

SHINE Study: Information for Schools

Researchers from UCL, Durham and Newcastle Universities are asking for expressions of interest from primary schools to support a study to improve our understanding of the health and wellbeing of Reception and Year 6 pupils. This leaflet provides information to help you choose whether your school wants to participate.

Why are we doing this study?

- Data shows there are differences in the health and wellbeing of Reception and Year 6 children. This study is helping to explore why this may be.
- The study will help us understand whether there is any impact on children from having their height and weight measured as part of the National Child Measurement Programme – It is part of a bigger study called IMPACT-NCMP that is assessing the National Child Measurement Programme.

What does the study involve and when will it take place?

- The study involves two components: (1) Year 6 Survey, and (2) Parent/Carer Survey. Your school does not have to take part in both surveys to participate.

Year 6 Survey

- Year 6 pupils will be asked to complete two online surveys in school, each lasting 20 to 30 minutes.
- Pupils will do this on two separate occasions (two to eight weeks apart) between September 2025 and July 2026.
- Exact dates for the surveys will be decided between the research team, the school and your local authority.

Parent/Carer Survey

- Parents/carers of Reception and Year 6 pupils will be asked to complete an online survey in their own time, lasting 20 to 30 minutes.
- Parents/carers will have access to the survey within a two- to four-week time window, which will be determined by the research team and will fall between September 2025 and July 2026.

Which schools can take part?

- Any primary school with a Reception or Year 6 class in these local authority areas: Devon, Doncaster, Hackney, Kent, Middlesbrough, Newham, Redcar & Cleveland, Sandwell
- We need to ensure we have a mixture of different types of schools so not all schools that express an interest will be able to participate.

What are the benefits of taking part?

- We will provide your school with feedback on the overall health and wellbeing of your pupils and how this compares to other schools taking part in the study.
- We will provide your school with a lesson plan on promoting body positivity for children.
- We will provide your school with a badge that recognizes everyone's valuable contribution to this research, which you can add to your website.



- Your participation will influence national policy and help make decisions about the National Child Measurement Programme and how best to monitor children's health.

What would your school need to do?

Year 6 Survey

Set Up Period

- School attends a brief meeting with a researcher to discuss study procedures.
- School schedules a time for pupils to complete the surveys, within a time frame given by the research team – the whole Year 6 does not have to complete the survey at the same time, it can be done in multiple groups/sessions.
- School distributes standard information provided by the study team about the study to Year 6 pupils and their parents/carers at least two weeks before the survey.
- Parents/carers have the option to opt their children out of the study.
- School sends a reminder to parents/carers about opting out.

Survey Week 1

- School provides pupils with devices and a link to the first survey to complete in a quiet space in school.

Survey Week 2 (two to eight weeks later)+

- Pupils complete second online survey.
- School distributes information to Year 6 pupils and parents/carers about the study and resources that support children's health and wellbeing.

Parent/Carer Survey

Set Up Period

- School attends a brief meeting with a researcher to discuss study procedures.
- School schedules a time to distribute the study information and survey link to parents/carers.

Survey Week 1

- School distributes the survey link to parents/carers, along with standard information provided by the study team about the study.

Survey Week 2+

- School sends a reminder to parents/carers about the study.

What to do if you want to find out more or take part?

- **Scan the QR or click this [link](#) to fill in a short online form to register your interest.**
- Expressing interest does not commit your school to take part.



- If you cannot use the form above, you can also contact one of our researchers: Sylvie Majorova, sylvie.majorova.23@ucl.ac.uk.

What happens next?

- Once you fill in the form or email us, a researcher will be in touch within 10 days to discuss next steps.

Should you contact parents about the study at this stage?

- You should not contact parents/carers about the study at this stage.
- Specific material to share with parents/carers and pupils about the study is being developed and is under review by an ethics committee. This is to ensure that parents/carers get fair, accurate and understandable information. It is also important for the study that all parents/carers and pupils get the same information.
- If your school agrees to participate and your school is chosen, there will be specific material that we would like you to share with parents/carers.

Who is carrying out this study?

- University College London (lead), Durham and Newcastle Universities
- In partnership with 8 local authorities across England: Devon, Doncaster, Hackney, Kent, Middlesbrough, Newham, Redcar & Cleveland, Sandwell

Who is funding this study?

- The National Institute for Health and Care Research (NIHR) and it has been commissioned by the Department of Health and Social Care

