



PARTICIPANT INFORMATION SHEET – STUDENT PARTICIPATION

Opt-Out Consent

This project has been approved by Flinders University’s Human Research Ethics Committee (HREC Project ID 8976) and the University of Tasmania Human Research Ethics Committee (Project Number H40423).

Title: ‘Thinking outside the lunchbox study’

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Description of the Study

This project will investigate the benefits of school-provided meals in Australian primary schools. This project is supported by Flinders University, College of Nursing and Health Sciences, several research organisations and partner organisations including School Food Matters, School Food Project, Menzies Institute for Medical Research University of Tasmania, Deakin University, Annesley Junior School, Africola Canteen, Channel 7 Children’s Research Foundation, Fuller Brand Communications, The University of Toronto’s Joannah and Brian Lawson Centre for Child Nutrition, and University College London, and funded by an Australian Research Council Linkage Project grant. See the project website for further details:

<https://schoolfoodaustralia.org/thinking-outside-the-lunchbox/>

Purpose of the Study

This project is exploring a new approach to school-based health promotion by offering inclusive and fair school lunch programs. These lunches aim to help kids engage in learning, connect socially and support health, wellbeing and development. The research will compare different lunch



programs to see which ones work best, are affordable, and can be widely used. It will also look at how these programs impact equity, the environment and the economy, with the goal of creating a model that could improve school food across Australia.

Benefits of the Study

The involvement of your child in the evaluation of their school's lunch system will help to understand the social value of school-provided lunches including the education, wellbeing, development, health, equity, environment and economic benefits. What we learn from this study will provide evidence for change to transform school food systems in Australia.

Participant involvement

Participation in this research study will involve:

- Your child potentially being one of eight children in their classroom selected to be observed for on-task and off-task behaviour to gauge their concentration, disruption and mood during the lesson by a trained researcher in one regular class lesson after lunch at 2 time points.
- Your child filling out 2 surveys in-class as part of an all-class activity at 3 time points:
 1. A lesson engagement survey that asks them about their engagement in their prior lesson
 2. The Pediatric Quality of Life survey which asks them about their perceptions of their life and wellbeing
- Granting permission for the research team to access your child(ren)'s National Assessment Program – Numeracy and Literacy (NAPLAN) scores for last year and next year, their Progressive Assessment Test scores for last year and next year, and sociodemographic information the school has on record (e.g., personalised learning plans).

Participation in this research listed above **will occur unless you opt-out** of this study.

To opt-out of this study, please contact your child's school principal, class teacher, or the research team at schoolfood@flinders.edu.au ASAP, preferably by the 6th of February, to prevent any individual data about your child being collected. You can opt your child out of the study at any time. If you choose to opt your child out of the study after this date, please contact your child's school principal, class teacher, or the research team and any identifying data that has been collected will be destroyed.

Potential Risks

The researchers do not expect the observations or surveys to cause any harm or discomfort to your children. All students within a class undertaking the observations or surveys will all be involved in the classroom activity, and your child will not be singled out as participating or not participating in the evaluation either way.



If your child experiences feelings of distress as a result of participation in this study, they can speak to their teacher or other school staff, or can contact the following services for support:

- Kids Helpline – 1800 55 1800, <https://kidshelpline.com.au/>

Working with Children / Vulnerable People Certificates

All researchers who will visit your school or have access to this data have the appropriate and current (not expired) working with children certificates/working with vulnerable people card.

Withdrawal Rights

You may decline or withdraw your child from participating in the evaluation at any point. If you do not opt-out before your child's data is collected, but later change your mind, you may request to withdraw your child from the evaluation without providing an explanation. To withdraw your child from the evaluation, please contact the Chief Investigator, your child's classroom teacher or principal. All data collected up to the point of your withdrawal will be used in this research.

Confidentiality and Privacy

Only researchers listed on this form have access to the individual information provided by you or your child. Researchers will take all possible steps to ensure privacy and confidentiality will be adhered to at all times.

The research outcomes may be presented at conferences, written up for publication or used for other research purposes as described in this information form. You and your child will not be named, and your and your child's individual information will not be identifiable in any research products.

Deidentified datasets may be used in future related research projects by those listed on this form.

Deidentified research data and transcripts may be entered into Flinders secure Microsoft Co-pilot AI platform to analyse themes of the research.

Data Storage

The information collected will be stored securely on a Flinders University server throughout the study. Any identifiable data will be de-identified for data storage purposes unless indicated otherwise. All data will be securely transferred to and stored at Flinders University for seven years after publication of the results. Following the required data storage period, all data will be securely destroyed according to university protocols.

De-identified version of the data will be shared on the Flinders University Repository of Open Access Data Sets. An open access database is a platform that makes research information available to researchers for no cost.

How will I receive feedback?



On project completion, a short summary of the outcomes will be provided to all participating schools via email, along with information to share with the school community.

Ethics Committee Approval

The project has been approved by Flinders University's Human Research Ethics Committee (HREC Project ID 8976), the University of Tasmania Human Research Ethics Committee H40423 and State Education Departments (DECYP 2025-37).

Queries and Concerns

Queries or concerns regarding the research can be directed to the research team at schoolfood@flinders.edu.au. If you have any complaints or reservations about the ethical conduct of this study, please contact the Flinders University's Research Ethics, Integrity and Compliance Office via telephone (08) 8201 2543 or by emailing human.researchethics@flinders.edu.au, or you can contact the Executive Officer of the University of Tasmania HREC on (03) 6226 6254 or email human.ethics@utas.edu.au. The Executive Officer is the person nominated to receive complaints from research participants. You will need to quote Project ID H40423.

Thank you for taking the time to read this information sheet – click here to download a copy for your records.