



Dear Parents/Caregivers,

Your child(ren) is invited to participate in a study looking at the long-term effects of COVID-19 on children's mental health, well-being and physical activity levels. The study is part of the Welsh Institute of Physical Activity, Health and Sport (WIPAHS) with original funding from the Welsh Government. The finding from this study will be shared with schools, local authorities and other partners involved in children's health and education to support their action for COVID-19 recovery. The uncertainty of the impact of the COVID-19 restrictions means it is important to monitor children's health and collect long-term data to help inform action to reduce potentially negative impacts to their health and well-being.

Please read the information letter below, if you are happy for your child(ren) to participate please [click here](#) and complete the parental consent form. If you have more than one child who is able to take part, please complete a parental consent form for each of your children. If you have already completed a parental consent form and your child(ren) has previously taken part, thank you for your continued support; there is no need to refill out the parental consent form. An email with the link to the questionnaire for your child(ren) to complete will be sent to the email address you specify in the next few weeks.

Many thanks,
The Cymru Kids Team

Annwyl Rieni/Gofalwyr,

Gwahoddir eich plentyn/plant i gymryd rhan mewn astudiaeth sy'n edrych ar effeithiau hirdymor COVID-19 ar iechyd meddwl, llesiant a lefelau gweithgaredd corfforol plant. Mae'r astudiaeth yn rhan o Sefydliad Gweithgarwch Corfforol, Iechyd a Chwaraeon Cymru (WIPAHS) gyda chyllid gwreiddiol gan Lywodraeth Cymru. Bydd canfyddiadau o'r astudiaeth hon yn cael eu rhannu ag ysgolion, awdurdodau lleol a phartneriaid eraill sy'n ymwneud ag iechyd ac addysg plant i gefnogi eu camau gweithredu ar gyfer adferiad COVID-19. Mae ansicrwydd effaith y cyfyngiadau COVID-19 yn golygu ei bod yn bwysig monitro iechyd plant a chasglu data hirdymor i helpu i lywio camau gweithredu i leihau effeithiau negyddol posibl ar eu hiechyd a'u llesiant.

Darllenwch y llythyr gwybodaeth isod, os ydych yn fodlon i'ch plentyn/plant gymryd rhan [cliciwch yma](#) a chwblhewch y ffurflen caniatâd rhieni. Os oes gennych fwy nag un plentyn sy'n gallu cymryd rhan, cwblhewch ffurflen caniatâd rhieni ar gyfer pob un o'ch plant. Os ydych wedi llenwi ffurflen caniatâd rhieni mewn yn barod a bod eich plentyn/plant wedi cymryd rhan yn flaenorol, diolch i chi am eich cefnogaeth barhaus; nid oes angen ail-lenwi'r ffurflen caniatâd rhieni. Bydd e-bost gyda dolen i'r holiadur i'ch plentyn/plant ei lenwi yn cael ei anfon i'r cyfeiriad e-bost a nodir gennych yn y wythnosau nesaf.

Diolch yn fawr,
Tîm Cymru Kids



PARENT/GUARDIAN INFORMATION SHEET (Version 1.2, Date: 14/02/2022)

Project Title: Physical activity levels, mental health and wellbeing in children and young people in Wales during COVID-19

Contact Details:

Dr Kelly Mackintosh

cymrukids@swansea.ac.uk

1. Invitation Paragraph

Thank you for taking the time to read this information sheet. We would like to invite your child to take part in our research study. Before you decide if you would like them to join in, it is really important that you understand what the study is about, why the study is being done and what it will involve. We are more than happy for you to talk to family, friends, or colleagues about it if you want to.

If something isn't clear or you or your child have questions, you can give us an email and we can discuss it with you. If you don't want your child to take part, that is fine! The decision to take part is entirely up to you and you will not be disadvantaged for future studies should you decide for your child not to participate.

2. What is the purpose of the study?

COVID-19 has caused lots of changes to the normal lives of children, like the closing of schools and sports clubs. There has been lots of people looking at how COVID-19 has affected adults, but we want to find out how it has affected children. We want to know what they have been able to do and how they are feeling. This information is really important and will help the Welsh Government. It will help people come up with ways to make sure children can do as many of the things they want to be able to do and feel as good as they can every day.

3. Why has my child been chosen?

Your child has been chosen because they are aged 8-18 years.

4. What will happen if my child takes part?

We will ask your child to complete an online survey. This will ask questions about how they are feeling about COVID-19 and how much physical activity they do (how much they move). We will also randomly select some children to wear a monitor, like a FitBit, on their wrist for a week. This will measure how active they are. You do not have to agree to your child doing this part if you do not want to. If they are selected, we will post the monitor to your home address with a pre-paid return envelope.

