

## Food and Drink purchased 'Through the School Gate'

### WHAT IS THE RESEARCH ABOUT? INFORMATION FOR PARENTS

The food served in schools is regulated but there is currently no regulation on the food and drinks available outside of school

We wish to investigate young people's access to food and drink during the school day, look at what is sold in shops and outlets outside of school, as well as the food and drink that they purchase within school too.

We aim to explore the type of shops and their marketing promotions and why young people choose to purchase and eat certain foods or drinks.

We want to involve young people in this study to move beyond what other studies have revealed about food and drink purchased during the school day by secondary school pupils.

We are asking Year 8 and 9 students in a small number of schools across London and Essex to take part.

### WHO IS CARRYING OUT THIS STUDY?

The University of Hertfordshire is carrying out this research. Our team of researchers has experience of conducting a wide range of similar research projects on young people and their eating habits. This research is carried out over a two-day visit to participating schools.

### WHAT WILL THE STUDY INVOLVE?

If your son or daughter agrees, our research team will ask them to complete an online questionnaire designed for this study. **Their name will not be recorded.**

The questions will help us find out what your child has eaten during the school day; if it was purchased by them, where from and how much it cost. The questionnaire will run for one class period.

On the day of the questionnaire, we will talk to students about the research study, explain why we are conducting the research, and what we are asking from them should they choose to participate.

### WHAT ELSE?

#### If your child wishes to participate further–

We will ask a small group of young people from each of the year groups surveyed to participate in a focus group. These focus groups will take place on the second visit to the school and will discuss with students the findings from the questionnaire, as well as further exploring some themes/issues around food and eating. These focus groups will run for one class period. These focus groups will be audio recorded so we can analyse the issues discussed. Please note that the students asked to participate in the focus groups will be given consent forms for them to complete, indicating whether they are willing to participate or would prefer to be excluded from the research. We will carefully explain the consent form to students before the focus group, so they are sure of what they are consenting to and what their consent means. Students may

withdraw their consent at any time and are not obligated to participate should they not wish to.

We will also take some photographs during our research visit to schools. These photographs will record canteen/kitchen facilities, eating areas within the school, and local food retailers in the nearby vicinity of the school. We will not photograph any of your children. If they are in a 'crowd' shot e.g. outside a shop we use a blurred version so that no one is identified. We will discuss this information with class groups *but only with the permission of those who take part*.

### WHAT WE WILL DO WITH THE INFORMATION

The research team will analyse the questionnaire answers and write up the findings in a report.

The research team will look at the photos and listen to the recordings of what young people said in the focus groups. **No one else will see this information.** It will be kept securely according to our Data Protection procedures. We will write about this information but it will not be linked back to your child personally. **Their full name will not be recorded.**

We will write articles and conferences presentations and may use the report when we teach at the University.

Information about our findings may be put into a national archive that can be accessed by others researchers. **Any personal information about your child will be removed.**

**Your child's name will not be used in anything we report and we will not use any images which could identify them.**

During the research, any personal details, such as first names, will be kept confidentially by the research team—names will not be used for purposes beyond this project.

Consent forms from young people taking part will be deleted from our records 5 years after the project has ended. All data (such as interview transcripts, photographs and questionnaire data) will be deleted after 10 years.

**Members of the research team have received standard or enhanced clearances for working with young people through the Disclosure and Barring Service.**

**If at any point your child wishes to stop taking part in the research, they can.**

**Do you have any questions? Please get in touch. Contact the lead researcher:**

Professor Wendy Wills, University of Hertfordshire

Tel: 01707 286380

Email: [w.j.wills@herts.ac.uk](mailto:w.j.wills@herts.ac.uk)

**\*\*IF YOU DO NOT WISH FOR YOUR CHILD TO TAKE PART IN THIS RESEARCH PLEASE LET PROFESSOR WENDY WILLS OR THE SCHOOL KNOW AND WE WILL ENSURE THEY HAVE ALTERNATIVE ACTIVITIES TO DO DURING OUR VISITS\*\***

If you have any complaints or concerns about this study, please contact the University's Secretary/Registrar, Sue Grant:

email: [S.C.Grant@herts.ac.uk](mailto:S.C.Grant@herts.ac.uk)

Tel no: 01707 284080

**This study has been approved by the University of Hertfordshire Health, Science, Engineering and Technology Ethics Committee with Delegated Authority [aHSK/SF/UH/02936(5)].**