



## **CHILD'S INFORMATION SHEET FOR THE ACTIVE FOR LIFE YEAR 5 STUDY**

**We are going to do some exciting research in your school. A research study is a way to find out more about something. This study is to find out more about how you, and other children in primary school, can become healthier for the rest of your life. We want to see how we can make exercise and eating fruit and vegetables more fun for children of your age. To do this we would like to ask you some questions, measure how tall you are and how much you weigh and measure how active you are. We would like to do this now, while you are in Year 4 and also next year (when you are in Year 5) and the year after (when you are in Year 6). This leaflet explains a more about the study.**

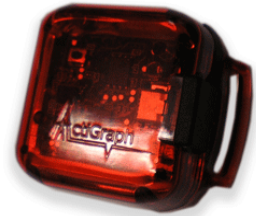
### **What will happen in the study?**

- About 1500 children from 60 schools are taking part in the study.
- We have asked your parents if they are happy for you to take part and answer questions and have measurements done.
- If your parents say they are not happy then you will not answer the questions or have measurements done.
- If your parents are happy for you to answer the questions and have the measurements these will be done by researchers from the University of Bristol who will come to your schools to do them.
- Before they do any measurements they will ask you if you are happy to do them.
- You can do all, some or none of them. The choice is yours.

## What will I have to do?

The measurements will be taken when you are in Years 4, 5 and 6. The researchers who come to your school will do these during one of your school days. They will:

- Measure how much exercise you do. You will be asked to wear an 'accelerometer' for 5 days. This is a small box that is worn on a belt around your waist. It measures all your activity (exercise). Here is a picture of the activity monitor.
- Measure how tall you are, how much you weigh and how big you are around your middle (your waist).
- Ask you to write answers to questions about what food you eat, how much time you spend watching television and using computers, how much you enjoy exercise and eating fruit and vegetables and how much you enjoy doing exercise and eating with your parents and brothers and sisters and other people in your family.



## How will the measurements and questions be done?

- The measurements will be taken by two researchers from the University.
- All the measurements will be done in school.
- You will be asked to write the answers to the questions while you are in class.
- No one at the school will see your answers.
- The researchers will be able to help you with reading and writing if you need help.
- The questions are not a test. There are not right or wrong answers.
- We want to know what you think and what you usually do.
- The measurements will be done in a private room away from other children and teachers.
- You will be asked to remove your shoes and coat, gloves and hat if you have these on.
- You will be asked to lift up your shirt and jumper to measure around your middle.
- You will not be asked to take your inside clothes off.

## What will happen to the measurements?

- All of your answers and measurements will be put into a computer.
- The adults at the University who look at the information from all of the 1500 children in the study will not know who has answered the questions or who the measurements belong to.
- We will put an 'identification number' with your answers and measurements before they are given to anyone to use in research and we will remove your name. This means that no one would be able to tell which measure was yours.

- The measurements and answers will help us to understand if some lessons help children to live more healthy lives than other lessons.
- Your name will not be in any reports.

### **How could it affect me?**

- This information is for you to talk with your parents about.
- You can decide if you want to take part in the questions and measurements.
- There will be quite a lot of questions to answer, but we will give you help with the reading and writing and these will all be done during your usual lessons.
- You will not have to spend any more time in school.
- Doing the questions and having the measurements will help to teach you some things that you would be taught anyhow in school.
- If your parents decide that they do not want you to take part in the study or you decide that you do not want to take part that is OK. You will still go to school on the day of the measurements and do some other work in a different class.
- Some children feel shy, embarrassed or nervous about being weighed and measured. You can choose not to have these measurements. If you do have the measurements they will be done in a private room with just two adult researchers from the University. None of your teachers or friends or anyone else will be told the results of any of your measurements.

### **What if I have questions?**

- You can ask any questions that you have about the study.
- Two adults from the University will come to your school on one day to do the measurements.
- You can ask them any questions that you have about the study.
- If you have questions about the study now, you or your parents/carers can contact the people involved in the study.
- Professor Debbie Lawlor is leading the study.
- You can contact her by telephoning the study administrator – Judith Brown - on (0117) 331 4011 or email: [afly5-scm@bristol.ac.uk](mailto:afly5-scm@bristol.ac.uk), she will arrange for Debbie Lawlor to get in touch with you.

### **What if I change my mind?**

- You can change your mind at any time and you don't need to say why.
- It is ok if your parents agree to you doing the measurements but you decide you don't want to.
- It is ok if you decide you want to do the measurements, but later decide you don't want to.
- Please talk to the adults from the University when they come to your school.
- Or if it is later, you can contact Judith Brown and Debbie Lawlor at the University.