

Invitation to participate in research project on the Kids, Adults Together Programme

Dear

I am writing to invite [name of school] to participate in a major new research project which is evaluating the Kids, Adult Together Programme (KAT).

KAT is a universal alcohol misuse prevention programme for pupils in Years 5/6 and their families. It aims to increase **pupils' awareness of the key health and social issues around alcohol, and to promote positive communication between pupils and their parents**. KAT has been designed to help schools deliver key elements of the **PSE curriculum**, and other subject areas, such as Maths, Science and English. It can support schools to address their goals in relation to:

- Welsh Government guidance on substance misuse education;
- The Welsh Network of Healthy School Schemes National Quality Award;
- Programmes such as Investors in Families that value and support the role of parents; and
- achieving outcomes and objectives of Newport's Community Safety, Health, Social Care and Well-being, and Children and Young People's Partnership Strategy.

KAT comprises **two main components**:

- a series of interactive **classroom activities** (delivered by class teachers) guided by a teachers' pack and resources. A twilight inset session for teaching staff involved in KAT is offered before the programme starts; and
- the classroom work culminates in a **family fun evening** to which parents (and other family members) are invited. This includes opportunities for pupils to share their work and learning with parents, and activities for families to work on together (such as quizzes, treasure hunts, etc).

KAT has now been piloted in three schools, has been well evaluated, and has succeeded in engaging large numbers of parents who have attended family fun evenings. Cardiff University has recently been awarded funding to undertake a larger evaluation of KAT which will determine whether or not to further develop and evaluate KAT. We are working with a number of agencies on the project, including Gwent Police, and Matthew Green from Newport Healthy Schools Scheme.

This study will take place in the city of Newport. All English medium primary schools have been invited to express an interest in participation, and from

those which respond we will select eight schools. Four of these schools will deliver the KAT programme in January 2012 (intervention group), and the other four schools will form a comparison (or control) group and not receive the programme during the 2011-2012, though if funds are available they will be able to receive it during 2012-2013.

Schools which participate in the research will be asked to:

- assist the research team in **promoting the study to pupils and parents**, in order to obtain consent for their participation in the research;
- allow the research team to distribute **questionnaire surveys to pupils** to complete in class time on two occasions and invite some pupils to take part in a discussion group on their involvement in KAT;
- **be willing to be allocated to either the intervention or control group;**
- **if allocated to the intervention group to deliver the KAT programme in January 2012.** KAT classroom activities amount to about 5 days teaching, but can be spread over a number of weeks; and
- **Organise and facilitate the family fun evening** (with support from the research team) if allocated to the intervention group.

If you would be interested in participating in the study, please could you contact me (by phone, email or letter) as soon as possible? I can arrange to visit your school and provide you with more information about the research study and the KAT programme.

I look forward to hearing from you.

Yours Sincerely

Dr Jeremy Segrott