



What do you want to do?

The 'Healthy Lifestyles' project involves gathering information every year from when your children start year 1 through to when they leave Milford in year 6, so that we can find out how the children's understanding and attitudes are changing as a result of the practical 'cooking and nutrition' sessions.

Once a year, the children will be asked to:

- complete a **food diary** (with support from parents/carers and teachers)
- **answer some questions** (as part of a small group)
- have some **basic measurements** taken.

Once a year, the parents/carers will be asked to:

- complete a questionnaire
- help their children with the food diary
- encourage their children to share what they are learning at home.



Every year, the **National Child Measurement Programme (NCMP)** measures and weighs every child in England in the Foundation Stage (EYFS) and in year 6 to track the levels of childhood obesity and publish these results.

In the UK today, 10% British children are already overweight or obese when they start primary school, and this figure doubles to 20% by time they leave at 11*.

Many people and organisations have tried different ways to improve this situation, but nothing has been successful yet. We believe that we could make a real difference by providing every year:

- regular **cooking and nutrition lessons**



Why do you want to do this?

*(NCMP, 2018)

- opportunities for children to **plant, grow and eat** their own fruit and vegetables in the school grounds
- lots of chances to **get active** at break times, lunchtimes and in PE sessions



'Healthy Lifestyles' is a unique opportunity to work with Nottingham Trent University to trial a whole school approach to promote **healthy choices** with primary-aged children, and make a positive contribution to tackling children's health in the UK and beyond.

We really hope that by teaching your children about how to make healthy choices and how to prepare and cook a range of healthy dishes for the whole time they are at Milford, **the whole family will benefit**. We would very much like to work with you and your child for these purposes, but would not wish to do so without your consent. Likewise, once you have signed the consent form, you and/or your child are free to leave the project at any point, **without giving a reason, and that you can request any/all of their data to be withdrawn up to the point when the final report is written.**



We would like to stress that all data we gather as part of this project will be **fully anonymised**. **This means that a code will be provided to children and this code should be quoted if you would like to withdraw their data.** In any written work, such as articles and conferences, their names will be swapped for a pseudonym (another name). None of the data will be shared with the children, **and the anonymised data will be kept for three years after the conclusion of the project.**



*(**This is a condition of the ethical clearance granted by Nottingham Trent University (NTU) for this study. However, there is a limit to the level of confidentiality, in the case of information being disclosed which reveals specific dangers to individuals that the researchers will then need to act upon.)*

