

Hello!

Your student is invited to participate in a research study about health education in public schools in the Mount Pleasant area. The purpose of this study is to learn more about what elementary students already know about health topics such as mental health, physical health, personal hygiene, nutrition, and exercise. This study is being conducted by researchers from Central Michigan University as part of a student research project. The information gathered may help educators and researchers understand how health education is currently working in local schools and identify areas for improvement.

Participation is completely voluntary. You may choose not to allow your student to participate, or you may withdraw your consent at any time without penalty. If you agree for your student to participate, your student will be asked to complete a short questionnaire at school. The questionnaire will ask age-appropriate health-related questions about general health knowledge.

- The questionnaire will take approximately 10–15 minutes to complete (Attached at the end of this letter).
- No lessons or instruction will be provided. We are only assessing what students already know.
- Students will not be asked to share personal health information, medical history, or experiences.

Your student's responses will remain confidential if they do participate in this study.

- No names or identifying information will be included in any reports or publications.
- All responses will be stored securely and only viewed by the research team.
- Data will be stored securely for three years after the research is complete and then destroyed.

Certificate of Confidentiality

This study is protected by a Certificate of Confidentiality from the National Institutes of Health (NIH). This means that the researchers cannot be forced (for example, by subpoena or court order) to release information that could identify your student. However, this does not prevent you or your student from voluntarily sharing information about participation if you wish.

Questions or Concerns

If you have any questions about the study, you may contact the researchers at: higel1sa@cmich.edu (Shelby Higel) and lafav2ar@cmich.edu (Alexia LaFave).

Parent/Guardian Consent

Please check one:

- I give permission for my child to participate in this study.
- I do not give permission for my child to participate in this study.

Child's Name (print): _____

Parent/Guardian Name (print): _____

Parent/Guardian Signature: _____ Date: _____

Health-Based Questionnaire

- How old are you?
 - 7 years old
 - 8 years old
 - 9 years old
 - 10 years old
 - 11 years old
 - 12 years old
 - 13 years old
- What grade are you in?
 - 3rd grade
 - 4th grade
 - 5th grade
- What does being “healthy” mean?
 - Feeling good in your mind and body
 - Exercising everyday
 - Not being sick
 - Eating candy and chips every day
 - Other:
- What describes a person who is “healthy”
 - Someone who visits the doctor and eats fruits and vegetables
 - Someone who goes plays video games for hours and eats chips and soda pop
 - Someone who eats fast food for most meals and goes to the gym
 - Someone who cleans up after themselves and listens to their teachers
- Do you ever learn about health at school?
 - Yes, my teacher taught us
 - Yes, the school nurse taught us
 - Yes, the gym teacher taught us
 - Yes, other
 - No, no one talks about health
- Which of the following things have you learned about in school?
 - Fruits and vegetables
 - Exercise
 - Taking care of your teeth
 - Hygiene (showering and washing your hands)
 - Germs
 - How to express your emotions
 - What to do when you are having negative feelings
 - Cleaning your space and environment
 - When to go to the doctors
 - When to ask for help
- Is there anything you want to learn more about at school relating to health?
 - Food
 - Mental health
 - Exercise
 - Environment
 - Other:
- Do you make your own food?
 - Yes
 - No
 - Sometimes

- Do you play outside or inside, other than video games?
 - Yes
 - No
 - Sometimes
- How often do you take a shower or a bath?
 - Everyday
 - Every other day
 - Weekly
 - Every other week
 - Other
- Do you eat fruits and vegetables?
 - Yes, every day
 - Yes, most days
 - Yes, often
 - Yes, sometimes
 - Yes, rarely
 - No
- Do you brush your teeth?
 - Yes, twice a day
 - Yes, more than twice a day
 - Yes, once a day
 - Yes, every other day
 - Yes, less often
 - No
- What is a one healthy habit that you have?
- How much sleep you should get a night?
 - 2 hours
 - 8 hours
 - 12 hours
 - 4 hours
 - 6 hours
 - Other
- Have you ever learned how to handle your feelings at school?
 - Yes, I know what to do when I feel mad, sad, happy, nervous, etc.
 - Yes, I know some things to do when I am having big feelings
 - No, I have not learned this in school
 - Yes, but did not learn it in school
 - No
- What kind of foods do you need to eat to stay healthy?
 - Chips
 - Candy
 - Fruits
 - Meats
 - Vegetables
 - Bread
 - Ice-cream
 - Other:
- Do you ever exercise at school?
 - Yes, at recess
 - Yes, at the gym
 - Yes, in the classroom
 - No, not at school

- What types of exercises have you been taught in school?
 - Stretches
 - Games such as tag or capturing the flag
 - Yoga
 - Sports like soccer, basketball, football, or floor hockey
 - Push-ups or pull-ups
 - Weightlifting
 - Swimming
 - Throwing a ball
 - Running, hopping, skipping, walking
 - Other: