



Northumbria University NEWCASTLE

Classroom-based yoga for Key Stage 1 pupils_PILOT

Participant Information Sheet

We are conducting a study about classroom-based yoga activities with Key Stage 1 pupils; i.e., yoga activities that take place within the classroom - not during PE lessons, or during break-time, snack time, lunchtime, etc. You are invited to take part in this study, but before you do so, it is important to read this information so that you understand why the study is being carried out and what it will involve. Reading this information, discussing it with others, or asking any questions you might have will help you decide whether you would like to take part.

What is the purpose of the study? The aim of this study is to explore any yoga activities that are taking place in Key Stage 1 classrooms across the North-East of England. This information is being gathering as part of a PhD thesis at Northumbria University.

Why have I been invited? We are interested in yoga activities that are taking place during lessons with pupils in Years 1 and 2 (i.e., Key Stage 1). It is important that we hear from as many staff with responsibility for Key Stage 1 pupils as possible. We are sending this survey to all non-private / state Primary and First Schools in the North East Mayoral Combined Authority (the legal body that brings together County Durham, Gateshead, Newcastle, Northumberland, North Tyneside, South Tyneside and Sunderland councils).

Do I have to take part? No. It is up to you whether you would like to take part in the study. This information is to help you make that decision. If you do decide to take part, please remember that you can withdraw your involvement at any time without explaining why.

What will happen if I take part? You will be asked to complete an online survey which should take around 10 minutes. You can complete the survey using a PC, laptop, or smart phone. Once you have completed the survey, your responses will be automatically received by the lead researcher. The final questions in the survey ask whether you are happy to be contacted by the lead researcher to provide more information about your use of yoga activities in the classroom. If you complete the online survey, you are under no obligation to consent to being contacted for follow-up.

What are the possible disadvantages of taking part? Other than the short time commitment required to complete the online survey (around 10 minutes), we do not anticipate that there are any disadvantages of taking part.

What are the possible benefits of taking part? By taking part in the study, you will be providing valuable information about the use of yoga within the classrooms of Key Stage 1 pupils in the North-East of England. Survey responses will provide the context for future research into classroom-based yoga activities for Key Stage 1 pupils.

Will my taking part in this study be kept confidential and anonymous? Yes. All data collected will be kept securely and confidentially. The information you provide will be assigned an ID number, and your name will not be included in any of the data we collect.

How will my data be stored? Your survey responses will be stored on the University's Secure Cloud Storage, OneDrive. All data will be stored and handled in accordance with University policies and guidelines and the Data Protection Act (2018). The anonymised survey data will be securely stored for 1 year from the end of the project before it is destroyed.

What categories of personal data will be collected and processed in this study? At the end of the survey, we will ask if you are happy for us to contact you (initially via email) to follow-up on the responses you have provided. If you consent for us to contact you for follow-up, you will be asked to provide an email address.

What is the legal basis for processing personal data? This project will gather information of public interest. Article 6(1)(e) of the GDPR (General Data Processing Regulation) allows for the processing of personal data when it is necessary for the performance of a task carried out in the public interest.

Who are the recipients or categories of recipients of personal data, if any? The data gathered will only be handled by the research team at Northumbria University. No personal data will be shared with any third parties.

What will happen to the results of the study, and could personal data collected be used in future research? The findings from the survey will provide the context for future research into yoga / mindfulness activities for Key Stage 1 pupils. The findings might also be presented at research conferences or reported in scientific journals. All reported / presented data will be anonymised and none of the data you provide will be personally identifiable, unless we have asked for and been given your specific consent for this beforehand. If you are interested in receiving a summary of the study's findings, please email the lead researcher, Katie, on katie.wilkin@northumbria.ac.uk

Who is Organising and funding the Study? This study is organised and funded by Northumbria University.

Who has reviewed this study? Before this study could begin, Northumbria University Ethics review and approval was granted (ref:) to ensure that your interests are safeguarded.

