

## **Eat Like a Champ evaluation 2018: PARENT INFORMATION SHEET**

### **What is the survey about?**

King's College London, in collaboration with Public Health Nutrition Research (PHNR),<sup>a</sup> Danone UK<sup>b</sup> and the British Nutrition Foundation (BNF)<sup>c</sup>, is carrying out a study to explore how Danone's *Eat Like A Champ* (ELAC)<sup>d</sup> programme helps pupils learn about healthy eating and adopt healthier lifestyles. Pupils in Year 5 will be asked to complete checklists about the food and drink that they have had over two days.

### **Why is the survey important?**

Good nutrition is vital in children for growth and development. Eating habits developed at school are important in helping to keep children healthy so that they can learn more effectively. The survey will help PHNR, Danone UK and the BNF to understand how best to help children learn about healthy eating and to translate that learning into practice.

### **Who is conducting the survey?**

The survey is being conducted through King's College London by PHNR, in collaboration with BNF. It is funded by Danone UK. Danone has asked PHNR to undertake this work so that it is carried out objectively. PHNR has extensive experience working with schools. All researchers and interviewers have current Criminal Records Bureau (CRB) or Disclosing and Barring Service (DBS)<sup>e</sup> approval.

### **Why was my child's school selected?**

Your child's school signed up to take part in ELAC. Over 2000 other primary schools across the UK will take part this year. The head teacher has agreed to allow Year 5 classes in the school to take part in the evaluation study, which allows research into the effectiveness of ELAC as a healthy eating education programme. There will be around 25 other London primary schools taking part in the evaluation study. A further 25 schools in London will act as control schools, in which Year 5 pupils complete the online checklists but the school is not signed up to ELAC.

### **When will the study take place?**

The study will take place between September 2018 and February 2019.

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<sup>a</sup> Public Health Nutrition Research Ltd. [www.phnresearch.org.uk](http://www.phnresearch.org.uk)

<sup>b</sup> Danone UK <http://www.danone.co.uk/>

<sup>c</sup> British Nutrition Foundation: <http://www.nutrition.org.uk/>

<sup>d</sup> Eat Like a Champ: <http://www.eatlikeachamp.co.uk/>

<sup>e</sup> <https://www.gov.uk/disclosure-barring-service-check/overview>

### **What does the survey involve?**

Pupils will complete the food and drink checklist online on three occasions: before the ELAC teaching sessions start, and then 7 weeks and 16 weeks after the teaching sessions start. It takes around 20-30 minutes to fill in. Pupils have been given an information sheet at school. They have also been given this information sheet to take home.

If your child does not want to participate, they do not have to. They simply tell the teacher that they do not want to take part. If you do not want your child to take part, please sign the opt-out form attached and return it to your child's class teacher.

**Participation is entirely voluntary. There will be no adverse consequences if you or your child decide not to take part. You or your child do not have to give a reason for not taking part. If you change your mind about your child's participation after the study has started, and you wish to withdraw your child from the study, please complete the opt-out form below and return it to let your child's class teacher.**

### **What will happen to the data collected?**

Results from this survey will be collected by PHNR and kept strictly confidential. **No school, class, child or parent** will be identified individually in any report of our findings.

You may request for your child's data to be withdrawn from the analysis up until 25 February 2019. After that date, data cannot be withdrawn as the data will have been anonymized.

All data collected will be archived securely for 7 years after completion of the survey in accordance with legal requirements. Data will be stored on password protected computers at Danone UK. Data may be made available to other researchers, but the names of the schools, classes or pupils will not be included. Findings are due to be reported in spring 2019. A summary of the findings will be provided to all participating schools, and the main results will be published in a peer-reviewed scientific journal.

For further information, please contact:

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If this study has harmed you or your child in any way, or if you wish to make a complaint about the conduct of the study, you can contact King's College London using the details below for further advice and information:

Dr Paul Sharp, Department of Nutrition and Dietetics, King's College London SE1 9NH [paul.a.sharp@kcl.ac.uk](mailto:paul.a.sharp@kcl.ac.uk)

## Eat Like a Champ evaluation 2018

### Opt-out form

I do NOT wish for my child to take part in the Eat Like a Champ evaluation 2018

Name of pupil: (PLEASE PRINT) \_\_\_\_\_

Name of school: (PLEASE PRINT) \_\_\_\_\_

Name of teacher: (PLEASE PRINT) \_\_\_\_\_

Class or form: (PLEASE PRINT) \_\_\_\_\_

Name of parent/carer: (PLEASE PRINT) \_\_\_\_\_

Signature of parent/carer: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
          dd      mm      yyyy

**If you do NOT want your child to take part in the ELAC evaluation,  
please fill in the information above, sign and date the form,  
and return it to your child's class teacher**