5. What are the possible disadvantages of my child taking part?

It requires your child to provide 10 minutes of their time. The questions should not address any sensitive information, but if they do feel distressed we can provide you with information for support. Some children may also be selected, if you agree, to wearing an activity monitor on their wrist for a week, some children may find it uncomfortable to wear.



6. What are the possible benefits of my child taking part?

Your child will be involved in research originally funded by the Welsh Government and supported by the Welsh Institute of Physical activity, Health and Sport. They will be giving important information -to Sport Wales, the Welsh Government and other partners involved in children's health and education in Wales to support their action, for COVID-19 recovery as we hopefully move out of the pandemic.

7. Will my child taking part in the study be kept confidential?

Data Protection and Confidentiality

Your child's data will be processed in accordance with the Data Protection Act 2018 and the General Data Protection Regulation 2016 (GDPR). All information collected about your child will be kept strictly confidential. Your child's data will only be viewed by the researcher/research team.

All electronic data will be stored on a researchers' password-protected computer and in a password-protected file. There will be no paper records. Your consent information will be kept separately from your child's responses to minimise risk in the event of a data breach.

Please note that the data we will collect for our study will be made anonymous. All transcripts and information will only be identifiable by participant number and not name. It will not be possible to identify and remove your child's data at a later date, should you decide to withdraw from the study. Therefore, if at the end of the interview you decide to have their data withdrawn, please let us know prior to leaving.

Data Protection Privacy Notice

The data controller for this project will be Swansea University. The University Data Protection Officer provides oversight of university activities involving the processing of personal data and can be contacted at the Vice Chancellors Office.

Your child's personal data will be processed for the purposes outlined in this information sheet. Standard ethical procedures will involve you providing your consent for your child to participate in this study by completing the consent form that has been provided to you.

The legal basis that we will rely on to process your child's personal data is necessary for scientific research. This public interest justification is approved by the College of Engineering Research Ethics Committee, Swansea University.

How long will your child's information be held?

We will hold any personal data and special categories of data for five years.



What are your child's rights?

You have the right to access your child's personal information, to object to the processing of your personal information, to rectify, to erase, to restrict and to transfer your personal information. Please visit the University Data Protection webpages for further information in relation to your rights.

Any requests or objections should be made in writing to the University Data Protection Officer:-

University Compliance Officer (FOI/DP)
Vice-Chancellor's Office
Swansea University
Singleton Park
Swansea
SA2 8PP
Email: dataprotection@swansea.ac.uk

How to make a complaint

If you are unhappy with the way in which personal data has been processed you may in the first instance contact the University Data Protection Officer using the contact details above.

If you remain dissatisfied then you have the right to apply directly to the Information Commissioner for a decision. The Information Commissioner can be contacted at: -

Information Commissioner's Office,
Wycliffe House,
Water Lane,
Wilmslow,
Cheshire,
SK9 5AF
www.ico.org.uk

8. What if I, or my child, have any questions?

Further information can be obtained from the researcher team, using the contact details on the information sheet. This project has been approved by the College of Engineering Research Ethics Committee at Swansea University. If you have any questions regarding this, any complaint, or concerns about the ethics and governance of this research please contact the Chair of the College of Engineering Research Ethics Committee, Swansea University: coe-researchethics@swansea.ac.uk. The institutional contact for reporting cases of research conduct is Registrar & Chief Operating Officer Mr Andrew Rhodes. Email: researchmisconduct@swansea.ac.uk. Further details are available at the Swansea University webpages for Research Integrity. <http://www.swansea.ac.uk/research/researchintegrity/>."

TAFLEN WYBODAETH AR GYFER RHIENI/GWARCHHEIDWAID (Fersiwn 1.2, Dyddiad: 14/02/2022)

Teitl y Prosiect: Lefelau gweithgarwch corfforol, iechyd meddwl a lles mewn plant a phobl ifanc yng Nghymru yn ystod COVID-19

Manylion cyswllt:

Dr Kelly Mackintosh

cymrukids@swansea.ac.uk

1. Paragraff Gwahoddiad

Diolch yn fawr ichi am gymryd yr amser i ddarllen y daflen wybodaeth hon. Hoffem wahodd eich plentyn i gymryd rhan yn ein hastudiaeth ymchwil. Cyn ichi benderfynu a hoffech chi i'ch plentyn ymuno, mae'n bwysig iawn ichi ddeall beth yw'r astudiaeth, pam mae'r astudiaeth yn cael ei chynnal a beth fydd ei hyd a'i led. Rydyn ni'n fwy na hapus ichi siarad ag aelodau'r teulu, ffrindiau neu gydweithwyr os ydych chi'n dymuno gwneud hynny.

