

Head of Wellbeing Pilot in Schools - Information Sheet for Parents and Carers

We would like staff and students at Wood Green School to continue to take part in a study conducted by Nuffield Health about health and wellbeing in UK secondary schools. Before you decide whether you would like your child to take part in this study, please take some time to read the following information about why this research is being conducted and what he/she will be asked to do.

What is the background to this study?

Nuffield Health is currently working with Wood Green School to find out if a dedicated “Head of Wellbeing” can help to improve the health and wellbeing of staff and students. In 2015, a new member of staff joined Wood Green School in the role of “Head of Wellbeing”, and has since been working to encourage both staff and students to make some changes to their diet, physical activity and emotional wellbeing.

What is the purpose of this study?

During this academic year (2016-2017), Nuffield Health would now like to carry out a formal evaluation of this “Head of Wellbeing” role in order to find out if this leads to measureable improvements in health and wellbeing within the school.

Why have I been chosen to participate?

Wood Green School was chosen by Nuffield Health as the site for this study following a nationwide competition. Nuffield Health would like all staff and students at Wood Green School to take part in this study so that we can find out if the role of “Head of Wellbeing” is helpful for everybody.

Nuffield Health would like all staff and students at Wood Green School to help with this evaluation by filling out a Health and Wellbeing Survey at the beginning and end of the school year. This survey will take about 30-minutes to complete and will ask students about their diet, physical activity levels, smoking and alcohol use and about their emotional wellbeing.

What will happen if I take part?

If you provide consent for your child to take part in this study, he/she will have the choice to be involved in a number of activities being led by the Head of Wellbeing to improve health and wellbeing. These may include receiving advice on healthy diets, taking part in physical activity classes, workshops on mental health and emotional wellbeing and some sessions focussing on the health risks of alcohol use and smoking.

Students may also be invited to have a ‘Junior Health MOT’. This will involve a one-to-one appointment with a Nuffield Health physiologist. During this appointment, students will have a chance to talk about their lifestyle and wellbeing and to decide if they would like to make some healthy changes.

Participation in this study is not compulsory, and Nuffield Health will also be obtaining consent to participate directly from all students. Students are not required to fill in the Health and Wellbeing survey if they do not wish to, and are under no obligation to give reasons for this decision.

What are the benefits of taking part?

By taking part in this study, Nuffield Health hope to support both staff and students in making changes that can help them to feel better and be healthier, now and in future.

By taking part, students and staff will also be helping Nuffield Health to understand how best to work with secondary schools, like Wood Green, to improve the health and wellbeing of staff and students. This information may then be used by Nuffield Health to design similar programmes to be rolled out in other schools across the UK.

What are the arrangements for making sure nobody can tell who you are?

When students are asked to fill out the Nuffield Health and Wellbeing survey, they will never be required to provide their names. Instead, they will be given an anonymous identification code which is stored securely on the Nuffield Health server and is password protected. Only the Head of Wellbeing and the researchers at Nuffield Health will be able to access this information.

Any information that is provided by students will not be used to personally identify them in any outcome reports that Nuffield Health will be writing at the end of this study.

Student responses to the Health and Wellbeing Survey will not be shared with parents or teachers. If it is the case that any answers given on this survey suggests that there may be a real and immediate risk to the health or safety of a student, the Nuffield Health Physiologist or Head of Wellbeing will speak to this individual first, and together decide what is best to do.

What are the risks of taking part?

Taking part in this study will require students to give up some of their time, either during tutorials or during one or two classes over the school year.

Questions included in the Nuffield Health and Wellbeing Survey are considered unlikely to be upsetting to students in anyway. Nuffield Health do however advise students to speak to their form tutor, or contact the researchers directly, if they would like to talk about anything included in this survey.

If you have any further questions or concerns regarding this study, please feel free to contact Dr Sophie Attwood, Lead Research Fellow at Nuffield Health, by phone on 07917 828603, or by email on Sophie.attwood@nuffieldhealth.com

or

Terry Austin, the Head of Wellbeing at Wood Green School, by phone on 07342 060622 or by email on terry.austin@nuffieldhealth.com

What should I do next?

If you are happy for your child to take part in this study, you do not need to take any further action.

However, if you **DO NOT** wish for your child to take part in this survey, please return an opt-out response via email to Terry Austin as requested in your letter.