

30th January 2017

Dear Parents and Carers

RUN A MILE STUDY

We have agreed to participate in an exciting new study being conducted by the University of Birmingham. Their aim is to test whether encouraging children to be more physically active every day at school will improve their well-being. Wheelers Lane Primary School are asking children in Classes 3F and 5A to take part in the study.

We are asking if you would agree for your child to take part in this study. Please find information attached to this letter.

You only need complete the form and return it if you DO NOT wish your child to participate, otherwise your child will take part in the study.

Hopefully the attached letter will give you sufficient information, but if you do have any questions or concerns, please do not hesitate to come and talk to me.

Yours sincerely

Mr Wood

Assistant headteacher

Run a mile study

Who we are: We are a team of researchers at the University of Birmingham and the Health Education Service. We are undertaking an exciting new study to encourage children to be more physically active. Your child's school is one of those taking part.

What we aim to do: Our aim is to test whether encouraging children to be more physically active every day at school will improve their well being.

How we will achieve this: We are asking all primary and junior schools in the south Birmingham area to take part in the study. We will ask all children in the schools to take part and want to measure the effect on children who are in years 3 and 5 in January 2017. In half of the schools, the "run a mile" programme will be implemented. We will then be able to compare the schools that run the programme with those who have not.

What we ask parents and children to do: As a parent of a child who is in years 3 or 5 in January 2017 we are asking if you would agree for your child to take part in this study.

- Children who take part will have their height and weight measured by a researcher in school.
- School staff will check the child's fitness level by checking the distance they can run over a period of 2 minutes.
- Children will be asked some simple questions about their well-being and their life in general.
- We will repeat the measurements and questionnaires at two further points in the study.

What happens if I change my mind about my child taking part: If you agree for your child to take part and you change your mind during the study, you can write to us or telephone us at any time to let us know you no longer want your child to take part.

What to do next: Please read the attached sheet for further information.

If you are happy for your child to take part you don't need to do anything.

If you don't want your child to be measured or for information about them to be shared please return the form

If you would like further information, or if you would like to discuss any aspect of this study, please contact Dr Sandra Passmore from the study research team on: 0121 366 9955 or email sandra.passmore@servicesforeducation.co.uk .

PARENT/CARER INFORMATION LETTER**Run a Mile Study**

The school that your child attends is one of several schools in south Birmingham that is taking part in the Run a Mile Study. The aim of the study is to test the success of a programme that has been designed to encourage children to be more physically active.

The programme has developed from an idea in a school in Scotland (St Ninians), where children were encouraged to walk or run for 15 minutes every day whilst they are at school; the “Run a Mile” programme. Anecdotally, the children in that school had several positive outcomes. However, we don’t know if the same benefits could be achieved more widely in all schools.

We are inviting children in your school to take part in the study, which will last one year. Only some of the schools taking part will receive the “Run a Mile” programme we are testing. This will enable us to compare schools who receive the programme with those who do not. We will not know which schools will receive the programme until after the start of the study.

We would like to invite your child to take part.

1. What is the purpose of this study?

Being physically active has a large number of benefits for health and social well-being. Children who are more active have fewer health problems in adult life, are less likely to be overweight, have better mood, and tend to do better at school. In order to achieve benefits, experts recommend that children should be active for at least 60 minutes each day. Most children in England do far less activity than this. Although schools provide physical education, there are more opportunities for children to be active during the school day. This study will enable us to assess whether schools can encourage children to increase their activity levels, by providing a routine and opportunity to be active every day. We will assess whether such a change improves children’s well-being and health. We can then assess whether this is something that schools should offer more widely across the UK.

2. What will my child have to do?

If you agree for your child to take part in the study, he/she will have several measurements taken at the start, and again at two points throughout the study. These are necessary to properly assess the effects of the programme. All these measurements will be done in school by either the class teacher or researchers who have had special training. We will measure your child’s height, weight, and fitness level. Your child may be asked to remove shoes, and heavy outer clothing for some measures. We will also ask your child some simple questions about how they view themselves, and their well being.

Alongside this information we will be asking the school to provide us with details of your child’s date of birth, ethnic group, FSM and postcode, as well as an assessment of their school performance.

3. What are the benefits of taking part in this study?

While there are no direct benefits to your child by taking part in this study, the results will help us to assess the success of a programme to increase children's activity levels and prevent them from having future health problems. If this study shows that the programme is successful, it can be introduced in schools across the country.

4. What are the risks of taking part in this study?

The level of physical activity which the programme asks the children to do is safe, and within what experts recommend every child should do. All the measurements are also completely safe.

5. What if I do not want my child to take part?

Your child does not have to take part in the measurements and questions if you do not want him/her to. Your child will take part in all other school activities as usual. If you don't want your child to take part, please complete the form at the end of this letter and send it back to school, so that we don't include them in the measurements.

6. What happens to my child's information?

All the information will be kept confidentially on a password protected database at the Health Education Service. The information will have your child's name and address removed from it so that he/she cannot be recognised from the information. Only members of the research team will have access to your child's individual information. The information from the study will be used in several reports but your child will not be identifiable as an individual in any of these reports.

7. Who else is taking part?

There will be approximately 40 schools taking part in the study, and all children in years 3 and 5 will be invited to take part.

8. What happens at the end of the study?

A final report will be written at the end of the study and you will have the option of receiving a summary of this. The results of the study will also be published in scientific journals and presented at scientific conferences and meetings.

9. What if I have more questions or do not understand something?

You can contact members of the research team at the Health Education Service (contact details given below) to discuss any questions or concerns you may have.

10. What happens now if I decide my child can take part?

If you decide that your child can take part in this study, you don't need to do anything further. The measurements will happen in school time over the next year.

11. What happens if I change my mind during the study?

If at any time during the study, you no longer want your child to take part, you can write to us or telephone us (contact details below) to let us know.

12. Contact names, addresses and telephone numbers

Lead Contact: Dr Sandra Passmore,
Health Education Service
Services for Education
10 Edward Street
Birmingham
B1 2RX

Tel: 0121 366 9955

Email: sandra.passmore@servicesforeducation.co.uk

Admin contact: Ann Harverson

Tel: 0121 366 9955

Email: ann.harverson@servicesforeducation.co.uk

**THANK YOU FOR CONSIDERING ALLOWING YOUR CHILD TO TAKE PART IN
OUR STUDY.**

Run a Mile Study

PARENT CONSENT FORM

I have read the information leaflet and **DO NOT** give consent for my child to take part in the Run a Mile Study measurements, or for Wheelers Lane Primary School to provide information about my child's date of birth, ethnic group, FSM and postcode to members of the research team.

Child's Name (Please Print).....

Class

Parent/Guardian Name (Please Print).....

Signature.....

Date.....

PLEASE RETURN THIS CONSENT FORM TO YOUR CHILD'S TEACHER

BY Friday 3rd February