

# ACTIVE

## FOR LIFE



# SCHOOL NEWSLETTER

## BOOKING NOW - Year 5 Data Collection Visits

The next phase of data collection is due to start after Easter. This will take place in **all schools** participating in Active for Life. The Active for Life team are currently telephoning schools to schedule the visit dates. If you have not yet spoken to the team to reserve your visit date, **please contact the Active for Life office on 0117 331 4011.**



When you speak to the fieldworkers to arrange your school's visit, please remember that they **do not know whether you have been receiving the Active for Life Year 5 lessons or not.** They are what we call '**blinded**', so please try to make sure you **don't mention this to them.** Also please do not let them know if your school has had lesson observations.

The visits will follow the same format as the baseline data collection. Children will complete a questionnaire as a whole class, this will be led by the fieldworkers. Normal lessons can then resume and children will be taken out one by one to complete waist, weight and height measurements, and be fitted with an activity belt (accelerometer). As before, children can opt out of any measurements they are not happy to take part in.



The plan is as follows; schools where the pupils were first measured in Year 4 (May—July 2011), will be visited 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!

## Class Lists

As part of the visit scheduling process, we will ask you to email us a list of all pupils in your Year 5 group. If any children have been opted out by their parents, we will advise you of this and ask that you do not send us their details.

If you have any new students, please be sure to let us know who they are, when they joined and which school they came to you from. Equally if any students have left since we last visited you, we will need to know where they have gone.

The class list will need to include the following information in the following order:

- Surname
- Forename
- Gender
- DoB
- Ethnicity
- Postcode
- Class /registration group



Each class list should be labelled with the name of the teacher for that registration group. Please send class lists to the Active for Life email address: [AFLY5-scm@bristol.ac.uk](mailto:AFLY5-scm@bristol.ac.uk)

Check out our website, it's packed with information for schools, children and parents

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

## Parent Questionnaire

As you will remember, back in the Autumn term we sent out packs to your schools, containing letters to be sent home to all Year 5 children taking part in Active for Life. These packs contained 'parent logs' and asked parents to keep a note of things such as time spent helping with homework, use of NHS services and time taken off work to care for their child. These logs did not need to be returned to us, they were simply to help parents record events so they are able to complete the Active for Life Parent Questionnaire.



It is now nearing the time when we will send out the Parent Questionnaires. The Questionnaires need to be sent home to parents rather than handed to the child to take home, because we need to make sure that the parents receive them. To minimise any cost to schools we will be pre-stamping the parent packs and labelling them with 'To the Parents of <child's name>'. All we ask you to kindly do, is add an address label for each child, and place these in the post.

- Schools that sent out parent logs in October 2011 (i.e. schools where children were originally measured during summer term 2011) will be sent parent questionnaire packs to send out by the end of March 2012.
- Schools that sent out parent logs in Dec 2011 (i.e. schools where children were originally measured during Autumn term 2011) will be sent pack questionnaire packs to send out by end of May 2012.

Along with the questionnaire, each envelope will also contain an 'Active for Life Parent Newsletter'. This will be a chance to update parents to the progress of the study, remind them of the measurements that will be taking place in the summer term and inform them why it is important to complete and return the questionnaire.

### What are the parent questionnaires for?



As part of the study, we are undertaking an economic evaluation to assess whether the AFLY5 programme is cost effective. One aspect of this will look at whether taking part in the AFLY5 programme has costs to parents in terms of time, money and NHS use.

We will try to answer this by sending all parents a questionnaire asking about the cost of leisure activities and food, time taken up by children's activities, and the use of NHS services. This will go to parents from both intervention and control schools, so we can compare the results.

### Thank you for your continued support

As always, we would like to say THANK YOU for your continued help and support. We realise that schools are incredibly busy places with many competing priorities so we are incredibly grateful for your time and your cooperation.

If you have any queries about the summer measurements, the parent questionnaires, or any other aspect of the study, do not hesitate to contact the Active for Life team by email or telephone.



For any queries please contact:

[AFLY5-SCM@bristol.ac.uk](mailto:AFLY5-SCM@bristol.ac.uk)

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