



Food Provision, CUlture and EEnvironment in Secondary SchooLs (FUEL) study

We all want our children to eat well – it's essential to their concentration, ability to learn and well-being. So we are conducting a new study to find out more about the food that is served in secondary schools across the West Midlands and how this influences the food that pupils choose to eat.

How you can help with this important research: We would like **you** and **your** child to complete questionnaires. You will each receive a **£5 shopping voucher** as a thank you for your time.

Who we are: We are a team of researchers at the University of Birmingham interested in reducing childhood obesity and our research is funded by the National Institute for Health Research. By taking part in our research we can help further development of national policy relating to school food and shape the health of future secondary school pupils.

What we're doing: Our aim is to compare secondary schools required to meet the School Food Standards with those that are not and explore how these two groups of schools support healthy eating. We want to find out how the school food provision impacts pupils' dental health and well-being. We'd also like to know the views of parents and school staff on the School Food Standards.

What we will ask parents and young people to do:

- **Young people** who take part in the FUEL study will be asked to complete a questionnaire requesting information on their health, their diet and general information about themselves.
- **Parents** of young people taking part will be asked to complete a questionnaire about their views on the school food provision at their child's school.

IF YOU ARE HAPPY FOR YOUR CHILD TO TAKE PART: You do not need to do anything.

IF YOU ARE HAPPY TO TAKE PART: You will be sent a questionnaire, including a consent form, within the next two weeks to complete and return to your child's school. You will also have the option of completing the consent form and questionnaire online.

IF YOU DO NOT WANT YOUR CHILD TO TAKE PART: Please complete the parent opt-out consent form (attached) and return it to your child's school.

What happens if I change my mind about me or my child taking part: If you agree for you and/or your child to take part and you change your mind during the study, you can let us know at any time either by email or telephone that you, and/or your child, no longer want to take part (see contact details at the foot of the page). If you wish for your data to be removed, you can request this up to four weeks after completing the surveys.



IF YOU WOULD LIKE US TO PROVIDE THIS INFORMATION BY TELEPHONE IN ENGLISH, OR ANY OTHER LANGUAGE, PLEASE CONTACT A MEMBER OF THE RESEARCH TEAM (CONTACT DETAILS BELOW).
MORE DETAILED INFORMATION FOR PARENTS/CARERS

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The school that your child attends is one of several schools in the West Midlands taking part in the FUEL study. The aim of the study is to compare secondary schools required to meet the School Food Standards with those that are not, and explore how the two groups of schools support healthy eating. We would like to know what parents and school staff think of the standards, and how they impact the diet and dental health of pupils.

The study consists of several parts:

- Observation of the eating environment in school.
- A pupil questionnaire requesting information about their characteristics (e.g. age, ethnicity, sex etc.), their dental health and their food and drink intake over a 24 hour period.
- A school staff and governor questionnaire about implementation of the national School Food Standards, the School Food Plan and how the school is supporting healthy eating.
- Parent questionnaire to explore their views on the national School Food Standards, food provision and support for healthy eating in school.

1. What is the aim of this study?

The national School Food Standards were introduced in 2006 and are a legal requirement for most state schools. There is little information on the impact of School Food Standards on secondary school food provision and the dietary intake of their pupils. We want to assess whether the standards influence pupils' sugar intake, as adolescents have high levels of sugar consumption, which can lead to obesity and poor dental health.

2. What will my child have to do?

If you agree for your child to take part in the study, he/she will be asked for their consent. If they agree to take part they will be asked to fill in a questionnaire about their age, ethnicity, sex, postcode information, wellbeing and dental health information. We will also ask them to tell us everything they have had to eat or drink over the last 24 hours on at least one occasion (and up to two times). They do not have to take part if they don't want to, even if you have said they can take part. Your child will be given a **£5 shopping voucher** as a thank you for their time spent participating in our study.

3. What will I have to do?

If you agree to take part in the study, you will be asked to complete a questionnaire about your age group, ethnicity, sex and views on the food provision and support for healthy eating in your child's school.

4. What are the benefits and risks of taking part in this study?

The results will help us to assess the impact of the national School Food Standards. This information will be used to inform the Department for Education and Department of Health to enable further development of national policy relating to school food. In turn, this may help to shape the health of future secondary school pupils. Additionally, should you take part, you will be given a **£5 shopping voucher** as a thank you for your time spent participating in our study. There are no anticipated risks to yourself or your child in taking part in this study.

5. What if I do not want my child to take part?

Your child does not have to take part in any part of the study if you do not want him/her to. Your child will take part in all other school activities as usual, he/she will just not be asked questions by our research team.

6. What happens to our information?

All the information will be kept confidentially on a secure database at the University of Birmingham. Only named members of the research team will have access to personal information. The information from the study will be used in several reports but neither you nor your child will be identifiable as an individual in any of these reports. The legal justification we have under data protection law for processing your personal data is that it is necessary for our research, which is a task we carry out in the public interest. For information about your rights and what we do with personal data see our privacy notice at our website ([please click here](#)).

7. Who else is taking part?

There are 44 schools across the West Midlands taking part in the study. In participating schools young people from one class in years 7, 9 and 10 and their parents together with relevant school staff and Governors will be invited to take part.

8. What happens at the end of the study?

A final report will be written at the end of the study and you will have the option of receiving a summary of this report. The results of the study will also be published in scientific journals and other reports for a variety of audiences, and presented at scientific conferences and meetings. Other researchers may be given access to your data but only in anonymised form - they will not be able to link this data to you in any way.

9. What if I have more questions or do not understand something?

You can contact the research team at the University of Birmingham (contact details at the foot of the page) to discuss any questions or concerns you may have.

10. What happens now if I decide my child can take part?

If you are happy for your child to take part in this study, you DO NOT HAVE TO DO ANYTHING. Your child will take part in the study if they want to.

If you decide that you do not want your child to take part in this study please complete the opt-out form attached and return it to your child's school.



We will also ask your child if they want to take part in this study. They will not have to take part if they don't want to.

11. What happens if I change my mind during the study?

If at any time during the study, you or your child no longer want to take part, you can send us an email or telephone us (contact details at the foot of the page) to let us know. If you wish for your data to be removed, you can request this up to four weeks after completing the surveys.

THANK YOU FOR CONSIDERING TAKING PART IN OUR STUDY.

Food Provision, Culture and Environment in Secondary Schools study (FUEL)
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 0121 414 8072  fuelstudy@contacts.bham.ac.uk

PARENT OPT-OUT FORM
(1ST COPY FOR RETURN TO SCHOOL)

Please only complete this if you **do not want your child to take part:**

Food Provision, CUlture and E nvironment in Secondary SchooLs (FUEL) study

I have read the information about the study.

Please initial the box below.

I am not willing for my child to take part in the study.

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Name of child:

School:

Class:

Signature of parent/guardian:

Date:

PLEASE RETURN THIS OPT-OUT FORM TO YOUR CHILD'S SCHOOL

WE CAN PROVIDE COPIES OF THE INFORMATION LEAFLET AND THE CONSENT FORM IN ANOTHER LANGUAGE ON REQUEST - PLEASE CONTACT YOUR CHILD'S SCHOOL SO THAT THEY CAN INFORM A MEMBER OF THE FUEL STUDY TEAM.

PARENT OPT-OUT FORM

(2ND COPY FOR PARENT/CARER RECORDS)

Please *only* complete this if you *do not* want your child to take part:

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I have read the information about the study.

Please initial the box below.

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