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<School contact details>

<DATE>

Dear Parent/Guardian/Carer,

**RE:MOVE project: physical activity and wellbeing in schools**

Our school has been selected by researchers from Durham University to take part in an exciting new research study. The MOVE project aims to help children lead more active and healthy lives. One part of the project involves discussing and planning physical activity with another pupil and the other involves changes to some Geography lessons. Your child may take part in either of these initiatives.

The team asks if you have any objections to your child taking part in the evaluation of their research project. The project evaluation will involve your child completing in school an online questionnaire. In addition if your child is in Year 7 we would like to take measurements of height and weight, and some children will be asked to wear two small activity monitors (designed to record the level and location of physical activity) around the waist over an 8-day period. If your child is in Year 9 we will just ask your child to complete the online questionnaire.

The interventions and measurement sessions are designed to be fun and engaging for the children. A short but more detailed summary of what this important research entails is attached to this letter.

As this research will provide useful information for this and other schools in the area, I hope you will agree to your child taking part in the evaluation. **If you do not want your child to be involved in the project evaluation then please complete the opt-out consent form attached and return it to school by <INSERT DATE> in the envelope provided.** If you would like to discuss any aspect of the research project, then please contact Dr Ash Routen on 0191 3348344 or by email at [move.project@durham.ac.uk](mailto:move.project@durham.ac.uk)

Yours faithfully,

<Mr/s #####>

Head teacher

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**INFORMATION SHEET – MOVE PROJECT**

We appreciate you taking the time to read and learn about our exciting new project on physical activity and wellbeing in schools called MOVE. Please read all the information carefully and consider whether you would like your child to take part in the project’s evaluation. All children will participate in the project activities as part of their normal lessons. However if you do not wish them to take part in the evaluation, we ask that you sign and return the opt-out consent form attached by <INSERT DATE> 2013.

**What does the project involve?**

The project is working with Year 7 and 9 pupils from selected classes during 2013. At the beginning and end of the project, all participating pupils will complete a short online questionnaire. This will ask about their feelings and their usual physical activity habits. Some Year 7 pupils may also be asked to wear small electronic devices (1-2 occasions) to measure their physical activity and their location (one pedometer and one global positioning system device), and have their height and weight measured. The main school-based activity will run for six weeks between October and December 2013. Participating schools will be assigned to one, two, or none of our learning programmes. The first approach is taught within your child’s geography lessons and involves examining their activity in relation to their daily movement patterns. This intervention is aligned with the National Curriculum for Geography. The second approach involves peer-mentoring whereby Year 7 pupils ‘buddy up’ with Year 9 pupils to discuss the benefits of physical activity, their physical activity habits and build self-management/planning skills related to physical activity. Both approaches will involve innovative pupil participation and aim to develop an increased awareness of physical activity and its potential health benefits.

**What are the benefits of taking part?**

The information gained from this project will show us if these types of approaches increase children’s physical activity and improve their wellbeing. This will inform our understanding of how best to promote increased participation in physical activity and wellbeing in children.

**What will we do with the information afterwards?**

If you agree that your child can take part, all the information that we collect from them will be kept confidential, and they will not be identified in any reports or publications, although your child’s school may be identifiable. All data is securely stored, following strict University of Durham guidelines.

##### Who will see this information?

The completed report will be sent to the Education and Social Research Council and copies sent to all of the participating schools. If you wish to see a copy of the report, please email or telephone us using the contact details below. Individual participants will automatically receive an A4 summary sheet detailing the projects main findings which will be distributed through their school. The findings of the project may also be printed in academic journals and talked about at conferences.

**Thank you very much for taking the time to read through this information!**

If you have any further questions, please do contact the research team:

**The MOVE Project Team (www.move-project.org.uk)  
🕿** 0191 3348344

**🖂** [move.project@durham.ac.uk](mailto:move.project@durham.ac.uk)

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**Opt-out consent for MOVE evaluation**

If you **do not** wish your child to be involved in the evaluation of the MOVE research programme, please complete the following short form and sign below. Please return the form to <Teacher name>.

Name of child: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you return this opt-out form your child’s data will not be used for any research purposes. However we would be happy to collect and process your child’s data solely for their work in lessons. This data will be deleted immediately after the MOVE lessons in your child’s school. If you are happy for us to give your child a GPS and activity monitor to allow them to see their own data in lessons (but not to be used for research), please tick the box below. If this is not acceptable, your child will be able to fully take part in the lessons, however they would use exemplar data.

□ I understand that I have opted my child out of the MOVE evaluation, however I give my permission for Durham University to collect GPS and activity data solely for lesson purposes.