



MEADGATE PRIMARY SCHOOL

Mascalls Way • Great Baddow • Chelmsford • Essex CM2 7NS

Tel: (01245) 259403 • Fax: (01245) 344297

E-mail: admin@meadgate.essex.sch.uk • Website: www.meadgateprimary.com

Executive Headteacher: Mr. J. J. Figg

Wednesday 7th November 2018

Dear Parents/Carers,

We have been approached by Jack Stevens and Louise Judd about the possibility of running a before school club at Meadgate Primary. Jack worked for Premier Sport with us at Meadgate two years ago and was extremely popular with the school staff and children.

Both Jack and Louise are presently working on a BSc Hons in Sport & Exercise Science at Writtle University College. As part of their degree requirements, they are planning two educational research projects to take place at Meadgate Primary school.

Jack's study will help him understand further about participation in before school physical activities and whether it can lead to lower levels of off-task behaviour and have a positive impact on academic performance. Louise's study will look at the impact physical exercise has on key stage 2 children, positive or otherwise for primary school students. These two studies could help promote more physical activity clubs taking part within the school.

As part of this research project, your child will participate in various multi-skill physical activities over a 6-week period. This will allow Jack and Louise to track and monitor off-task behaviour, academic performance during the classroom setting, as well as assess how the physical activity made them feel and the impact it had on their day. As this study is for educational purposes only, the results of your child's participation **will not** affect your child's grade. (For more information see **Information Sheet**).

They are requesting permission from you to use your child's data in their research study. Please know that participation is entirely voluntary, the multi-sports sessions are **free of charge** and **no personal information about your child will be revealed**.

The Start Active club will start next Wednesday 14th November from 8:00am to 8:30am and the last session will be on Wednesday 19th December. If you wish for your child to attend the club and permit your child's data to be used in their study, please complete and return the attached form to the school office as soon as possible.

Many Thanks

Joseph Figg

Executive Headteacher

Start Active Club – Wednesday 8:00am to 8:40am (14/11/2018 to 19/12/2018)

☐ **I grant permission** for Jack Stevens & Louise Judd to use my child's data in their educational research project regarding the **effects of a before school Start Active Club on off-task behaviour and academic performance and the effect of exercise on KS2 children attending a Start Active Club and the impact it has on their school day.**

I fully understand that the data resulting from my child's participation may be made available to other researchers in the future for research purposes not detailed within this consent form. In these cases, I understand that the data will contain no identifying information that could associate it with my child, or with my child's participation in any study. I also understand that I or my child may at anytime decide to withdraw my/our permission up until the data is processed. I understand that my child's grade will not be affected by withdrawing from the study.

Signature of Parent/Carer: _____ Date: _____

Child's Name: _____ Class: _____

INFORMATION SHEET

The effects of a before school Start Active club on KS2 students' off-task behaviour and academic performance.

The effect of exercise on KS2 children attending a Start Active Club and the impact it has on their school day.

Researcher(s): Jack Stevens & Louise Judd

Supervisor: David Dixon R.SENr, Csi

This information sheet explains why I am doing this research and what it will involve. Please take time to read this information carefully together with your child. Thank you for reading this.

What is this study about?

Jack is investigating whether morning physical activities can decrease off-task behaviour in the classroom and increase academic performance. This in turn has the potential to help promote more physical activity clubs taking part within the school.

Louise is assessing how exercise made the children feel using both high and medium intensity exercises and the effect it had on their day, positively or negatively.

How will my child be involved?

Your child will attend a multi-skills activity club every **Wednesday** morning for **6 weeks** before the school commences. Your child will return to a normal working lesson after the session finishes and your child's learning will not be affected in any way.

The sessions will last **30 minutes**, beginning at **08:00** and finishing at **08:30**. Children to arrive **no later than 07:55** and **no earlier than 07:45**.

What is the activity club?

The sessions are a range of exercise intensities and multi skills based, aimed at improving fundamental skills such as balance and co-ordination through fun games and exercises. The sessions are not sport/activity specific so encourage those who might avoid competitive sport or activities to take part.

Who will deliver the club?

Jack & Louise will be delivering the Start Active club. Jack has previously worked as an external coach for the school delivering a wide range of curricular and extracurricular clubs. Jack has over 7 years coaching experience with many qualifications delivering a wide range of sports. Jack is a certified first aider with an up to date DBS check. Louise has been a part of the fitness industry for 25 years and has worked as a level 3 Personal Trainer and level 2 fitness instructor for 5 years. She is actively teaching various Exercise to Music classes at a broad range health and fitness clubs around Billericay, Brentwood and Chelmsford. She is also a purple belt in kickboxing as well as a full-time mum of two daughters (9 and 13), wife and student. She is a qualified first aider and CRB checked.

Who will have access to the research information?

The data resulting from your child's participation may be made available to other researchers in the future for research purposes not detailed within this information sheet. In these cases, the data will contain no identifying information that could associate it with your child, or with your child's participation in any study.

How will you monitor any effects the Start Active club will have on my child?

Jack will be observing classroom behaviour throughout the am period on the day with the Start Active club, and a day without the Start Active club. He will also be collecting weekly feedback/marks on academic performance from the child's teacher(s).

Louise will be collecting weekly feedback via a Children's Effort Rating Scale (Cert) and a The Positive Affect and Negative Affect Schedule—Child Form (PANAS-C) to assess how the workout made them feel and how that impacted their day, positively or negatively.

Who has reviewed this study?

Writtle University ethics board

Who do I speak to if I have any questions about this research?

Please contact us if there is anything that is not clear or if you would like more information. You can email us via the University at the following address:

98311345@writtle.ac.uk (Jack) 98361065@writtle.ac.uk (Louise)

If you would like to speak to someone else, you can contact our supervisor:

David.dixon@writtle.ac.uk

If you would like to speak to the school:

admin@meadgate.essex.sch.uk

If you have any complaints about the research, please contact the School.

What do I do next?

If you are happy for your child to be involved in our research study, complete the permission form, then return to the school office as soon as possible.

Can you change your mind?

You and your child have the right to withdraw from the research at any time until the data has been processed.

Thank you very much for your time