



This booklet has 3 parts:

1. Information about CLASS II, 2. Consent Form, 3. Home Survey

PART 1: Information about CLASS II

Purpose:

All Grade 5 students and their parent/guardian(s) in Nova Scotia are being invited to take part in an important research project called the Children's Lifestyle And School-performance Study II or CLASS II. This study looks at health, nutrition, physical activity, and school performance of children in Nova Scotia. The first CLASS project was completed in 2003 with over 5000 Grade 5 students and their parents participating. CLASS II will try to understand whether children's health and learning has changed in Nova Scotia by collecting similar information from students in Grade 5 in 2011.

You are being invited to participate.

If you agree to take part, you and your Grade 5 child will be asked to do the following:

1. Complete Part 2 of this booklet: the *Consent Form*. If you complete Part 2 you give us permission to invite your Grade 5 child to participate in:
 - a. completing two surveys that ask about nutrition, physical activity and health; and
 - b. have their growth and development measured at school by a trained project assistant (we measure body height, weight and arm span). Students will be asked to remove their shoes before being measured and will be standing on a scale that sends their weight to a private area so no comparison of weights will be possible by participants. Your child's classroom teacher and two project assistants will be present at all times while the measurements are taken. Measurements will be confidential, private, and not shared with your child or any other school personnel. The surveys and measurements will be carried out at your child's school and will take about 1 hour and 15 minutes of classroom time. Students who do not participate will be given crosswords, word searches, and other activities while their classmates complete the surveys.
2. You will be asked to fill out Part 3 of this booklet: the *Home Survey*. This will require approximately 15 minutes of your time.

We also ask for your permission to have your child's survey information linked with her or his school performance and health care information. To be able to do this we are asking for the following:

1. **Your Grade 5 child's date of birth.** Your child's date of birth will be used to link your child's survey information with the provincial achievement test that she or he will write in Grade 6. The Nova Scotia Department of Education supports this linkage.
2. **Your Grade 5 child's health card number.** Your child's health card number will be used to link the survey information with existing health information. This will allow us to study things like the importance of nutrition and lifestyle for health, doctor visits and hospital admissions. We will keep your child's health card number and health information anonymous. To do this, we will replace the health card number with a code. This code will be used to link with your child's health information that also uses this code. After the linkage has been made, the code will be removed. As such we will be able to analyze the health information, but will not have access to any personal information like health card numbers, names, addresses, etc.

If you are not comfortable with giving us permission for your Grade 5 child's survey to be linked with the results of the provincial assessments or with your child's health card number, you and your child can still take part in the survey.

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SERIAL #

Participation:

Your participation in this study is voluntary. You participate by completing Part 3 of this booklet: the *Home Survey*. We will only invite your child to take part if you consent to her or his participation.

What we can learn from your participation:

This study will help us answer questions such as:

- How have eating habits and lifestyles of children changed since 2003?
- How have schools supported health and learning in Nova Scotia?
- What can we do to improve the health of children in Nova Scotia?
- How can health care and the health system be improved in Nova Scotia?

How we will keep your personal information confidential:

We ask for your child's name so that we know who has permission to participate when we visit your child's school to carry out the survey. We will keep the names that you provide confidential. Responses from you and your child will be kept confidential and will not be shared with anyone including your child's school. We will treat all collected information with the highest level of respect and use it for research purposes only. Research reports and publications will never include names of individuals or schools. Completed surveys will be kept in a locked filing cabinet for 5 years following the completion of the project and then destroyed (confidentially shredded).

There is no penalty to withdraw from this study; it can be done at any point in time over the next five years. If you and your child decide to participate now, but you later decide to have your information removed, please contact Dr. Sara Kirk at the time.

The Health Sciences Research Ethics Board of Dalhousie University and Human Research Ethics Board of the University of Alberta have both reviewed this project. These Boards make sure that research is done with the highest ethical standards. If you have questions or concerns about any part of this study, you may contact: Patricia Lindley (Director of Dalhousie University's Office of Human Research Ethics Administration) at (902) 494-1462 (collect calls are accepted), or via email at patricia.lindley@dal.ca.

Benefits of taking part:

Through our research we hope to provide helpful information to schools, school boards and the provincial government on how they can better support your child's health and learning. We will share the results through newsletters that will be posted on our website (www.nsclass.ca).

