

# ***Evaluation of Healthy Active Learning***

## ***PARTICIPANT INFORMATION SHEET – CHILDREN’S QUESTIONNAIRES (YEARS 4 - 8)***

### **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 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 from Years 1-8) that will be receiving all three components of Healthy Active Learning i.e. your 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 are able to read and write in English.

### **Project Procedures and Participant Involvement**

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

- Physical activity knowledge
- Motivation/behaviour related to being physically active
- Student engagement

A trained evaluator will attend one classroom for a 45-minute data collection session. We will ask students in each class to complete one to three questionnaires on an iPad. Each questionnaire will take approximately 10 minutes to complete but we will allow some time to distribute iPads, explain the testing procedures, answer any questions they may have, and collect iPads. We will work with schools to get a range of classes (of children from Years 4-8) to obtain enough completions of the questionnaires.

Children will also be asked to complete a simple activity (to help us understand social engagement and social density within each classroom) by writing their name and the names of two of their closest friends in that class. They will write this on a post-it note and then place their completed pieces of paper in an envelope. Your child will then 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 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, they 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/they cannot withdraw their 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 the 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](mailto: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.

Kidslines – 0800 54 37 54 (0800 kidslines) 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](mailto:humanethicsnorthern@massey.ac.nz).*