

# ACTIVE FOR LIFE



# SCHOOL NEWSLETTER

## Welcome Year 6 Teachers!

# Y6

We'd like to welcome all Year 6 teachers, who are now teaching the Active for Life year group. We will be working with you over the next year to ensure the final round of data collection is successful and causes as little disruption to your teaching as possible.

The final page of this newsletter includes a summary for you so you can find out what Active for Life is all about, and how it will affect you and your class. Please also check out the Active for Life website for more information: [www.bris.ac.uk/social-community-medicine/projects/afli](http://www.bris.ac.uk/social-community-medicine/projects/afli)

## Successful school visits!



A great big **THANK YOU** to all the teaching and administrative staff involved in the Year 5 measurement visits that took place between April and July! 58 of the 60 schools participating in Active for Life were visited during this time, and the 2 remaining schools will be completed in September. Ali, Daniel and the fieldwork team really enjoyed visiting your schools again and hope the children enjoyed the experience too. They have commented how many of the teachers were very accommodating and how in many schools administrative staff went out of their way to help with the collection of belts.

From the 58 schools visited before the summer break, there are 72 children that were absent on the visit date. We will be contacting schools early in September to arrange to measure these children as soon as possible.

The final round of school visits will take place towards the end of Year 6. We will be starting earlier this school year to ensure that all children are measured before the end of the summer term when they will leave primary school. It is anticipated visits will be scheduled to take place between mid February and July 2013.



## Accelerometer data



Part of the data collection has involved the children wearing an activity belt (called an accelerometer) for 6 days. We refer to children that have worn their belts for at least the minimum required amount of time as containing 'valid data'.

This year we had an award in place. Schools where 75% of the children taking part wore the belts for long enough to provide valid data, along with schools that showed a 20% improvement in the number of children providing valid data, would receive a cheque for £50. The idea was that this money should be spent in a way that benefits the Active for Life year group, for instance money towards a trip, new art equipment, reading books or games equipment.

CONGRATULATIONS to the following schools who qualified for the award and should have received their cheques in the post:

- |   |                       |   |                       |   |                             |   |
|---|-----------------------|---|-----------------------|---|-----------------------------|---|
| ★ | 85% Westbury on Trym  | ★ | 79% St Bonaventures   | ★ | 77% Christ Church (Clifton) | ★ |
|   | 84% Bridge Farm       |   | 79% Wraxall C of E    |   | 75% Southville              |   |
|   | 84% Waycroft          |   | 78% Millpond          |   | 75% Bridge Learning Campus  |   |
|   | 82% St Teresa's       |   | 78% St Werburgh's     |   | 75% Mead Vale               |   |
|   | 82% SS Peter & Paul   |   | 78% St Anne's Park    |   |                             |   |
|   | 80% St Joseph's       |   | 77% Wrington C of E   |   | >20% improvement award:     |   |
| ★ | 80% St Peter's C of E |   | 77% Northleaze C of E |   | Wansdyke                    | ★ |



We would love to hear how you chose to spend your award, so please do get in touch:

[afly5-scm@bristol.ac.uk](mailto:afly5-scm@bristol.ac.uk)



## Prize Draw

All children that return their activity belt having worn it for the required amount of time, will be entered into a grand prize draw!! This is due to take place in October, once the 2 remaining schools have completed their visits and any absent children from the summer have had their chance to participate in the measurements.



## Missing accelerometers



Unfortunately we still have 38 accelerometers unreturned from this summer's school visits. Each of the belts costs >£200, and the project does not have the budget to replace this number of missing belts (>£7500!). THANK YOU for all your efforts to date chasing up the belts, your help is much appreciated. The schools with missing belts know who they are, so if you could please have one final push to collect the belts we would be very grateful. A couple of techniques that seem successful include contacting parents directly by telephone or text, and asking the head teacher or another senior member of staff to talk to the child about the missing belt.

## Process Evaluation... The Why? What? and How?

The process evaluation is a part of our research which uses qualitative methods (i.e. peoples thoughts & feelings, as opposed to numbers and measurements) to find out why something works or doesn't work, what people liked or didn't like, and exactly how it works. The process evaluation for Active for Life will be looking at peoples thoughts and feelings about a school based healthy eating and physical activity syllabus.

