



CHILDREN'S INFORMATION LEAFLET

Health & Activity of Pupils in the Primary Years (HAPPY) study

This information leaflet will tell you about the HAPPY study. It is important that you understand why this research is being done and why we need your help. Please let your parent/guardian know if you have any questions and they can contact us.

Thank you for reading this!

What is this study trying to find out?

We know that being active is good for our health. We want to find out whether your school gives you opportunities to be active, and how much physical activity children do at school.



Why am I being invited?

It's important to find out from you how much physical activity you do and how you feel about doing it.

Do I have to take part?

No, it is up to you if you want to take part, you do not have to take part if you do not want to!

What do I need to do?

We will visit you at your school and measure your height and weight, and give you an activity watch to wear. This watch collects information about your activity levels. It is really important that you wear this watch all day, every day, for 7 days - you can even wear it in the bath or shower! We'd like you to try your best to wear the activity watch for a full 7-days, but if it becomes uncomfortable or you really don't like wearing it, please tell your teacher or parent/guardian. Also, if another adult asks you to take it off then please do so. They can take it off for you and keep it somewhere safe until it needs to be returned with the questionnaires.



We will also give you a pack which has two questionnaires, one for your parent/guardian and one for you to complete (it should only take 5-10 minutes). Your parent/guardian can help you to complete

your questionnaire. After 7 days, the activity watch and both questionnaires should be returned to your teacher.

What will happen to the results of the research study?

We will write up our results in a report and publish the results in scientific journals. We will also share the findings with schools and other organisations. None of the results that we write will include your name, so nobody will be able to identify you.

What will I get for taking part?

To thank you for your help with our study, when we have received the activity watch and questionnaires back, you will receive a certificate and a **£5 Amazon voucher**.



What will happen to my data?

The information you give us will help us to understand how much physical activity children do inside and outside school. All the data will be kept by us. Your name and your school's name will **not** be included in any of the data.

What should I do next?

If you want to take part in the study, please let your parent/guardian know - your parent/guardian will also need to agree to take part for you to be part of the study. Please ask them to fill in the reply slip that is included with this information sheet and return it to your class teacher, or they can email us at happy.study@imperial.ac.uk to let us know that they and you are happy to take part in this research.

Contact us

If you have any questions about the study, please ask your parent/guardian to contact us at happy.study@imperial.ac.uk or they can write to us at HAPPY study, Child Health Unit, Department of Primary Care and Public Health, Imperial College London, Charing Cross Campus, Reynolds Building, St Dunstan's Road, London W6 8RP

The HAPPY study core team are:

Principal Investigator: Professor Sonia Saxena

Research Team: Dr Bina Ram, Ms Nancy Gullett, & the Clinical Research Network team

The study is part of a wider collaboration team with partners at Cambridge, Durham, Birmingham, and Exeter Universities.

Thank you for reading this information sheet. We hope you will agree to be part of this exciting research!