Possible risks of taking part:

By taking part in this study, you will share information about yourself and your Grade 5 child with us. Some people may be uncomfortable with providing information on healthy eating, active living and body measurements. Your information and that of your child will only be used for research purposes. Information relating to you and your child will not be shared with other students, teachers, school staff or anybody else. This study has been ethically reviewed by Dalhousie University and the University of Alberta. Your child's school principal, and school board and the Government of Nova Scotia have also given their support for this research.

Who is doing this research:

This study is being conducted by Dr. Sara Kirk at Dalhousie University and Dr. Paul Veugelers at the University of Alberta. Their contact information is:

Dr. Sara FL Kirk

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Questions or concerns:

Please visit our website for more information about the study: www.nsclass.ca. For any questions about the project please contact Dr. Sara Kirk at 902-494-8440 or the Project Coordinator Jessie-Lee Langille at 902-494-8439 or Jessie-Lee.Langille@dal.ca.

PART 2: Consent Form

If you agree to take part and allow us to invite your Grade 5 child to participate, please fill out this Consent Form.

I have read the information about CLASS II.

I understand that participation is voluntary.

I give my consent for my Grade 5 child to take part in this study.

Yes No

My Grade 5 child's name (please print): _____

Your signature: _____ **Date:** _____

Your name (please print): _____

I also give my consent for my Grade 5 child's survey to be linked with the results of the provincial assessments from the Department of Education.

Yes No

I also give my consent for my Grade 5 child's survey to be linked with existing health information.

Yes No

If you have chosen "yes" for linking to health information, please tell us your Grade 5 Child's Health Card Number: _____

If you are not comfortable with giving us permission for your Grade 5 child's survey to be linked with the results of the provincial assessments or with your child's health card number, you and your child can still take part in the survey.

DO NOT WRITE IN THIS AREA



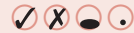
SERIAL #

Please use the pencil provided in your envelope to complete Part 3: Home Survey

The right way to mark your answer



The wrong way to mark your answer



PART 3: Home Survey

Please take your time and choose the answer that best describes you and your Grade 5 child. There are no right or wrong answers. If there is a question that you don't want to answer, you don't have to. Your response will be kept PRIVATE and completely ANONYMOUS.

Section 1: Your neighbourhood



1-1 What is your postal code? _____

1-2 How long have you lived at your current address? _____ years _____ months

1-3 Please consider both the place you live and where you access services for your family when responding to the following statements.

	Strongly disagree	Disagree	Agree	Strongly agree
a) I like where I live.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) It is safe for children to play outside during the day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) In my neighbourhood there are good parks, playgrounds, and/or places to play.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) In my neighbourhood there are sidewalks on most of the streets.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) Traffic makes my neighbourhood an unsafe place for my child.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f) Crime makes my neighbourhood an unsafe place for my child.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g) In my neighbourhood, there are good sport and recreational programs for my Grade 5 child.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h) In my neighbourhood, it is easy to purchase fresh fruits and vegetables.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

1-4 How many days per week does your Grade 5 child usually...
(Please respond to this question about most days when poor weather is not an issue.)

	Never or almost never	1-2 days per week	3-4 days per week	5 days per week
a) walk to school?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) bike to school?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) drive to school (school bus or car)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Section 2: Your Grade 5 child's school



2-1 Are you aware that there is a *Food and Nutrition Policy for Nova Scotia Schools*?

- Yes No

a) If yes, how important is this Policy?

- Very important
 Important
 Somewhat important
 Not important

b) If yes, to what extent do you feel your Grade 5 child's school is following this Policy?

- Very much
 Quite a lot
 A little bit
 Not at all
 Unsure

2-2 Are you aware that there is a *Nova Scotia Health Promoting Schools Initiative*?

- Yes No

a) If yes, how important is this Initiative?

- Very important
 Important
 Somewhat important
 Not important

b) If yes, to what extent do you feel your Grade 5 child's school is following this Initiative?

- Very much
 Quite a lot
 A little bit
 Not at all
 Unsure

Section 3: Your Grade 5 child's health

3-1 Was your Grade 5 child born in Nova Scotia? Yes No

3-2 What is your Grade 5 child's date of birth? _____ / _____ / _____ mm/dd/yyyy

3-3 In general, how would you describe your Grade 5 child's...

...health?

- Excellent
 Very good
 Good
 Fair
 Poor

... eating habits?

