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[Insert school address]

[Insert 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 research study. The MOVE project aims to help children lead more active and healthy lives and it involves a module of work in Geography lessons which focuses on the ways in which children can be active in their local neighbourhood. The module is aligned with the national curriculum for Geography.

The team asks if you have any objections to your child taking part in the research. This means that when their class is studying the MOVE module they will be asked to keep a daily record of the way they travel to and from school over a period of approximately one week. At the same time they will also be asked to wear two small electronic movement meters (i.e. GPS and activity monitors) around the waist to record the level and location of physical activity. The information collected will be used by your child in their lessons, when they will be able to link it to a computer mapping programme which allows them to examine their activity in relation to their daily movement patterns. It will also be used by the research team to analyse children’s activity as part of their study. All information collected by the research team will be kept confidential and children will not be identified in any reports or publications (although the school may be identifiable). All data will be securely stored, following strict Durham University guidelines.

This research will provide important information about children’s activity patterns and add to our understanding of ways in which participation in physical activity can be encouraged. I hope you will agree to your child taking part in the research. **However, if you do not want your child to be involved then please complete the attached opt-out consent form and return it to school by [insert date].** If you would like to discuss any aspect of the project, please contact Dr Katie Thomson on 0191 3341887 or 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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**Opt-out consent for MOVE research**

If you **do not** wish your child to be involved in the MOVE research programme, please complete and sign the form below. Please return the form to [insert].

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

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

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

If you sign this 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 MOVE, however I give my permission for Durham University to collect GPS and activity data solely for lesson purposes.