



March 2021

Dear Parent/Carer

Our school is working with the JU:MP programme, led by Active Bradford, which is helping us to support children and families to be more active.

Due to coronavirus restrictions, children and their families can't take part in their usual physical activities at school or in the community, and are staying at home more. The people working in the JU:MP team have been trying to encourage children and their families to stay active whilst at home, to help them to be happy, healthy and have lots of fun.

How you can help make the JU:MP programme better

Researchers from Born in Bradford would like children and their families to tell them how lockdown has affected them and how they feel about physical activity, and the different things that make it harder or easier for children to do physical activity at home. To help families, the JU:MP team created the JU:MP at Home activity calendar and website and they would like you to test this out and tell them what you think about it, and how it could be better.

The researchers would like you and children aged 8 to 14 years to tell them about these things by completing a questionnaire where you also have the opportunity to be entered into a prize draw to win a shopping voucher. They would also like you to talk to you in a telephone interview or focus group, where you will receive a £10 shopping voucher after you have taken part. Children aged 8 years or older can take part in a focus group with other children and their teacher.

You do not have to take part if you do not want to.

If you would like to know more, or have any questions about taking part you can contact the lead researcher Dr Amanda Seims by email at amanda.seims@bthft.nhs.uk or telephone her on 07813 814474

Taking part in the questionnaire

Parents/Carers – please visit <https://www.smartsurvey.co.uk/s/JaHQPG/>

Children aged 8 to 14 years – please visit <https://www.smartsurvey.co.uk/s/JaHCYP/>

Taking part in an interview or focus group

You can register your interest to take part in an interview or a focus group by visiting here <https://www.smartsurvey.co.uk/s/KJOWTC/>

If you want to find out more about JU:MP@Home, visit the website **JumpAtHome.org**

If you want to find out more about JU:MP, visit the website **JoinUsMovePlay.org**

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