

ACTIVE

FOR LIFE



SCHOOL NEWSLETTER

Baseline data collected from 60 schools!

Since May, the Active for Life fieldworkers have been working tirelessly to visit all 60 schools and complete the baseline data collection. We are delighted to say that this has now been completed and all 60 schools have received a visit. Data has been collected from approximately 2150 children, which is a fantastic achievement. The field workers are now attempting to catch up the final few children who were absent on the day of their school visit. Thank you to all of you who have already accommodated these re-visits, or have helped to schedule them in for the near future. The deadline for all baseline data collection is 16th November.



Accelerometer data

As you will know, part of the data collection has involved the children wearing activity belts (called accelerometers) for 6 days. These belts measure activity by counting every time there is an acceleration i.e. a movement (similar to a pedometer). Accelerometers also measure time, so can tell us the intensity of the activity, and what time of day it occurred. In order for us to be able to use the data collected from a belt, it needs to have been worn all day for the majority of days (weekdays and weekend days). We refer to belts that are worn for at least the minimum amount of time as containing 'valid data'.

We have now had a look at the data that were collected from schools that we visited in the summer term. We have found that there is 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, which is fantastic! We would like to congratulate the following summer measurement schools, where at least 80% of children wore the belts as we asked:



★ **Southville Primary** ★

★ **Waycroft Academy** ★ **Bridge Farm Primary** ★



In other schools only 15% of children wore belts for the time that we need them to be worn to provide valid data. We realise that there are big differences between schools in how easy it is to engage children to participate with such projects. We hope with the next round of data collection to provide a reward to those schools that increase the percentage of children wearing them for the necessary time compared to this first measure, as well as rewarding those that reach a high percentage of children wearing their belts (see below under New incentive).

We are currently looking at the data that were collected from schools in the autumn term, and we will let you know in the next newsletter which schools have done particularly well!

New incentive

We are very keen to increase the percentage of activity belts that are coming back with valid data. Therefore, for the next phase of data collection at the end of year 5 (April-July 2012), we are going to reward all schools with validity rates of 75% or more, OR, those that improve on their previous validity rate by an absolute increase of 20% or more. Belts which are not returned (i.e. missing belts) will be counted as invalid.



The reward will be £50 per school and it will be up to the Y5 teachers (and/or the class if you wish!) how this is spent. It should be spent on something that is of benefit to the Y5 students to thank them for their participation (e.g. new art equipment, new books, put towards a trip etc).



Missing accelerometers

We're sad to report that we currently have 48 accelerometers unreturned; 22 from the Summer term data collection, and 26 from the Autumn term. To replace these activity belts will cost nearly £10,000; money that the project cannot afford. 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 it would be much appreciated. One technique that seems successful is contacting parents directly by telephone or text.

Teacher training days a success

Schools that completed baseline measurements last summer, were told of their allocation to either intervention or control just before the summer holidays. A big THANK YOU to all the Y5 teachers in schools allocated to intervention who recently attended training on either 27th Sept or 3rd Oct. The training days ran smoothly and the feedback was positive. Staff particularly seemed to enjoy joining in the PE games and we were really impressed by their enthusiasm (and competitiveness)! We hope all those schools are now starting to teach the Active for Life Year 5 lessons and the children are enjoying them.



Schools that completed baseline measurements in the autumn term will have recently been told of their allocation to either intervention or control. Year 5 teachers from schools allocated to intervention will need to attend an Active for Life training day, either:

- 9am-3.30pm, Wednesday 16th November 2011, Canynge Hall, Bristol, OR
- 9am-3.30pm, Thursday 17th November 2011, Clevedon Town Hall, Clevedon

We will be in contact with the schools concerned in early November to confirm which day they plan to attend.

All schools allocated to control, will be offered the Active for Life training and all teaching materials at the end of the study, in September 2013.

If you have any queries about your allocation (intervention or control), or about training, please contact the Programme Manager, Sian Wells, on sian.wells@bristol.ac.uk, Tel 0117 331 3312.

Parent logs for distribution

As explained in the previous newsletter, parent logs will be sent out to parents this term in advance of questionnaires in the spring/summer. Schools that completed data collection last summer were sent the logs at the start of October; many thanks for distributing them to the pupils. Schools that completed baseline measurements this term, will be sent the parent logs mid November. Please hand these out to Y5 pupils to take home, the packs are pre-labelled.

Reminder– Fieldworkers blinded

Just a reminder to all that the fieldworkers who come out and visit your schools do not know whether you are an intervention or a control school. Please remind all staff in your school who are likely to come into contact with them (e.g. Year 5 staff, office staff, management etc) of this and ask that they do not disclose your allocation.



For any queries please contact:

AFLY5-SCM@bristol.ac.uk

Tel: 0117 331 4011

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