We are currently approaching a selection of schools to participate in the process evaluation. We will be recruiting a total of 12 schools and these will be selected to ensure we have a balance in terms of area deprivation, health related policies, ofsted score etc.

If your school is selected, with your permission, we will write to the parents of all your Year 6 pupils inviting them to take part in a parent telephone interview. If they choose to participate, the 30 minute interview will ask about their views on healthy lifestyles, diet and physical activity, school work, homework and activities. We will run a focus group (a small discussion group) and 6-8 children from the year group will be invited to participate. The group will be led by a researcher and discussion will be guided on the topic of healthy lifestyles, healthy diet and physical activity.



We will also invite the Year 5 teacher(s) and the head teacher from each of the 12 schools to participate in individual 30 minute face to face interviews. The interview will cover their views on health promotion in schools and their thoughts on the Active for Life project.

The interviews and focus groups will be a one off, so will not require any additional long term commitment from the schools that participate. The information that we gather from the interview and focus groups will be very valuable in assessing the success of Active for Life Year 5 and its likely success if it were rolled out on a larger scale.

If you are invited to participate in this aspect, please do consider joining as it is an excellent opportunity for you as teaching staff, and the parents in your school to have your say and tell us what you think! If you need more information or wish to discuss please do get in touch.

**ACTIVE**  **FOR LIFE**

For any queries please contact:

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

Tel: 0117 331 4011

Social & Community Medicine,  
University of Bristol,  
Oakfield House, Oakfield  
Grove,

 **University of  
BRISTOL**



# Summary for Year 6 teachers

**What is Active for Life?** Active for Life is a huge project happening in Bristol and North Somerset, involving 60 primary schools and well over 2000 children. The study is taking place to see whether a school based physical activity and healthy eating intervention has any affect on children's activity levels, screen viewing and eating habits.

## How does the study work?

The study is a randomised controlled trial, which means that half the schools in the study are randomly assigned to receive the intervention, and half the schools in the study are randomly assigned to continue teaching their usual syllabus. The intervention consists of 16 Active for Life lessons taught by the class teacher and 10 related homeworks. Topics covered by the syllabus include healthy eating, being active and reducing screen time (TV/video games).

All students took part in baseline measurements either at the end of year 4, or the start of year 5 (May—Nov 2011). The intervention period followed, where intervention schools taught the 'Active for life' syllabus and the other schools continued to teach their normal lessons.

At the end of Year 5 we returned to schools for the first follow-up measurements, this marked the end of the intervention period. The final stage of the project will see us return to schools one year on, towards end of Year 6 (Feb- July 2013) to complete second follow-up measurements.

## Where are we now?

The intervention period is over and we are just completing the final couple of first follow up measurement visits and also catching up children who were absent on their school's visit date. We will return to complete the second and final set of measurements in the 2nd half of the school year (Feb - July 2013) before the children move on to secondary school.

## What do we measure?

At each visit the children complete a questionnaire which asks about their diet and TV viewing on the previous day, along with other questions on physical activity and healthy eating. This is completed in the classroom and the questions are read aloud by an Active for Life fieldworker. The children then leave the room one by one; height, weight and waist measurements are taken and children are given an activity belt (accelerometer) to wear for 6 days.

## How does all this affect me?

We will be contacting you in January 2013 to arrange the final measurement visit. We will work with you to find a date that is convenient . Two or more trained CRB checked fieldworkers will run the measurement session and lead the questionnaire. All we ask is that you (or an LSA) are present on the day to help with discipline and any children with special educational needs. More information on the schedule of a typical measurement day is available on the website.

If you have a child in your class that was absent during the Y5 measurements, you will be contacted in early September 2012 to arrange a catch-up visit. This will not affect your normal teaching or the other children in the class.

## What else is going on?

Some schools will be invited to take part in interviews and focus groups (discussion groups). These will take place between Sept and Dec 2012 and are an optional extra to the project. For more information see page 2 of this newsletter 'Process Evaluation. The Why? What? and How?'

