

Phase 6 Teacher Notes

Age 11 and above (Secondary – for pupils Yr 7 to Yr 13)

These notes clarify and give further explanation about the questions on the **CensusAtSchool** Phase 6 questionnaire. We hope they are useful to you.

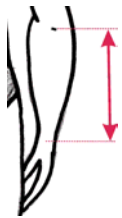
The questions were designed to be simple and unambiguous, but it is possible some students may have some queries about them.

Question 1: We are only asking for the first part of the postcode so that we can sort the data by region. This postcode information will not be transferred to the full database to preserve anonymity. (If your school is located outside the UK you will not be asked this question.)

Question 4: a number of measurements are needed...

HEIGHT To be measured to the nearest centimetre, without shoes on. The range accepted is 90 to 211 cm.

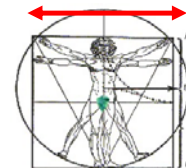
FOOT LENGTH To be measured to the nearest half centimetre using the longest possible heel to toe length. We would prefer bare feet. A piece of A4 half centimetre squared paper is an easy way to measure foot length. Range is 12 to 35 cm



Right Elbow to Wrist Measure as accurately as possible from the wrist bone to the elbow bone. Record to the nearest half centimetre. Range is 12 to 36 cm. This should be roughly the same as the foot length.

Open Arm Span

This should be approximately the same as height (Vitruvian man theory). Give the measurement to the nearest centimetre. Range is 90 to 211centimetres.



Question 5: The four food types given are the main elements of a balanced diet. Further examples are:

Dairy	Milk, cheese, eggs, yoghurt, butter, fromage frais, milk shakes, cream, ice cream, chocolate
Protein	Beans, meat, fish, eggs, soya, chicken, lentils, nuts, burgers, sausages
Carbohydrates	Bread, sugar, pasta, rice, potatoes, chips, cakes, biscuits, crisps, cereals, jam, popcorn, pancakes
Fruit/Vegetables	Apples, carrots, tomatoes, broccoli, salad, peaches, strawberries, bananas, grapes, peas

(NB Although 'sugary foods' are not usually considered to be part of a healthy balanced diet, they are often a favourite for students and needed to be categorised. See the curriculum activities section of the website for additional resources on a balanced diet.)

Question 6: This includes both red and white meat but not fish.

Question 7: This question was first asked on the Phase 3 questionnaire and relates to the 5 a day healthy eating campaign see the NHS website at <http://www.5aday.nhs.uk/about/default.aspx>. As a general guide a portion should be considered the size of the palm of the hand. **A bag of crisps should count as 2 portions.** A nice wall-chart for children to keep an individual record is available to download at <http://www.5aday.nhs.uk/living/documents/wallchart.pdf> and other publications such as posters, leaflets etc are available from <http://www.5aday.nhs.uk/living/publications.aspx>



Question 8: Please note that this question is optional if students do not wish to answer it. It links with a similar question being asked on the Canadian version of CensusAtSchool.

Question 9: This question is asked on the June SurveyAtSchool calendar survey.

Question 11: We are aware that some children may find it fairly tough to answer this question honestly, which is why we have added the bracket into the question. If you can reinforce that we are looking for correct data rather than being judgemental it would be helpful!

Question 17: If a student usually uses more than one method (e.g. walk to and from bus stops and take a bus in between) then record the method used to travel the greatest distance. If the method varies from day to day then record the method most frequently used.

Question 18: Students need to choose just one category. Some examples of charities, and the category they belong in, are included on a separate document you can download and use in class www.censusatschool.ntu.ac.uk/phase6/charity.pdf

Question 19: Students should give their best estimate, we are aware that this could be quite difficult for some.

Question 20: This is the interactive question. Bot will show three angles and each time the student is asked to estimate the angle by choosing from a drop down list. He does give feedback on the accuracy of the responses and both the guess and the correct angle are given in the data sent back.

Once students complete the questionnaire their responses are shown on the review page so they can return to any page of the questionnaire and correct any responses that they entered incorrectly. Once they are happy they should hit the 'Submit' button and the data will be sent to the database, time and date stamped.

REMEMBER TO EMAIL US AT CENSUSATSCHOOL@NTU.AC.UK TO ASK FOR YOUR SCHOOLS DATA BACK. State your lea and school number and your data file will be sent back to you as an attachment, usually within 24 hours.

If you need any help at any stage please either e-mail censusatschool@ntu.ac.uk or phone 0115 8488408