What are my rights as a participant in this study? You have the right to access the data you provide for this study. To do so, a Subject Access Request can be made to the University's Data Protection officer (Email: dp.officer@northumbria.ac.uk). If you are dissatisfied with the University's processing of your personal data, you have the right to complain to the Information Commissioner's Office. For more information, please see the ICO website (www.ico.org.uk)

Contact for further information: Researcher email: katie.wilkin@northumbria.ac.uk Alternatively, the Records and Information Officer at Northumbria University can be contacted on:

dp.officer@northumbria.ac.uk You can find out more about how we use your information at: www.northumbria.ac.uk/about-us/leadership-governance/vice-chancellors-office/legal-services-team/gdpr/gdpr---privacy-notice/ or by contacting a member of the research team.

Consent To consent to take part in the survey, please read each of the following items then check the appropriate box below.

- I have carefully read and understood the Participant Information Sheet, and I have had an opportunity to ask questions and discuss this study, and I have received satisfactory answers.
- I understand I am free to withdraw from the study at any time, without having to give a reason for withdrawing, and without prejudice.
- I agree to take part in this study.
- I consent to the retention of data under the condition that any subsequent use be restricted to research projects that have gained ethical approval from Northumbria University.
- I am aware that my name and details will be kept confidential and will not appear in any printed documents.
- I agree to the University of Northumbria at Newcastle recording and processing this information about me. I understand that this information will be used only for the purpose(s) set out in the information sheet supplied to me, and my consent is conditional upon the University complying with its duties and obligations under the Data Protection Act 2018 which incorporates General Data Protection Regulations (GDPR). You can find out more about how we use your information here: <https://www.northumbria.ac.uk/about-us/leadership-governance/vice-chancellors-office/legal-services-team/gdpr/gdpr---privacy-notice/>

Please indicate whether you consent to take part in the survey *

- ☐ I consent to take part
- ☐ I do not consent to take part

What is the name of the school you work in?

Which year group(s) do you teach / support? *

- ☐ Reception
- ☐ Year 1
- ☐ Year 2
- ☐ Year 3
- ☐ Year 4
- ☐ Year 5
- ☐ Year 6

How many years (approximately) have you been in the teaching profession? *

- ☐ 0 - 2 years
- ☐ 3 - 5 years
- ☐ 6 - 8 years
- ☐ 9 - 11 years
- ☐ 12 - 14 years
- ☐ 15 years +

How do you describe your gender identity? *

- ☐ Female
- ☐ Male
- ☐ Transgender
- ☐ Non-binary
- ☐ Prefer not to say
- ☐ Other

If you selected Other, please specify:

What is your ethnic group? Please choose one option that best describes your ethnic group or background *

- ☐ White - English / Welsh / Scottish / Northern Irish / British
- ☐ White - Irish
- ☐ White - Gypsy or Irish Traveller
- ☐ Any other White background
- ☐ Mixed / Multiple ethnic groups - White and Black Caribbean
- ☐ Mixed / Multiple ethnic groups - White and Black African
- ☐ Mixed / Multiple ethnic groups - White and Asian
- ☐ Any other Mixed / Multiple ethnic background
- ☐ Asian / Asian British - Indian
- ☐ Asian / Asian British - Pakistani
- ☐ Asian / Asian British - Bangladeshi
- ☐ Asian / Asian British - Chinese
- ☐ Any other Asian background
- ☐ Black / African / Caribbean / Black British - African
- ☐ Black / African / Caribbean / Black British - Caribbean
- ☐ Any other Black / African / Caribbean / Black British ethnic background
- ☐ Other ethnic group - Arab
- ☐ Any other ethnic group

If you selected Other, please specify:

Yoga in classroom-based lessons

During classroom-based lessons (not including PE), have you engaged your pupils in any yoga and / or mindfulness activities? *

- ☐ Yes
- ☐ No

If you selected 'no', please explain your reasons for this:

Do any of the following make it difficult for you to engage your pupils in yoga and / or mindfulness activities during classroom-based lessons?

