



Information for Parents or Guardians

We want to invite your Year 3/4 child to take part in a new project study funded by the National Institute for Health Research carried out by researchers at the University of Bristol. **Taking part is free.**

What is the study about?

Action 3:30 is looking at the physical activity levels of primary school age children and use of after-school clubs. Studies show that increased physical activity is good for children's health. Despite the health benefits many children are not active enough. We hope to identify new ways to work with schools to increase physical activity in the after-school period.

What will happen?

The study takes place in twelve primary schools in North Somerset and South Gloucestershire. We will ask all children to answer a short questionnaire about the physical activity clubs that they attend during a normal lesson. This will take about 10 minutes.

We will also ask your child to wear an activity monitor. The activity monitor records how active the person wearing it is. It is worn on a belt around the waist. Your child simply goes about her normal life whilst wearing the monitor.



Will information be confidential?

All information will be kept confidential and anonymous (names removed) unless a child or parent tells us that a child is at risk of harm. If this happens we would inform the school and ask

them to follow their safeguarding plan. Results will be written up in research papers but no names will be used and all identifying information will be removed. We will store data securely for twenty years in line with the Data Protection Act (1998). Details of any reports that we write will be given on the Action 3:30 website <http://www.bristol.ac.uk/sps/action330/>. We will share our results with the schools involved so that everyone can hear what we have found.

Does my child have to take part?

No, taking part is yours and your son/daughter's choice. If you **DO NOT** want your son/daughter to take part you must inform us by completing and returning the opt-out form to school. We assume your consent has been given unless we receive this signed form.

What should I do now?

If you are happy for your son/daughter to take part you do not need to do anything. If you **DO NOT** wish for your son/daughter to take part, please **sign and date the opt-out form enclosed and return it to school via your child's teacher as soon as possible.**

Who do I contact if I have questions?

If you have any further questions, please contact the Action 3:30 team on 0117 3311011 or email action-330@bristol.ac.uk. This research has been approved by the University of Bristol's School for Policy Studies Ethics Committee. If you have any ethical concerns about the study please contact the Chair of the Ethics Committee Prof Ashley Cooper Ashley.Cooper@bristol.ac.uk or 0117 9546668



**National Institute for
Health Research**