Dear Parent/Carer and Student

The Cancer Council and the National Heart Foundation of Australia, with the support of the State and Territory Government Health Departments, are doing a survey in your school. The study will enable us to learn about young people's physical activity and dietary habits and help us to understand how we can encourage young people to be active and eat well. The Department of Education has approved the study, which is part of a national survey of secondary students from all over Australia. The results of the survey will help develop education programs and policies to improve the health of young Australians.

The survey involves students completing an online questionnaire on their activity and food habits and use of media in their regular class group, and measurements of students' height, weight and waist. Measurements will be taken individually outside the classroom by the researchers to ensure privacy.

All information collected in the survey is completely confidential and the student's name is not on the survey. The results of the survey will be reported across all participating schools in the state and no school or student will be named in any reports or information from the survey.

The survey team picked your school by chance to be asked to do the survey and your school has agreed to be involved. Members of the survey team will come to the school in the next week or so and survey students from Years 8 to 11.

Both parent/carer and student consent is required for students to participate in each component of the study. Participation in this survey is voluntary and students are able to withdraw from the survey at any time (up until the questionnaire is completed) without giving a reason. Students will not have to do anything they do not wish to do.

If you have any questions or would like more information about the survey, please do not hesitate to call our toll-free number 1800 206 686.

This survey has been approved by the Human Research Ethics Committee at the Cancer Council Victoria so that it meets ethical standards and ensures the confidentiality of students' information is protected. If you have any concerns about how the survey is being conducted, please contact Ms Woody Macpherson, at the Cancer Council Victoria, Tel: (03) 9635 5100.

Please fill out this form and return it to the school by [3rd March], to indicate (✓) whether you consent to each part of the study.

Student's name: (please print) _______________________________ Class: __________

Student consent:

Questionnaire: □ Yes □ No

Measurements: □ Yes □ No

✓ Signature of Student: _______________________________ Date: ___ / ___ / ___

Parent/Carer consent: (for student participation)

Questionnaire: □ Yes □ No

Measurements: □ Yes □ No

✓ Signature of Parent/Carer: _______________________________ Date: ___ / ___ / ___