



Information for Parents or Guardians

We are writing to invite your Year 3 or 4 child to take part in new after-school physical activity research project called Action 3:30. The study is 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 a study looking at using after-school physical activity sessions as a way of helping Year 3 and 4 children find activity fun and improving their confidence to become more active. There is concern that children are not active enough for good health and the “critical hours” after school is where many children could increase their physical activity. We want to provide fun, supportive and confidence-boosting after-school physical activity choices for children to help create a long-term interest in being active and healthy.

What will happen?

By being part of the project, your child could have the opportunity to take part in an after-school activity programme, starting in November, twice a week for 15 weeks. The programme of hour-long after school activity sessions will be run by staff from your child’s school who will be trained by us, and qualified to deliver fun and safe sessions. It doesn’t matter if your child is not very active now as the sessions

will be suitable and welcoming of children with all abilities and focus on having fun.

The project will be conducted in 12 local schools. Six schools will be chosen at random to run the after-school programme. The other 6 schools will be chosen at random to be our “comparison schools” and will not run the after-school activity programme. This way we will see if running Action 3:30 benefits the children in the schools compared with the children who don’t get the programme at the end. Schools will find out whether they are going to get the programme **AFTER** children have signed up to the project, so there is a 50:50 chance that your child’s school will be an activity programme school or a comparison school. We will write to you to inform you of which group your child’s school is selected to be part of once that is decided.

How will my child be involved?

All children who sign up to the project will be asked to:

- Wear an activity monitor during waking hours each day for 7 days on two occasions (1) before the activity programme starts, (2) at the end of the programme.
- Have their height and weight measured (wearing normal clothes) by a trained researcher, discretely.



- Fill in a computerised multiple choice questionnaire on a tablet. The questions are about how much children enjoy physical activity, their motivation and their thoughts about being active.
- If your child's school is randomly selected to get the programme he/she may be asked to take part in a 45-minute focus group at the end of the 15 weeks where they will be asked about what they liked and disliked about the project. Up to 6 boys and 6 girls per school will be asked to take part in this discussion.

The measures listed above will all take place in your child's school, and will be led by trained University of Bristol researchers, who are all DBS checked.

All children will receive a small thank you gift for completing the data collection.

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 ten 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/>

Sharing results

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 child's choice.

What should I do now?

If your child would like to take part, please complete and return the enclosed Consent Form along with the Parental Questionnaire to **SCHOOL RECEPTION** ASAP.

There are a maximum of 30 spaces available on the project at each school. If more than 30 children return their forms, names will be randomly picked out of a hat to decide who takes part.

Who do I contact if I have questions?

If you have any further questions, please contact the Action 3:30 team on 0117 311011 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 Prof Ashley Cooper Ashley.Cooper@bristol.ac.uk or 0117 9546668



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