

## How long the data will be stored for?

All information will be stored at Deakin University for at least five years, after which it will be destroyed. Data will be stored on computers (password protected) and will be accessible to authorised researchers only. Hardcopies of all records will be kept in a locked cabinet in Dr Barnett's office at Deakin University (Burwood campus).

## What about the results?

The information collected will remain strictly confidential. Your demographic information and your children's results will not be disclosed to the school, teachers, other children or anybody else. Schools and parents will receive a summary report on the overall findings.

## Are there any risks for me or my child if we agree to take part in the study?

We don't see any known risks being associated with this project. We expect children to find the activities fun. However:

- All staff who visit schools will have a Working With Children Check, and carry identification.
- If a child changes their mind about participating in any aspect that is fine.
- If there are any concerns during the assessment we will follow school protocol.

**Do you want to take part?**

**That's great!**

**Please sign and return the consent form for you and your child, along with the completed demographic survey to the box marked 'Deakin University' at the school office.**

For further information please contact:

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If you would like any independent advice, have any complaints about any aspect of the project, the way it is being conducted, or you have any questions about the rights of research participants, then you may contact: The Manager, Office of Research Integrity, Deakin University, 221 Burwood Highway, Burwood Victoria 3125, Telephone: 9251 7129, Facsimile: 9244 6581; [research-ethics@deakin.edu.au](mailto:research-ethics@deakin.edu.au). Please quote project number 2016-382.



School of Health and Social Development

# Active breaks in the classroom to improve thinking skills



### **What is the aim of this project?**

This research project aims to see whether active breaks in the classroom could help children to improve their thinking and classroom behaviour.

### **Who will be recruited?**

For this study, we are aiming to recruit children with disabilities who can walk and do not have a visual or auditory impairment.

### **Why is the study being conducted?**

Children sit too much, and this is risky for health. Breaking up sitting in the classroom (e.g. with short active breaks) benefits children's health, but might also improve children's thinking and concentration.

### **Who is funding and conducting this project?**

The project is funded by Deakin University and by the Department of Education and Training of Victoria and is being conducted by Dr Lisa Barnett, Mr Emiliano Mazzoli and other academics from Deakin University and from Italy.

### **When will it take place?**

The research project will be conducted in 2018.

### **Has the program been approved?**

Yes, by the Deakin University Human Research Ethics Committee and by the Department of Education and Training of Victoria.

### **Is there any compensation for this study?**

There will not be any compensation for participation in this research.

### **What will I be asked to do?**

We would like you to complete a survey with basic demographic information (e.g. language spoken) about you and your children.

### **What will my child will be asked to do?**

In Term 1 (2018), the whole class will do short (4 minutes) active breaks twice a day, for six weeks. The activity consists of simple imitation games performed by teachers and children together (e.g., clapping and marching on the spot). We do not need consent for this part.

In this study we would like to see the effects of this activity on thinking, sitting time, behaviour during class time, and enjoyment.

Therefore, we ask your consent for your child to participate in the following assessments:

1. Thinking (cognitive functioning) will be measured using two computer-based tests, similar to simple video games, which take 3 and 7 min to complete respectively.

2. Sitting time will be measured using activity monitors, small and battery-operated devices, worn on the thigh with special elastic bands, for two school days (9am – 3.30pm).
3. Children's classroom behaviour will be observed for one hour in each classroom by a researcher that will be in a corner of the classroom.
4. Children's enjoyment will be measured using a survey that takes 10 minutes. Children will be asked to agree or disagree with statements like: 'I enjoy it' or 'it is not fun at all'.
5. Children will also be asked about whether they think the activity is hard or not.

### **Do we have to participate?**

No. Participation in the project is voluntary.