

Information for parents and carers

We would like to invite you and your child to take part in a research study at your child's nursery.

Before you decide whether you would like to take part, it is important that you read and consider the following information

What is the study about?

This study is testing a programme (called 'NAP SACC UK') that aims to help nurseries with the work they do to support children's health. NAP SACC stands for 'Nutrition and Physical Activity Self Assessment for Child Care'.

The programme provides nursery staff with training and action-planning to help them make their nurseries as healthy as they can be.

NAP SACC is already being used very successfully in nurseries in the United States - this study will be testing whether it will work in the UK.

What does this mean for nurseries?

52 nurseries in England and Scotland are taking part in the study. The nurseries have been put into two groups: one group has undertaken the NAP SACC programme and the other group continued with their usual and planned procedures and activities. We need to do this to test if NAP SACC UK makes any difference.

What does this mean for my child?

We will be gathering information from all of the children whose parents have given permission. We will use this information to test if NAP SACC UK has been helpful for nurseries and children.

Our specially trained staff will be coming back to visit all nurseries around one year on from their first visit. All our staff have enhanced safeguarding checks.

All staff will act in accordance with the COVID-19 safety policies and procedures for your child's nursery.

If you agree, we will carry out the following measurements with your child:

- **Height and weight.** This will be measured away from the other children, and with a member of

the nursery staff present (let us know if you would like to be present too).



- **What children eat at nursery.** We will measure the food that children eat at nursery by taking photographs of their plate, before and after they eat. We will not be taking photographs of the children.



- **Activity.** We will ask your child to wear an activity monitor. This is on a small belt and measures their activity for 5-days. We will ask you to put the belt on when your child gets up in the morning and take it off before they go to bed.



All children who take part in the measurements will receive a sticker on the day and a book when their activity monitor is returned.

All parents will also receive a £10 gift voucher on return of their child's activity monitor to the nursery as a thank you.

Does my child have to take part?

Our teams will only carry out the measurements with your child if you have given your permission for this by completing a consent form, as described below.

If you have given your consent, but your child makes it clear that they do not want to be measured, we will not measure them on that day.

How will I be involved?

If you would like to take part you will receive a questionnaire, that asks you some questions about yourself and your child. The questionnaires are not about particularly sensitive subjects, but you are free to miss out any questions that you would prefer not to answer.

Safeguarding children

We will treat all of the information we receive in strict confidence. However, if we receive information that tells us a child is at risk of harm, we will tell the nursery or other authority. This is standard safeguarding practice for everyone who works with children.

Will the information be confidential?

We will need to store and use information from the nurseries, parents and children who have agreed to take part in the study. This will include, name, contact details, and dates of birth. University staff involved with this study will use this information to do the research or to check the research is being done properly. We will keep all information collected by this study safe and secure. Once we have finished the study, we will keep some of the data so we can check the results.

In the future, we would like to see if taking part in the NAP SACC UK programme has changed children's health as they go through school. To do this, we would like to link the measurements we have taken in this study with your child's height and weight measurements carried out in school as part of the national child measurement programmes in England and Scotland. This means we would need to keep your child's name, address, date of birth and NHS/CHI number until they have been measured at school when they are around ages 5 and 11 years. We will ask you if you are happy for us to do this on the consent form.

What will you do with the information?

All information we collect during the study will remain confidential. No information on individual children will be passed on to your nursery staff, parents or other nurseries. We will write our reports in a way that no-one can work out that you or your child took part in the study.

What if I change my mind?

You are free to change your mind about you or your child taking part in any more measurements, at any time, without having to give a reason. However, to keep the research accurate, we would keep any information we had collected up to that point.

Can I talk to someone before I decide?

If permitted by the nursery, our researchers will visit your nursery at pick-up/drop off times to answer questions.

If you are unable to meet with one of our team, please give the study office a ring, or send an email. We will be very happy to answer any questions you may have.

What do I do next?

If you have read this information and are happy for you and your child to take part in the study, please return the completed consent form and the questionnaire in the freepost envelope. Or if you would prefer to complete these online, please visit this link tinyurl.com/napsaccuk We would be grateful if you could only use one of these methods and complete these within a week of receiving the forms.

If you have any questions or concerns about the study, please contact a member of the study team on +44(0)1179287273 or napsaccuk-study@bristol.ac.uk

This study is approved by the University of Bristol's Faculty of Health Sciences Ethics Committee. If you have any ethical concerns about the study, please contact the study Sponsor: University of Bristol, Research & Enterprise Development, 0117 3940177 or research-governance@bristol.ac.uk (study number 2019-3426).

If you would like support with English for this study, we will provide translations.

إذا كنت ترغب في الحصول على دعم باللغة الإنجليزية لهذه الدراسة ، فسنوفر مترجمًا

Jeżeli potrzebują Państwo pomocy z językiem angielskim w związku z tym badaniem, zapewnimy Państwu tłumaczenia.

ਜੇ ਤੁਸੀਂ ਇਸ ਅਧਿਐਨ ਲਈ ਅੰਗਰੇਜ਼ੀ ਦੇ ਸੰਬੰਧ ਵਿੱਚ ਸਹਾਇਤਾ ਲੈਣੀ ਚਾਹੋਗੇ, ਤਾਂ ਅਸੀਂ ਦੁਭਾਸ਼ੀਆ ਮੁਹੱਈਆ ਕਰਾਂਗੇ

اگر آپ اس مطالعہ کے لیے انگریزی کے ساتھ تعاون چاہتے ہیں، تو ہم ترجمہ فراہم کریں گے۔