

Dr Jill Scevak  
School of Education,  
Faculty of Education and Arts  
The University of Newcastle  
Callaghan, NSW 2308, Australia  
Phone: (61)-2-49216-734  
Email: [Jill.Scevak@newcastle.edu.au](mailto:Jill.Scevak@newcastle.edu.au)



## Parent/Carer and Child Information Statement for the Research Project

### ***Sleep & School Life: Understanding the educational impacts of inadequate sleep in upper primary school-age students.***

Doctor Jill Scevak, Professor Allyson Holbrook, Mrs Kim Robinson and Mrs Susan Grimes

Dear Parent/carers and child/ren,

Your school has agreed to participate in the Sleep & School Life study which seeks to understand the educational impacts of inadequate sleep in school-age children. This research is being conducted by PhD candidate Mrs Kim Robinson under the supervision of Doctor Jill Scevak and Professor Allyson Holbrook of the University of Newcastle's School of Education. Mrs Susan Grimes will also be assisting Mrs Kim Robinson in the school-based collection of data during this study. The research is supported with a part scholarship funded by an ARC Linkage Grant: LP110100150.

We are inviting both you and your child in Stage 3 to participate in this study which will take place in Term 3 of 2015.

#### ***Why is the research being done?***

Inadequate sleep in children can be both a symptom and a cause of academic, social, emotional and behavioural problems in the school setting. Between 20-43% of school-age students are affected by sleep disturbances, most of which goes unrecognised. Surprisingly, little is understood about the educational impacts of inadequate sleep in school children.

This study is seeking to understand the manifestations and frequency of inadequate sleep in Stage 3 students from the perspectives of the student, their parents and teacher. The study will also explore impact of inadequate sleep on schooling from the three perspectives of students, parents and teachers.

#### ***Who can participate in the research?***

As sleep problems are often under-recognised in this age group, it is important that parents and their children with and without sleep problems are included in this survey. We are inviting parents, their Stage 3 students and their teachers from participating schools to take part in the *Sleep & School Life Study*.

#### ***What will you and your child/ren do?***

Teachers, parents and students will each complete a survey which will have similar and corresponding questions about student sleep and daytime functioning worded from the perspective of the participant. The researcher will then use a code to match the teacher, child and parent survey responses and then use the de-identified data to look at how children's sleep habits relate to their daytime functioning at school.

In Phase 1, if you and your child consent to take part in the survey you will be asked to

- Complete the online Parent Survey which will ask for demographic information about you and your child. There will also be questions about your child's general health, their sleep habits and daytime functioning.
- Allow your Child's Survey material to be used in the research; ask for demographic information about you and about your child including their general health. It will then ask about your child's sleep habits, daytime functioning including how they feel about school.
- Allow the teacher to complete a Student's Sleep-related Daytime Functioning Questionnaire -TR for your child; Again, this survey asks about the teachers perceptions about your child's daytime functioning using questions similar and corresponding questions to those already asked in both the child and parent survey (including questions related to school attendance) and include several school-specific questions (e.g. to provide a grade estimate, disrupts school activities because of sleepiness). If your child has none of these problems it will be recorded as "N/A" and a grade estimate. No further information will be collected about your child in this survey.

N.B. Teacher Survey will also include a brief anonymous Class Survey about whether or not any of their students have a problem with daytime sleepiness, conduct or behaviour and particular student characteristics.

*There will be no sharing of individual information or data between participants. This means that if the parent, teacher or researcher identifies data that indicates that a child has an issue; this information will not be available to anyone but the researcher.*

### **Completing your Survey**

The Parent Survey is available by going to the web link <https://www.newcastle.edu.au/sleep-and-school-life> and follow the prompts. If you do not have access to the internet, a paper copy can be sent to you with a pre-paid self-addressed envelope for you to return on completion of the questionnaire, simply contact the researcher using the contact details provided. Alternatively, you may collect a paper copy from the office at your school.

Your child and their teacher will complete paper and pen questionnaires in school time.

**In Phase 2:** The second part of the study will involve a small sample of child, parent and teacher participants whose responses from both the Parent and Child Surveys and the Teacher's Sleepiness and Daytime Functioning Questionnaire. If you would like to be contacted for individual interviews for you and your child about their sleep and school life, please provide your contact details on the form provided. In providing your contact details you are in no way obligated to participate in Phase 2.

### **What choice do you have?**

Your participation in this research is entirely voluntary. While the student survey will be completed as an 'in class' activity for all students, your voluntary consent is required to allow your child's survey material to be used in the study. Those students who do not have parental consent will have their survey material removed and confidentially destroyed prior to data entry.

If you and/or your child choose to participate in the survey you are not obligated to agree to an interview.

Whether or not you decide to participate, your decision will not disadvantage you or your child. If you do decide to participate, you and /or your child may withdraw from the project at any time until data is de-identified (there will be no re-identification) without giving a reason. Simply contact the researcher using the details provided in the Information Statement.