- Very healthy
 Healthy
 Somewhat healthy
 Unhealthy
 Very unhealthy

... physical activity level?

- Very high
 High
 Moderate
 Low
 Very low



3-4 Was your Grade 5 child breast-fed, even if only for a short time?

- Yes No Unsure/prefer not to answer

If yes, for how long?

- Less than 1 week
- 1 week or more, but less than 1 month
- 1 month or more, but less than 3 months
- 3 months or more, but less than 6 months
- 6 months or more, but less than 1 year
- 1 year or more
- Unsure/prefer not to answer



3-5 When was your Grade 5 child introduced to formula?

- At less than 1 week
- After 1 week but less than 1 month
- After 1 month but less than 3 months
- After 3 months but less than 6 months
- After 6 months but less than 1 year
- After 1 year or never
- Unsure/prefer not to answer

3-6 Please respond to the following questions about your child's sleeping habits.

	Never	Rarely	Occasionally	Frequently	Almost always
a) How often does your child snore?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) Is your child sleepy during the daytime?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3-7 Please answer the following questions about your Grade 5 child's sleeping patterns.

(Please choose only one circle per row.)

a) At what time does your child usually wake up during:

	Before 6:30 am	6:30–7:00 am	7:00–7:30 am	7:30–8:00 am	8:00–8:30 am	8:30–9:00 am	After 9:00 am
the week (Monday to Friday)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
the weekend (Saturday and Sunday)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

b) At what time does your child usually go to bed during:

	Before 8:00 pm	8:00–8:30 pm	8:30–9:00 pm	9:00–9:30 pm	9:30–10:00 pm	10:00–10:30 pm	After 10:30 pm
the week (Sunday to Thursday)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
the weekend (Friday and Saturday)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3-8 Has your Grade 5 child experienced any event or situation in the past year that has caused him or her a great amount of worry or unhappiness?

- Yes
 No
 Unsure/prefer not to answer

If you answered “yes” to the above, what was the event or situation? (Please choose all that apply.)

- Move (change in residence)
 Divorce or separation of parents
 Illness or injury of Grade 5 child
 Illness or death of a loved one
 Other: _____

3-9 Think about the last 12 months. Please indicate how often your Grade 5 child usually does the following activities outside of school hours.

	Never	Less than once a week	1 to 3 times a week	4 or more times a week
a) Play sports or do physical activity <u>WITHOUT</u> a coach or instructor (such as riding a bike, skateboarding, roller-blading, etc.).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) Play sports or do physical activity <u>WITH</u> a coach or instructor, other than in gym class (soccer, swimming lessons, hockey, gymnastics, etc.).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) Do physical activities with one or both parents/guardians, like going for walks, jogging, bike riding, swimming, dancing, skating.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3-10 On average, about how many hours per day does your Grade 5 child spend on the following activities, not including school hours?

	Less than 1 hour a day	1–2 hours per day	3–4 hours per day	5 or more hours per day
a) Using a computer or playing video games	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) Watching TV	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section 4: You and your household

4-1 Are you male or female?

- Male
 Female



4-2 How many people live in your household?

- 2
 3
 4
 5
 more than 5

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4-3 In general, how would you describe your...

...health?

- Excellent
- Very good
- Good
- Fair
- Poor

... eating habits?

- Very healthy
- Healthy
- Somewhat healthy
- Unhealthy
- Very unhealthy

... physical activity level?

- Very high
- High
- Moderate
- Low
- Very low



4-4 To what extent do you encourage your child to...

	Not at all	A little bit	Quite a lot	Very much
a) eat healthy foods?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) help choose and prepare snacks and meals?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) be physically active?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4-5 How much do you agree with the following statements?

	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
a) Eating habits of parents influence the eating habits of their children.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) Children will exercise more if their parents exercise regularly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



These next questions are about the food eaten in your household in the last 12 months, and whether you were able to afford the food you need.

4-6 Please indicate whether the following applied to your household food situation in the last 12 months.

	Often true	Sometimes true	Never true	Prefer not to answer
a) The food that we bought just didn't last, and we didn't have money to get more.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) We couldn't afford to eat balanced meals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4-7 In the last 12 months, did you or other adults in your household ever cut the size of your meals or skip meals because there wasn't enough money for food?

- Yes, almost every month
- Yes, some months but not every month
- Yes, only 1 or 2 months
- No





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