60 Schools Successfully Recruited!



Recruitment has now closed for the Active for Life Year 5 study with 60 schools successfully recruited! 47 schools are from Bristol and 13 from North Somerset. This means that your school is taking part in one of the biggest projects of its kind to take place in this area; a very exciting prospect! The 60 schools give us an approximate student population of 2500 children, this is far greater than originally anticipated and will serve to make the results of the study even more credible.

Baseline Measurements Underway

Between May & July 2011 the AFLY5 fieldworkers carried out baseline measurements in 29 schools in Bristol. A great big THANK YOU to all those schools that cooperated with us during this time, allowing us to



visit, revisit, and often revisit again to chase up absentees. Between September and October the remaining 31 schools will be visited for baseline measurements. The fieldworkers will use the first few weeks in September to chase up the small number of children from the first set of schools that were not measured last term, your cooperation during this period is greatly appreciated.

For schools that will be having their first visits from us this term, please be reminded that we need a class list in advance of our visit. This list needs to contain the names of all the children in year 5, their gender, DoB, ethnicity and postcode. Please do not include the names of children that have been opted out by their parents. To submit a class list or to check whether your school has any opt outs, please email: afly5-scm@bristol.ac.uk or telephone 0117 331 4011 for further advice.

New Pupils If you have had any new pupils in your Year 5 group since sending out the parent information packs before the summer, please let us know as soon as possible. In order for these new children to participate in the measurements, we will need to send out the information pack to their parents in advance of our visit to your school. The same applies to the end of year 5 measurements; any new pupils that join during year 5 can be included in these, provided we have been informed of them and have provided their parents with the information pack, thus giving them the opportunity to opt out.



Active for Life Year 5 Training Days Scheduled

Schools that undertook baseline measurements during the Summer term, have now been told of their allocation. All Year 5 teachers in schools randomly allocated to the 'intervention' arm of the study must complete the 1 day training. We are also suggesting that if a LSA will be teaching some of the AFLY5 lessons, that they attend the training too. Those that have been

allocated to 'Intervention' will attend training on either Tuesday 27th Sept or Monday 3rd Oct.

For schools undertaking baseline measurements during September/October, you will be told of your allocation at the end of the measurement period. Schools that have been allocated to 'Intervention' will attend training on either Tuesday 15th November or Thursday 17th November.

Schools that are randomly allocated to 'control' will be offered the Active for Life training and all teaching materials in September 2013, after the last follow-up measurements have been completed. All schools will be kept up to date with results and news through newsletters.



Fieldworkers 'Blinded' to Allocation "SSSHHHHH!"

In order to ensure that the fieldworkers complete the measurements without bias, the AFLY5 lead fieldworkers Ali and Daniel, along with the other fieldworkers who work with them, are what we call in research 'blinded'. This means that they do not know which schools are allocated to 'intervention' and which schools are allocated to 'control'. It is very important that when they contact you by phone or visit you in the school, you do not tell them which group you are in.

Parent Logs and Questionnaires

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. In summer 2012 we will be 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. In order to make it easier for parents to complete this questionnaire, we will be sending logs out to parents in the autumn term for them to keep a track of time taken doing health related homeworks with children, and use of NHS services.

Schools that had their measurements in summer 2011, will be given these logs to distribute to parents in September. Schools that are yet to have their measurements will be given these logs to give to parents in November.

Accelerometer Returns

We are very grateful for all the help school office staff and teachers have given us in the past few months when it has come to chasing up missing accelerometers. We are taking some extra measures in September to help children remember to bring in their accelerometers on the return date:

- A poster will be provided for the classroom clearly stating the return date
- Stickers will be given to schools to hand out to children on the day before return, reminding them to bring the belt in the next day—this should act as a prompt to both child and parent.

When the children in your schools are wearing the accelerometers there are a few things to remember:

- It is really important that the children wear the meter for as long as possible each day, please remind your class regularly during the 6 days to keep their belts on.
- The day after collection the meter is downloaded and recharged, it is then given back out to another pupil the following day. Therefore it is essential belts are returned on the correct return date, please remind your children of this and the parents if possible.
- If a child is saying their meter is lost, please follow this up with the parents; each meter costs over £200 so we must ensure every effort is made to return it.



For any queries please contact:

AFLY5-SCM@bristol.ac.uk

Tel: 0117 331 4011

Social & Community Medicine, University of Bristol, Oakfield House, Oakfield Grove, Bristol BS8 2BN



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A big **THANK YOU** for all your help so far, we look forward to working with you in the coming year

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