

Dear Parents/Carers

Subject: *Research Study: The SnapBack Resilience Programme for school-aged children transitioning to secondary school (Year 7)*

We know that many children thrive when they start secondary school, but for some, it can be a challenging time. To support all children's wellbeing, the School Health Team at Your Healthcare provide the 'Snapback Resilience Programme' for Year 7 pupils via their school. This programme is currently being evaluated and we would like to **invite you and your child (or the child you have parental responsibility for) to participate in the research study.**

Year 7 students will either start the Snapback Resilience Programme in October 2022 or February 2023. If you and the child agree to participate, you will both be asked to complete three 5-minute questionnaires. You can choose to complete the questionnaires online or by post.

Please find attached participant information sheets for you and the child. **The study is separate to the Snapback Resilience Programme so all year 7 pupils will still take part in the Snapback Resilience Programme even if they don't want to take part in the research.**

Once you have read the information sheets, you can both consent to taking part and start your participation here. Please complete both questionnaires below by clicking the link or scanning the QR code:

Parent / Carer

<https://forms.office.com/r/XrhvJQvnKP>



Student

<https://forms.office.com/r/fcnSYjwG5Q>



We will email you with further instructions once you and your child / the child you care for have consented to the research study. If you have any questions or queries, please do not hesitate to contact us. Our contact details are provided on the information sheets.

Kind regards

The Your Healthcare School Health Team

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