SHINE: Pupil mental health and wellbeing survey

Parents' Information Sheet

What is it about?

Your child's school is taking part in a project on mental health and wellbeing. As part of this, pupils are being invited to take part in an online survey. This is to help inform school activities on health and wellbeing.

Your child's school is a member of the Schools Health and Wellbeing Improvement Research Network (SHINE), led by Researchers at the University of Glasgow. SHINE aims to support schools in promoting and supporting the health and wellbeing of the whole school community. It is funded by the Medical Research Council (https://gla.ac.uk/shine).

Why?

A key aim of SHINE is to assist schools in understanding and improving pupil health. To do this, it is useful for schools to have up-to-date information, directly from pupils. This project aims to help schools better understand pupil mental health and wellbeing through an online questionnaire.

Why has your child been asked to take part?

The head teacher at your child's school has chosen for pupils to take part in this survey.

Does my child have to do this?

No, not at all. It is up to you and your child and if either of one of you choose not to take part that's fine. You do not need to give a reason why. If you do not want to take part, we ask that you sign and return the attached opt-out form. If you and your child decide that he/she wants to take part, you do not need to do anything. On the day of survey completion, your child will have the opportunity again to decide if they want to take part. By answering questions in the survey, your child chooses to take part in the research.

What will happen to my child if they take part?

During school time, pupils will be asked to complete a short online questionnaire. This will ask questions about their mental health and wellbeing such as how they feel day-to-day, life satisfaction and feelings about school and other areas of their life. The questionnaire should take around 30-40 minutes to complete and children will be asked to complete it on their own. It is not a test and there are no right or wrong answers.

Who will know what my child has said?

Once completed, all responses to the questionnaire will be sent to the research team at the University of Glasgow for processing. We will not know the names of any children who take part in the survey so your child's answers will never be linked to their name.

All electronic data in will be stored on secure password-protected computers. No one outside of the research team or appropriate governance staff will be able to find out the school's name, or any other information, which identifies the school and/or any individuals in the school.

The data will be stored in archiving facilities in line with the University of Glasgow retention policy of up to 10 years. After this period, further retention may be agreed or the data will be securely destroyed in accordance with the relevant standard procedures. Researchers from the University of Glasgow collect, store and process all personal information in accordance with the General Data Protection Regulation (2018).

The pseudonymised dataset may be shared with other Researchers for teaching and research purposes. To read the SHINE privacy notice, please visit: https://shine.sphsu.gla.ac.uk/about/governance/

What happens after?

Each school will receive their own confidential report on pupil health and wellbeing. This will combine the results from the pupils who completed the survey in the school. We will encourage the school to share the results with both pupils and parents to discuss and develop school policies and planning.

The results may also be used by researchers in the SHINE team, in combination with data from other schools and or other data, for research purposes, to better understand the health and wellbeing of school-aged children across Scotland. Data will be analysed and written up in a report to a funder and published papers in academic journals. We will also present findings at academic conferences and other events. Participating schools and pupils will not be identified in any public documents.

Where can I find out more?

We will be happy to answer any questions this research. Please email: Dawn Haughton, SHINE Network Manager, Dawn.Haughton@glasgow.ac.uk

If your child takes part in this study, and you, or them, are unhappy afterwards, then please contact the College of Medicine College of Medical, Veterinary & Life Sciences Ethics Officer at Jesse.Dawson@glasgow.ac.uk.

Thank you for reading this information sheet

The College of Medical, Veterinary & Life Sciences Ethics Committee of the University of Glasgow has checked this research study and have given it their approval.

SHINE

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Please only complete this form if you do not want your child to take part in the research.

Please ensure it reaches ***NAME OF teacher*** by ***Insert date***. **Insert email**

If we do not receive this form from you, we will assume that you are happy for your child to take part.

Name of Child:.....

Class:.....

Name of Parent/ Guardian:.....

I DO NOT give permission for my child to participate in SHINE pupil mental health and wellbeing survey.

Signed: .....

Date: .....