

# ACTIVE FOR LIFE



# SCHOOL NEWSLETTER

- HAPPY NEW YEAR -

*Active for Life Year 5 wish all our schools  
a very happy and healthy 2012!*



## Baseline data collection complete

Baseline data collection is now complete and data entry is underway! This is a huge task, with approximately 2150 questionnaires to enter, along with measurement data. We'd like to say a big thank you to all the schools for your cooperation during the baseline data collection period. Particular thanks goes to those schools that welcomed the fieldworkers back for extra visits, to allow them to catch up with pupils who had been previously absent. Your help and cooperation is much appreciated!



## End of Year 5 data collection



The next phase of data collection will start after Easter. The Active for Life team will begin telephoning all schools in February to schedule the visit days. The plan is as follows; schools where the pupils were first measured in Year 4 (May—July 2011), will be revisited first, between Easter & half term (April-May 2012). Schools where the pupils were first measured at the start of Year 5 (Sept—Nov 2011) will be measured next, between half term and the summer holidays (June-July 2012).

As before, we will really appreciate your cooperation finding dates/times that are mutually convenient, and cause you as little disruption as possible!

## Accelerometer data

In the last issue of the newsletter, we explained how important it is for children to wear the activity belts (called accelerometers) as much as possible over the 6 day measurement period (both weekdays and weekend days). We explained that belts worn for at least the minimum amount of time are referred to as containing 'valid data'.



In that same issue, we reported on the data that were collected from schools that we visited in the summer term. We had found that there was a huge variation between schools in the proportion of children providing belts with valid data. In some schools 80% of the children provided valid data - that is they wore their belts all day for the number of days that we asked them to wear the belts, while in other schools only 15% of children provided valid data.

We have now had a look at the accelerometer data from schools that were measured this school year, between September and November. We're delighted to report that many schools did really fantastically this term, with no schools providing less than 50% valid data! Special congratulations go to the following autumn term schools, where at least 80% of children wore the belts as we asked:

**St Bonaventure's** ★ **St Peter's C of E** ★ **Ashton Gate Primary**

★ **Wrighton C of E** ★ **Hotwells Primary** ★

**Wraxall C of E** ★ **Sandford Primary** ★ **Northleaze C of E**



## New website launched

We are very excited to announce that our new website has now been launched! The new website includes information for schools, parents, children and the public. Please feel free to let the Year 5 children in your school, along with their parents, know about this new website:

[www.bris.ac.uk/social-community-medicine/projects/afly](http://www.bris.ac.uk/social-community-medicine/projects/afly)

## New pupils

Thanks to the several schools that have already got in touch since Christmas to inform us of new Year 5 pupils. If any other schools have new Year 5 pupils, please be sure to let us know as soon as possible, also informing us of their previous school. We will be then able to send you parent packs for them, prior to the start of the measurement period later this year.



## Local advisory group

A local advisory group has been set up and is due to meet for the first time next month. The group consists of parents of Junior aged children and teachers/head teachers from schools not participating in Active for Life Year 5.

The aim of the group is to provide the study team with advice and ideas on how best to encourage and maintain participation of schools, and ways to encourage child and parental engagement. We hope the group will prove to be a really helpful forum, and will help us to work with you and your pupils/parents in the best way possible.

## Qualitative research

Qualitative research is about finding out what people's thoughts and feelings are, rather than measuring things with numbers. This is done by methods such as face to face interviews, telephone interviews, and focus groups (discussion groups).

As part of our study, we will be conducting qualitative research with 12 of the 60 schools. Schools will be selected to ensure we have a wide variation of schools in terms of factors such as area deprivation, health related policies etc. If your school is selected, with your permission we will write to all your Year 5 pupils' parents, inviting them to participate in telephone interviews. If they wish to participate, the telephone interview will find out parental perspectives of teaching their children about healthy levels of physical activity, sedentary behaviour and diet in school.

In each of these 12 schools, focus groups will be carried out with 6-8 pupils, to determine their views on health related lessons and homework. The focus groups will cause minimum disruption to the school day and will only happen once a year, lasting 1 hour max. They will form a very important part of the research. We will be in touch with the 12 schools later this term to confirm their participation.

## Reminder– Fieldworkers blinded

Just a reminder that the fieldworkers who come out and visit your schools do not know whether you are an intervention or a control school. They will be telephoning your schools in February to arrange the next visit. Please remind all staff who may speak to them (e.g. Year 5 staff, office staff, management etc) of this, and ask that they do not mention if you are receiving the Active for Life lessons or not.



For any queries please contact:

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