

Informational letter to the school

Dear(*name of the school*) school's principal

My name is Pille-Riin Meerits, I am a doctoral student at the Institute of Sports Science and Physiotherapy of the University of Tartu. In connection with my doctoral thesis, we are conducting a research study among children in schools in Tartu County, and I would like to know if (*name of the school*) would like to participate in the study. We would like to involve 6th and 7th grade students in the study.

The survey includes questionnaires on physical activity and motivation to be completed on four occasions (at the start of the survey, after six weeks, four weeks after that and again after five months).

One week prior to the start of the survey, we would distribute consent forms to the students (for students and their parents) and the survey would start as agreed with the school.

The survey is structured as follows: at the beginning of the survey, we ask students to fill in questionnaires, which will take 20 minutes to complete. After that, we meet the same group again after 6 weeks, 4 weeks after that and finally after 5 months, when they have to fill in the questionnaires again.

I am attaching an invitation to the survey, giving the background and objectives of the survey. In addition to the children, parents also play a major role in the study. If you find that (*name of school*) would like to participate in the survey organised by the University of Tartu, I would first send you information about the survey, which could be sent to the children and parents of the 6th and 7th grades via eSchool or Studium. A more detailed plan of action could then be agreed with those expressing an interest to forward consent forms for participation in the study.

I would also send you a consent form to sign.

Sincerely,

Pille-Riin Meerits

TÜ doctoral student