### **How much time will it take?**

The Parent Survey should take about 15 minutes to complete. The Child Survey should take about 15-20 minutes to complete

### **What are the risks and benefits of participating?**

Whilst there are no direct benefits for students, parents and teaching staff participating in this research, this study will give students who are affected by sleep-related problems, their parents and teachers an opportunity to articulate their own experience of this phenomenon. It will also give students, parents and teachers the opportunity to reflect on and discuss sleep-related issues which may have not been previously recognised as a problem. The findings of this study will be used to prepare workshops, for parents and teachers in participating schools, to raise awareness about the frequency, manifestations and impacts of inadequate sleep in school-age children and their schooling.

You or your child may find questions in the surveys to be of a sensitive nature. If you have any concerns for yourself or your child, please contact Lifeline on 13 11 14, Parent Line 1300 1300 52 or Kids Helpline on 1800 55 1800, all of which are free and confidential counselling services.

### **How will the information collected be used?**

The results of the research will be reported in a thesis to be submitted by Mrs Kim Robinson as a partial requirement of the PhD in Education at the University of Newcastle and will be presented in publications in international journals and at conferences. Non-identifiable data may be also be shared with other parties to encourage scientific scrutiny, and to contribute to further research and public knowledge, or as required by law.

### **How will your privacy be protected?**

Any data collected by survey will be de-identified and confidential. The parent/carer survey will be hosted on a fully secure website where only the research team will have access to the data. You and child will remain anonymous in any reporting. All information will be stored in a secure site and will be destroyed as per university protocol after a minimum of five years.

### **What do you need to do to participate?**

Please read this Information Statement carefully and discuss with your child/ren before agreeing to participate in the study. If you decide that you and/or your child/ren would like to participate simply complete the online survey Parent/Carer and Child consent form or return the paper version to the researcher in the prepaid envelope provided.

If you later change your mind and wish to participate in an interview, please contact the researcher.

### **Further information**

If there is anything you do not understand, or you would like further information about the study, please contact the researcher Mrs Kim Robinson on 49217-203 or by email her using the contact details below.

Thank you for considering this invitation.

Yours Faithfully,



Dr Jill Scevak  
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Faculty of Education and Arts  
The University of Newcastle  
Callaghan, NSW 2308, Australia  
Phone: (61)-2-49216-734  
Email: [Jill.Scevak@newcastle.edu.au](mailto:Jill.Scevak@newcastle.edu.au)



Mrs Kim Robinson  
School of Education,  
Faculty of Education and Arts  
The University of Newcastle  
Callaghan, NSW 2308, Australia  
Phone: (61)-2-49217-203  
Email : [Kim.M.Robinson@uon.edu.au](mailto:Kim.M.Robinson@uon.edu.au)

### **Complaints about this research**

This project has been approved by the University's Human Research Ethics Committee, **Approval No. H-2014-0224**. Should you have concerns about this research, or you have a complaint about the manner in which the research is conducted, please direct them to the researcher (Kim Robinson by email at [Kim.M.Robinson@uon.edu.au](mailto:Kim.M.Robinson@uon.edu.au) or **(61)-2-49217-203**) or the Principal Supervisor of the project Dr Jill Scevak, tel.: (61)-2-49216-734, or by email [Jill.Scevak@newcastle.edu.au](mailto:Jill.Scevak@newcastle.edu.au) or to the Human Research Ethics Officer, Research Office, The Chancellery, The University of Newcastle, University Drive, Callaghan, NSW 2308, Australia, tel.: (61)-2-49216-333, email: [Human.Ethics@newcastle.edu.au](mailto:Human.Ethics@newcastle.edu.au).

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## Parent/Carers and Child Consent Form

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Please read the Parent/Carer and Child Information Statement carefully and discuss with your child/ren before agreeing to participate in the study. If you decide that you and/or your child/ren wish to participate in the study, please complete, sign and return this consent form.

I agree and freely consent to allow my child/ren to participate in the above research project as described in the Information Statement provided, a copy of which I have retained.

***Please place a tick in each box to indicate your agreement with the following statements or leave blank if you do not agree.***

I agree for my child/ren to participate in the survey by:

- Allowing my child/ren's survey material from the 'in class' activity to be used in the research;
- Allow my child's teacher to complete a Student's Sleep-related Daytime Functioning Questionnaire-TR for my child.

I agree to complete the Parent Survey.

I agree to be contacted by the researcher for information about Individual Interviews in Phase 2.

I understand that my child/ren or I can withdraw from the project at any time until data is de-identified (there will be no re-identification) and do not have to give any reason for withdrawing. I understand that my child will not be disadvantaged if they choose to withdraw from the project. I understand that all personal information will remain confidential to the researchers.

Parents Name (Please print): \_\_\_\_\_

Parents Signature: \_\_\_\_\_

Contact phone: \_\_\_\_\_

Email: \_\_\_\_\_

School Name: \_\_\_\_\_

Child's Name: \_\_\_\_\_

Class: \_\_\_\_\_

***To electronically submit your consent, go to <https://www.newcastle.edu.au/sleep-and-school-life> and complete the survey. Alternatively, complete the paper version and return to the researcher using the self-addressed envelope provided.***