

Dear Year 6 Parent/ Guardian

2021 ACT Physical Activity and Nutrition Survey

During terms 2 and 3 this year, ACT Health will be implementing the ACT Physical Activity and Nutrition Survey (ACTPANS) in schools throughout the ACT. The survey asks Year 6 students about their general health and wellbeing. _____ has agreed that ACT Health may conduct the survey with the school's Year 6 students and I am writing to encourage you to allow your child to participate.

What is ACTPANS?

The ACTPANS is a health survey which has been conducted in ACT primary schools every three years since 2006. The survey is administered by professional survey staff, on behalf of ACT Health, within the classroom setting. Around 1,500 Year 6 students will participate in the 2021 ACTPANS. The study has been approved by the ACT Health Human Research Ethics Committee (HREC) and the ACT Education Directorate, and has the in-principle support of the Catholic Education Office (Canberra and Goulburn Archdiocese) and the Association of Independent Schools of the ACT.

What is involved in the survey?

Information about physical activity, nutrition, attitudes, and general wellbeing are collected in a questionnaire which Year 6 students complete in around half an hour using a handheld electronic device (i.e. a tablet). Height and weight are also measured in a private and confidential setting. All students participating in ACTPANS will remain anonymous and no school will be identified in the reporting of any results.

Why are we doing the survey?

The ongoing collection of information on children's health status and behaviours is used to inform and refine public health programs and policies in the ACT. The survey results also help us to plan and develop services that best meet the needs of the ACT's children.

Who do I contact if I have any questions about the survey?

If you would like more information about the ACTPANS, please contact Dinethri Ramasundara or Kathleen Graham in the survey team by email to dinethri.ramasundara@act.gov.au or kathleen.graham@act.gov.au. If you have any concerns about how the survey is being conducted, you may contact the HREC secretariat on (02) 5124 5659 or ethics@act.gov.au.

What do I do now?

If you do not agree to your child being included in the survey, please complete the form attached to this letter and return it to your child's Year 6 teacher. **If you do not return the form, we will assume that you are happy for your child to be included in the survey.** If your child does not wish to participate, he/she may withdraw at any time.

Thank you for considering this request. Your assistance is greatly appreciated.

Yours sincerely,

A handwritten signature in black ink that reads "Alan Philp". The signature is written in a cursive style with a large initial 'A'.

Alan Philp
Executive Branch Manager
Preventive and Population Health Division

14 May 2021



ACT
Government
Health

2021 ACT Physical Activity and Nutrition Survey (ACTPANS)

**Please complete this form and return it to your child's teacher if you
DO NOT want your child to participate in the survey.**

I DO NOT AGREE to let my child participate in the survey.

Student's name: (please print) _____

Your name: (please print) _____

Signed: _____

Date: _____