- ☐ Uncertainty about how to deliver these activities to pupils
- ☐ Lack of support from the school leadership team for such activities
- ☐ A lack of confidence in how to engage pupils in yoga / mindfulness activities
- ☐ Uncertainty about how the school board of governors would view such activities in the classroom
- ☐ Uncertainty about how parents / carers would view such activities taking place in the classroom
- ☐ Concerns about disruption to the lesson
- ☐ Lack of time / opportunity
- ☐ Too little available space in the classroom
- ☐ Other
- ☐ None of the above

If you selected Other, please specify:

Would you like your pupils to have the opportunity to engage in yoga and / or mindfulness activities in the classroom?

- ☐ Yes
- ☐ No

☐ Unsure

Are you aware of any research into the benefits of yoga and / or mindfulness for school-age children? *

☐ Yes

☐ No

☐ Unsure

If you wish to do so, please use the space below to share your views on the use of yoga and / or mindfulness in primary school classrooms:

At what point during the school day have you used yoga / and or mindfulness activities in the classroom? *

- ☐ At the beginning of the school day
- ☐ During the morning
- ☐ Around lunchtime
- ☐ During the afternoon
- ☐ At the end of the school day
- ☐ As a transition between lessons / subjects
- ☐ Other

If you selected Other, please specify:

Approximately how long do your classroom-based yoga and / or mindfulness activities last? *

- ☐ 0 - 5 minutes
- ☐ 5 - 10 minutes
- ☐ 10 - 15 minutes
- ☐ 15 - 20 minutes
- ☐ 20 - 25 minutes
- ☐ 25 - 30 minutes
- ☐ 30 minutes +

Do you use any resources (e.g., books, videos, websites) to support your use of yoga and / or mindfulness in the classroom? *

- ☐ No
- ☐ Yes

If you selected 'yes', please describe the resources you have used:

For what purpose do you use yoga / mindfulness activities with your pupils in the classroom?

*

- ☐ To support the children to calm down and relax
- ☐ To pause and reflect during lessons
- ☐ To support the children to expend excess energy
- ☐ As a transition between topics
- ☐ As a method to re-group and re-engage the class
- ☐ To re-energise the class
- ☐ To allow myself to stretch and breathe
- ☐ To promote pupils' self-awareness and self-regulation
- ☐ Other

If you selected Other, please specify:

How would you rate the usefulness of yoga and / or mindfulness activities in the classroom? *

- ☐ 1 - Not at all useful
- ☐ 2 - Slightly useful
- ☐ 3 - Moderately useful
- ☐ 4 - Very useful
- ☐ 5 - Extremely useful

Do any of the following make it difficult for you to engage your pupils in yoga and / or mindfulness activities during classroom-based lessons? *

- ☐ Uncertainty about how to deliver these activities to pupils
- ☐ Lack of support from the school leadership team for such activities
- ☐ A lack of confidence in how to engage pupils in yoga / mindfulness activities
- ☐ Uncertainty about how the school board of governors would view such activities in the classroom
- ☐ Uncertainty about how parents / carers would view such activities taking place in the classroom

- ☐ Concerns about disruption to the lesson
- ☐ Lack of time / opportunity
- ☐ Too little available space in the classroom
- ☐ Other
- ☐ None of the above

If you selected Other, please specify:

Are you aware of any research into the benefits of yoga and / or mindfulness for school-age children? *

- ☐ Yes
- ☐ No
- ☐ Unsure

If you wish to do so, please use the space below to comment further about your use of yoga and / or mindfulness in the classroom:

Thank you very much for taking the time to complete this survey. Please enter a memorable codeword below that could be used to identify your responses should you contact us with any queries. *

Can we contact you via email to follow-up on the responses you have given? *

- ☐ Yes
- ☐ No

What is your email address? Please note, we will only contact you if you have consented for us to follow-up with you. *