

Parent/Guardian Information Sheet

Building Resilient Learners: A Life Skills Course

Dear Parent/Carer

Helston Community College, along with approximately 30 other schools, has signed up to participate in an exciting research project 'Building Resilient Learners' with Sidmouth Community College and the University of Exeter. The aim of the project is to deliver a life-skills course to all young people in Year 7, providing wellbeing and resilience to all.

You may be aware, from September 2020, all English secondary schools are required to deliver Relationships, Sex and Health Education (RSHE) in the curriculum. My Big Life life-skills course, designed by Five Areas, is based upon evidence-based cognitive behavioural therapy (CBT) principles and is designed to promote resilience and improve wellbeing in secondary school students. My Big Life course meets the requirements of the mental health and wellbeing strand of this new curriculum, achieving the Personal, Social Health and Economic (PSHE) Association quality mark.

As part of the evaluation of the impact of the project, different schools will deliver the life-skills course during different times of the summer term in 2021. Every child in Year 7 will be asked to complete a short questionnaire (one on wellbeing and one on resilience) three times throughout the year. The findings from this project will be published in a report at the end of 2021 and will be shared with all participating schools.

What does this mean?

Your child will be asked to fill out two questionnaires that relate to wellbeing (how they feel) and resilience (how they cope) during the year. Questionnaires will be completed online.

Helston Community College will share some anonymous information about your child (age, gender, any extra support in the classroom) from its central records with Hollie Gay, a researcher at the University of Exeter. It will not be possible to identify your child from the information provided.

What will happen to the data?

Your child will use a unique ID number on questionnaires, not their name. The researchers will only have access to the list of random ID numbers and won't know who filled out the questionnaire.

We will ask the school to send us your child's attendance percentage and if they receive any extra support in the classroom.

Building Resilient Learners takes your child's data security seriously and will be working closely with Helston Community College to ensure that data is handled appropriately and securely. The school will keep the list of names and unique ID numbers on a secure password-protected computer. Data will be shared and processed in accordance with the General Data Protection Regulation 2016 (GDPR). Data will be handled in accordance with the provisions of data protection legislation.

Online questionnaire data will only be accessed by the University. Schools will not have access to this data. The questionnaire data will be stored on a secure password-protected computer at the University, seen only by the research team.

What happens next?

A final report is expected to be published at the end of 2021. No individual student or school will be identifiable in this report - all details will be fully anonymised. After the report has been sent to participants, any personal data (stored at the school) will be destroyed. All anonymised data will be kept for 10 years post-study completion as frequently advised by regulatory bodies.

If you have any problems, or feel something is going wrong, please bring it to our attention straight away. We will do our very best to solve the problem. You can contact Dr Catherine Gallop who is responsible for the research at the University of Exeter, on 01392 722497 or c.a.gallop@exeter.ac.uk if you wish to discuss anything at all. You can also contact Lisa Whitworth who is the Building Resilient Learners Project Senior Lead, on 01395 514823, or brl@sidmouthcollege.devon.sch.uk.

As a school-based project, any concerns raised by a child or others will follow individual schools' safeguarding procedures.

Who is funding this research?

The research is being funded by NESTA: Future Ready Fund and run by Lisa Whitworth, Sidmouth College with the support of the University of Exeter, School of Psychology Ethics Committee. This research has been given ethical approval from the University of Exeter. If you have any concerns about the ethical conduct of the research please contact Dr Nick Moberly, Chair of Psychology Research Ethics Committee on 01392 724656 or N.J.Moberly@exeter.ac.uk.

If you have any questions about anything you have read, or just wish to talk about this study a bit more, please contact Hollie Gay, Research Lead on 01392 725780 or h.c.gay@exeter.ac.uk or Lisa Whitworth, Project Senior Lead, on 01395 514823, or brl@sidmouthcollege.devon.sch.uk.

Does my child have to take part in the questionnaires?

No – it is completely up to you and your child. If your child agrees to complete the questionnaires, they can always change their mind later on. The choice is theirs, and they can stop completing the questionnaires without giving a reason.

If you would like to opt-out of data sharing (questionnaires and anonymous information), please email PSHE@helston.cornwall.sch.uk by Friday 12th March 2021. You can also write to withdraw your child's data from the research project at any time by emailing h.c.gay@exeter.ac.uk. Please note that your child will still receive the new curriculum, as this will be delivered in their usual lessons.

Withdrawal relates solely to the collection of questionnaire data, and the sharing of anonymous data with Building Resilient Learners.

If you are happy to participate, no action is needed. If we do not hear from you by 12th March 2021 we will assume consent.

Yours sincerely

Ms P Laban
PSHE Coordinator