

Evaluation of Healthy Active Learning

PARTICIPANT INFORMATION SHEET – CHILDREN’S QUESTIONNAIRES (YEARS 1-3)

Evaluator Introduction

We are a team of evaluators from Massey University and Auckland University of Technology (AUT), with expertise in physical activity, nutrition, kaupapa Māori research, sleep science, sport psychology and education.

Invitation to Participate in the Evaluation

Healthy Active Learning is a government wellbeing initiative. It has been designed to promote and improve healthy eating and physical activity in schools, kura and early learning services across Aotearoa New Zealand. The main outcomes expected through Healthy Active Learning are:

1. Tamariki (young children) and rangatahi (youth) make positive and informed choices about nutrition and physical activity
2. Increased physical activity of tamariki and rangatahi
3. Tamariki and rangatahi are actively and positively engaged in learning

We will be conducting the evaluation of this wellbeing initiative in schools (supported by Sport NZ Ihi Aotearoa, Ministry of Health (MoH) and Ministry of Education (MoE)). We would like to invite you and your child to take part in this evaluation.

Participant Recruitment

We are collecting data from selected primary and intermediate (or composite) schools across the country (children in Years 1-8) that will be participating in all components of Healthy Active Learning (i.e. your child’s school will have a physical activity workforce working with school leaders and teachers, as well as having access to MoH and MoE guidelines for Healthy Active Learning).

We are collecting data in a variety of ways and will be inviting children from different classes to take part in different aspects of the evaluation; this information sheet relates to **children’s questionnaires**. All questionnaires will be in English – therefore we will only be able to collect data from children who can understand English.

Project Procedures and Participant Involvement

If you agree for your child to take part, your child will be invited to complete three questionnaires during classroom time on the following topics:

- Physical activity knowledge
- Motivation and behaviour related to being physically active
- Student engagement in learning

A trained evaluator will attend a classroom for a morning or afternoon session. The evaluator will sit at the back of the class and invite one child at a time to complete one questionnaire on an

iPad. This questionnaire will take no longer than 10 minutes to complete, including an explanation of the questionnaire, and time to changeover from one student to another. The teacher will continue with the lesson as normal. Your child will be asked to complete three questionnaires over a 7-day period. We will work with schools to get a range of classes (of children from Years 1-3) to obtain enough completions for each of the three questionnaires. The total amount of time your child will be required to participate in the evaluation will be 1 hour 30 minutes over a 7-day period.

Your child may be also asked to write their name and the names of two of their closest friends in that class to help us understand social relationships within each classroom. The names will be written on a post-it note which will be placed in an envelope which will be sealed at the end of the data collection. Your child's name will be placed in a draw to win \$100 supermarket gift voucher as a small token of our appreciation.

Data analysis

We aim to examine whether there are changes occurring as a direct result of the Healthy Active Learning initiative over time, as well as the nature of such changes. Therefore, we would like to collect names and national ID numbers of the children to help with our data analysis. We will not report any names or identifying data in our reports but will need their personal data to be able to link information from one time point to another. We will not provide personal data to the school or to MoE, only aggregated, group, data by region and nationwide data will be provided.

Participant's Rights

You are under no obligation to accept this invitation. Your child's participation or non-participation will not influence his/her standing in the school. If you give consent for your child to participate, your child will have the right to:

- decline to answer any particular question
- withdraw from the evaluation at any time, even after you have signed a consent form (if you or your child choose to withdraw you/your child cannot withdraw collected data from the analysis after the data collection has been completed)
- ask any questions about the evaluation at any time during participation
- provide information on the understanding that your child's name will not be used in any publications
- be given access to a summary of the project findings when it is concluded

Good Practice and Cultural Safety for Massey University Evaluations

The evaluation was discussed with the Student Recruitment Adviser - Māori Academic Support. We have considered the inclusion of Māori and indigenous values and concepts, allowing for the use of whānau support and appropriate Māori protocols. We acknowledge the concept of manaakitanga, respecting the participant's inherent dignity and acting in a caring manner towards them by way of:

- Taking full responsibility to perform an evaluation in a safe and ethical manner (aroha)
- Providing the participant with all of the critical information regarding the evaluation in a clear way, so they can make informed decisions (tūmanako and whakapono)
- An awareness of the cultural significance and sensitivity for a culturally safe implementation of the evaluation (māhaki)
- Respect for the privacy and confidentiality of Māori participants

Confidentiality

All data collected will be used solely for evaluation and research purposes. Reports will be provided to the three agencies involved (Sport NZ, MoH and MoE), and may be presented at conferences and submitted for publication in journals. All personal information will be kept confidential by assigning numbers to each participant. No names will be visible on any papers on which you provide information. All data/information will be dealt with confidentiality and will be stored in a secure location for five years on the Massey University Albany Campus. After this time, it will be disposed of by an appropriate staff member from the School of Sport, Exercise and Nutrition.

Project Contacts

If you have any questions regarding this evaluation, please do not hesitate to contact either of the following people for assistance:

Principal Evaluators

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Helplines for children and young people

Youthline – 0800 376 633, free text 234 or email talk@youthline.co.nz or online chat

What's Up – 0800 942 8787 (for 5–18-year olds). Phone counselling is available Monday to Friday, 12noon–11pm and weekends, 3pm–11pm. Online chat is available from 3pm–10pm 7 days a week, including all public holidays.

Kidsline – 0800 54 37 54 (0800 kidsline) for young people up to 18 years of age. Open 24/7.

Committee Approval Statement

This project has been reviewed and approved by the Massey University Human Ethics Committee: Northern, Application NOR 20/07. If you have any concerns about the conduct of this evaluation research, please contact Dr Fiona Te Momo, Chair, Massey University Human Ethics Committee: Northern, telephone 09 4140800 x 43347, email humanethicsnorthern@massey.ac.nz.