

Introduction Letter



SNAP: School Nutrition and Activity Project

Included in this package:

- ✓ Introduction Letter
- ✓ Formal Information Letter
- ✓ Parent Permission Form & Home Survey (Pink Booklet)

Dear Parents/Guardians,

Inside this envelope is some information about an important study being done at your school. Over the next six years, we will be seeing if all the changes in the foods that are provided at school are making a difference.

P.E.I. has been chosen as a good place in Canada to do this by the Canadian Institute of Health Research. What we find out will help schools across the country, including in PEI, to help parents keep our children healthy.

We need your help to do this. We will be asking grade 5 and 6 students to fill out a short survey about what they eat and how active they are. We will also be seeing what their heights and weights are, so we can compare them to the grade 5 and 6 students in the next few years.

We will be very careful about how we weigh students. We will be weighing students in a private room with a special scale which only shows the researcher across the room what the weight is. No one – not even the student – will know the weight, except the researcher. We are not using each student's height and weight – just the averages, so we can compare them in future years. Heights and weights measured by researchers have been proven to be much more accurate than heights and weights that are self-reported by participants.

We won't do any of this with your child unless you and your child agree to have it done.

If you both agree, we ask you to do the following:

- sign the Permission Form** (1st page (stapled) to **pink booklet**; please do not sign directly on the booklet)
- fill out** the short survey for parents called '**Home Survey**' (pages 2-4 of **pink booklet**)
- return booklet** to the school with your child by _____.

Thanks for your help. If you have questions or comments, please feel free to call me at UPEI at 902-566-0475

Sincerely,
Jennifer Taylor

Dr. Jennifer Taylor, PhD