

**Newsletter Issue 3 - June 2020**

**Update – New Study ‘CONTRAST’**

Welcome to the third newsletter from the FUEL study team.

We hope you are well and adjusting ok to the lockdown easing that includes some school years returning over the next month. In this newsletter we will look at some of the tasks the FUEL study team have been undertaking during the study’s hiatus in lockdown and how we are preparing for the next stage of the project.

In collaboration with a few other colleagues, the team has just launched a new study, CONTRAST. This study aims to explore the short-term impacts of the Covid-19 (lockdown) restrictions on learning, eating behaviours, physical and other activities, and wellbeing in children aged 11-15 years. Participants will be asked to complete a short survey. We also plan to follow up children once they are back at school so we can explore the longer-term effects of the Covid-19 restrictions. Participants will be recruited both via social media and through the schools that we have been working with on the FUEL study. We will liaise with our study contacts at your school about this. However, if you know of anybody who may be eligible to take part (aged 11 to 15 years, living in the UK and staying at their current school in September) the survey link can be found here:

[CONTRAST Survey Weblink](https://is.gd/contrast2020)

Further information on the study can be found at the link below:

[CONTRAST Webpage](http://www.birmingham.ac.uk/contrast-study)

We are also still working hard on the FUEL study. The Covid-19 hiatus in FUEL study data collection has been an opportunity to refine our plans and prepare for data analysis. The FUEL study captures a wide variety of data collected through the school food service researcher observations, school documents and the pupil, parent and school staff surveys. Data from all these sources needs to be collated to enable us to fully address the aims of the study. Some team members have been creating tools that will help us with this process and put all the data into a format ready for analysis. Time has also been spent thinking about the analysis of the pupil dietary data. The study administrator has, amongst other things, been busy entering data from surveys that had been completed on paper copies. As part of this some missing surveys have been identified and at a more appropriate time, probably towards the end of June we will be in touch with relevant schools to ask if there is any chance for the outstanding surveys (staff specific surveys and the key information survey) to be completed. We have also been getting ready for the next phase of data collection. We are aware that it is extremely likely that there will be restrictions in place when secondary schools return. We are thinking about what these might be and how data collection methods could be adapted to overcome any restrictions that there are.

We thank you again for your continued support with these projects, especially during these uncertain times. We wish you all the best and we look forward to working together soon.