

**Standing Preschools Project**

Acute effects of a “reduced-sitting pre-school day” on energy expenditure, musculoskeletal health, and cognitive development in   
pre-schoolers: a whole room calorimeter study.

Consent form for parents/guardians on behalf of their child

I have been given information about the study entitled: “*Acute effects of a “reduced-sitting pre-school day on energy expenditure, musculoskeletal health, and cognitive development in pre-schoolers: a whole room calorimeter study*”.

And have had the opportunity to discuss the study with Professor Tony Okely.

I understand that if I consent for my child to participate they will be asked to:

* Participate in three visits to the University of Wollongong. Using the whole room calorimeter, they will be assessed on the acute effects of a ‘reduced-sitting preschool day’ on their energy expenditure.
* Participate in Musculoskeletal, height and weight, and executive function assessments, which will be conducted prior to entering and immediately upon leaving the calorimeter room on visits two and three.
* Wear 2 monitors for the 48 hour period after visits two and three in the calorimeter room. During this time the Parent/Guardian is asked to complete two twenty-four hour food diaries, and a monitor log.
* During their time in the calorimeter room wear physical activity assessment monitors and an EEG measurement headband

I have been advised of the potential risks and burdens associated with this study. I understand that my participation and my child’s participation is voluntary and that I and/or my child are free to withdraw from the study at any time. Withdrawal from the study will not affect my relationship or that of my child’s, with our childcare service or with the University of Wollongong now or in the future. Furthermore, I understand that the information provided may be used in journal articles, conferences presentations or future grant applications.

If I have any enquires about the study, I can contact Tony Okely on 4221 4641 or if I have any concerns or complaints regarding the way the study is or has been conducted, I can contact the Complaints Officer, Human Research Ethics Committee, University of Wollongong on +61 2 42214457. Or by email on (rso-ethics@uow.edu.au).

By signing below I am indicating my consent for my child to participate in this study as it has been described to me in the information sheet and in discussion with Tony Okely.

To organise return of the monitors please contact Yvonne Ellis on email [yge019@uowmail.edu.au](mailto:yge019@uowmail.edu.au) or phone on 4221 5486

Or Tamara Raso on email: [traso@uow.edu.au](mailto:traso@uow.edu.au) or phone 4221 5517.

Your co-operation in this study will be greatly appreciated.



**CONSENT**

I (your name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

agree for my child (**child’s full name**) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

to take part in the study entitled *Standing Preschools Project:*

“*Acute effects of a “reduced-sitting pre-school day on energy expenditure, musculoskeletal health, and cognitive development in pre-schoolers: a whole room calorimeter study*”.

Please tick to indicate Parent/Guardian consent for child participant to attend 3 sessions in the Calorimeter Room, at the University of Wollongong.

Parent Surname: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Given name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Child’s Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(dd/mm/yyyy)

Sex of the Child: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(male/female)

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Postcode: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mobile Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please list any food or contact allergy advice for your child:

Is your child Colour Blind? **Y / N** Please circle.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of Childcare Centre:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(If recruited from Childcare Centre)

OR

Method of Recruitment: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Eg University of Wollongong Staff email).