



## TEACHER INFORMATION STATEMENT

Dear Teacher,

Your school is participating in a research project conducted by Australian Catholic University, called iPLAY. This project is funded and supported by the NSW Department of Education and the National Health and Medical Research Council and will evaluate the effectiveness of a professional learning intervention targeting primary school teachers. The research involves developing teachers' skills and strategies to improve sport and PE lessons and increase students' physical activity and health. These improvements are expected to increase students' engagement, motivation, behaviour and learning as well as improve teachers' confidence.

### Who is carrying out the study?

This project is being conducted by Professor Chris Lonsdale (Chief Investigator) from Australian Catholic University and Professor David Lubans from the University of Newcastle.

### What does the study involve?

#### Overview

Baseline assessment will occur once we receive consent. The baseline assessment involves a 5 minute online questionnaire for teachers. The intervention will take place over 3 terms, with the post-intervention assessment occurring 12 months and 24 months after the original baseline assessment.

As part of the research project we are interested in the link between teachers' experiences at work and their days absent from work. We would like to contact the Human Resources Department of the NSW Department of Education (DoE) and/or your principal to obtain information about your days absent from work over the duration of the study. We will seek information for all teachers in the study and link it with their survey responses in a confidential manner. Neither the DoE nor your principal will have access to your survey responses. Information gained during the study may be published, but no information will be used in any way that reveals your identity.

The intervention will involve all teachers completing a 2-hour face-to-face workshop, online learning modules and 3 mentoring sessions over 4 terms.

### How much time will the study take?

Teacher questionnaires will be completed online and will require 5 minutes (x 3 time points).

Professional Development Intervention: Teachers will participate in a 2-hour workshop and complete 4 hours of online self-paced learning modules. In addition, there are three one hour mentor sessions, each with 1 hour of preparation and lesson reflections. One of mentoring sessions will be with a specialist mentor, one with a peer and one as a group mentoring session. Action plans and resources are available through our website and mobile app.

Total: 14 hours of professional development.

### Will the study benefit me?

#### Teachers

All teachers who take part in the study will receive 14 hours of BOSTES registered TPL at 'Proficient' level. There will be extra hours offered at 'Highly Accomplished' for up to 3 iPLAY leaders in each school. Teachers participating in the study will have access to the iPLAY website and mobile app which have been designed to build capacity to teach sport and physical activity in your school.

Participating teachers are expected to improve the quality of their teaching, resulting in increased motivation and engagement for students. Thus, you may benefit from greater job satisfaction.

#### Students

The professional development training course is designed to help teachers create a more stimulating learning environment. As a result, students may benefit from higher quality teaching, resulting in more enjoyable sport and P.E lessons. Compared with usual practice, the iPLAY intervention aims to produce positive effects on students' moderate-to-vigorous physical activity levels, fundamental movement skills, physical health and subjective well-being. Also, there is evidence that students who are more physically active are also more engaged with school and have greater academic performance.

**Will the study involve any discomfort for me?**

No discomfort is expected.

**How is this study being paid for?**

The study is funded by the NSW Department of Education and the National Health and Medical Research Council.

**Will anyone else know the results? How will the results be disseminated?**

The researchers will keep confidential any personal information provided by teachers. Once the data has been collected, de-identified using a coding system, and entered into an electronic data file, questionnaires and other data collection sheets will be destroyed. The electronic data files will be retained for at least 5 years, but no individual will be identifiable in published reports.

At the end of the study, each principal and teacher will be sent a report describing the main results. Individual results will not be provided to all students, but will be available upon request by a parent or student. Scholarly reports, such as journal articles, will also be published. All reports will be published in general terms and will not allow the identification of individual schools.

**Can I withdraw from the study?**

A decision regarding your school's participation in the study has been made by your principal. If you agree to participate, you can choose to stop participation at any time. A decision not to participate or end involvement in the study will not jeopardise your relationship with the Australian Catholic University or the University of Newcastle. Withdrawal from this study will not result in any action against you or your school; this is a purely voluntary research activity.

**Can I tell other people about the study?**

You are welcome to discuss the study with others and invite principals and teachers from other government-funded primary schools to contact the research team if they wish to learn more about the study.

**What if I require further information?**

If you would like further information please do not hesitate to contact Professor Chris Lonsdale at [admin@iplay.org.au](mailto:admin@iplay.org.au) or 9701 4732. Thank you for considering this invitation

**What if I have a complaint?**

This study has been approved by the Australian Catholic University Human Research Ethics Committee. The approval number is 2014185N if you have any complaints or reservations about the ethical conduct of this research, you may contact the Ethics Committee on 02 9739 2519 or via email: [res.ethics@acu.edu.au](mailto:res.ethics@acu.edu.au). Any issues you raise will be treated in confidence and investigated fully, and you will be informed of the outcome.

**Professor Chris Lonsdale**

Institute for Positive Psychology and Education

Australian Catholic University

Phone: (02) 9701 4642

[chris.lonsdale@acu.edu.au](mailto:chris.lonsdale@acu.edu.au)