***Project Title: Building Resilience in Children. The CUES-Ed research project: randomised controlled trial of the CUES for schools programme.***

*Covering letter for parents/carers – V3 29th July 2022. Ethical Review Reference Number:* *HR/DP-21/22-28344*

Dear Parent/Carer\*

Your child’s school has signed up to the CUES-Ed research project. This letter is from the CUES-Ed team, to tell you about the project, what the school and children will be doing as part of CUES for schools, and what to do if you do not want your child to take part. There is a longer information sheet with this letter.

**You will need to say if you DO NOT want your child to take part. If you do nothing, your child will take part in the CUES lessons and quizzes with their class, and we will use their quiz answers in our research to find out if the lessons are helpful.**

**What is CUES?** An interactive programme aiming to teach primary school children about how to look after their emotional well-being. We want to know if children will learn to eat well, sleep well, and balance being active with relaxing, as well as understanding and managing their thoughts, feelings and behaviours. We have tried to make the programme fun, using friendly and appealing characters.

**What is the school doing?** Children will learn CUES in 20-minute sessions for an hour each week, during their school day, in their usual classroom, with their teacher. Before and after CUES, teachers will rate the behaviour of their whole class. The teacher rating contains no personal information about any child. Children will complete quizzes about CUES, and how they feel at school and home, that will take around fifteen to thirty minutes. At the end of the programme each child will receive a workbook and access to a website they can visit from home.

**What is the CUES-Ed team doing?** If parents and children both agree, we will use children’s quiz answers to see if CUES is helpful. We have attached a longer information sheet about CUES and what to do if you do not want your child to take part. This is completely up to you and your child, and saying no will not affect anything else.

**Are all schools in the CUES-Ed project doing the same thing?** Some schools will have CUES straight away and some will have CUES later (next term or school year), and will just do the teacher ratings and quizzes at first. We will compare schools having CUES straight away with schools having CUES later.

**What if I do not want my child to do CUES?** If you would like your child to be taken out of their class for CUES lessons, or just for the CUES quiz, you can speak to their teacher who can talk this through with you, or to the school. Let us know if you would like any help with this. If you would like your child to be part of CUES lessons and to do the quiz, but DO NOT want us to use your child’s answers, you can let us know by filling in this form: <https://qualtrics.kcl.ac.uk/jfe/form/SV_51ksrGgGqJAwTxI> or by emailing us [cues.ed@slam.nhs.uk](mailto:cues.ed@slam.nhs.uk). Your child’s answers will be securely destroyed.

**What if I do nothing?** Your child will join their class for CUES lessons and the quiz, and we will use their quiz answers to see if CUES is helpful. We will keep your child’s details until data collection for the study ends (31st March, 2023), and then will confidentially destroy them, so the project data and any reports of CUES will be completely anonymous.

Thanks for reading this letter. There is more information in the sheet attached. You can speak to the school or contact us if you have any questions or would like more information ([cues.ed@slam.nhs.uk](mailto:cues.ed@slam.nhs.uk)).

With best wishes, The CUES-Ed team

\*If you are a carer, ‘your child’ means the child for whom you are caring, or for whom you hold parental responsibility