORE INFORMATION?

If you would like to discuss the study or have any questions, please contact:

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