Os oes rhywbeth nad yw'n eglur ichi neu os oes gan eich plentyn gwestiynau, gallwch chi godi'r ffôn aton ni neu anfon e-bost a gallwn drafod hyn gyda chi. Os nad ydych chi eisiau i'ch plentyn gymryd rhan, mae hynny'n iawn! Eich penderfyniad chi yn llwyr fydd cymryd rhan ac ni fyddwch chi'n cael eich rhoi o dan anfantais mewn astudiaethau yn y dyfodol os ydych chi'n penderfynu nad ydych chi eisiau i'ch plentyn gymryd rhan.

2. Beth yw diben yr astudiaeth?

Mae COVID-19 wedi achosi llawer o newidiadau ym mywyd arferol plant, megis cau ysgolion a chlybiau chwaraeon. Mae llawer o bobl wedi bod yn edrych ar y ffordd mae COVID-19 wedi effeithio ar oedolion, ond rydyn ni eisiau gwybod sut mae wedi effeithio ar blant. Rydyn ni eisiau gwybod beth maen nhw wedi gallu'i wneud a sut maen nhw'n teimlo. Mae'r wybodaeth hon yn bwysig iawn a bydd yn helpu Llywodraeth Cymru. Bydd yn helpu pobl i ddarganfod ffyrdd i sicrhau bod plant yn gallu gwneud cynifer o'r pethau ag y maen nhw eisiau gallu gwneud a'u bod nhw'n teimlo cystal ag y gallan nhw bob dydd.

3. Pam mae fy mhlentyn wedi cael ei ddewis?

Mae eich plentyn wedi cael ei ddewis achos ei fod rhwng 8-18 mlwydd oed.



4. Beth fydd yn digwydd os bydd fy mhleintyn yn cymryd rhan?

Byddwn ni'n gofyn i'ch plentyn lenwi arolwg ar-lein. Bydd yr arolwg yn gofyn cwestiynau ynghylch sut maen nhw'n teimlo am COVID-19 a faint o weithgarwch corfforol maen nhw'n ei wneud (faint maen nhw'n symud). Byddwn ni hefyd yn dewis rhai plant ar hap i wisgo monitor, sy'n debyg i FitBit, am eu harddwrn am wythnos. Bydd hyn yn mesur pa mor weithgar ydyn nhw. Does dim rhaid ichi gytuno bod eich plentyn yn gwneud y rhan hon o'r astudiaeth os nad ydych chi'n dymuno gwneud hynny. Os caiff eich plentyn ei ddewis, byddwn ni'n anfon y monitor i'ch cyfeiriad cartref gydag amlen wedi'i thalu ymlaen llaw ichi ei hanfon aton ni. Byddwn ni'n gofyn i'ch plentyn wneud hyn ddwywaith yn ystod yr ychydig fisoedd nesaf.

5. Beth yw'r anfanteision posibl os bydd fy mhleintyn yn cymryd rhan?

Mae'n gofyn bod eich plentyn yn rhoi 10 munud o'i amser. Ni ddylai'r cwestiynau fynd i'r afael ag unrhyw wybodaeth sensitif, ond os ydynt yn teimlo'n ofidus gallwn roi gwybodaeth i chi i'ch cefnogi. Efallai y bydd rhai plant hefyd yn cael eu dewis, os ydych chi'n cytuno, i wisgo monitor gweithgaredd ar eu harddwrn am wythnos, efallai y bydd rhai plant yn ei chael hi'n anghyfforddus i'w wisgo i dechrau.

6. Beth yw'r manteision posibl os bydd fy mhleintyn yn cymryd rhan?

Bydd eich plentyn yn cymryd rhan mewn ymchwil a ariannwyd yn wreiddiol gan Lywodraeth Cymru ac a gefnogir gan [Sefydliad Gweithgarwch Corfforol, Iechyd a Chwaraeon Cymru \(WIPAHS\)](#). Byddant yn rhoi gwybodaeth bwysig i Chwaraeon Cymru, Llywodraeth Cymru a phartneriaid eraill sy'n ymwneud ag iechyd ac addysg plant yng Nghymru i gefnogi eu camau gweithredu, ar gyfer adferiad COVID-19 wrth i ni symud allan o'r pandemig gobeithio.

7. A fydd y ffaith bod fy mhleintyn yn cymryd rhan yn yr astudiaeth yn cael ei chadw'n gyfrinachol?

Diogelu Data a Chyfrinachedd

Bydd data eich plentyn yn cael ei brosesu yn unol â Deddf Diogelu Data 2018 a Rheoliad Cyffredinol ar Ddiogelu Data 2016 (GDPR). Bydd yr holl wybodaeth a gesglir am eich plentyn yn cael ei chadw'n gyfan gwbl gyfrinachol. Dim ond yr ymchwilydd/tîm ymchwil fydd yn gweld data eich plentyn.

Bydd yr holl ddata electronig yn cael ei storio ar gyfrifiadur ymchwilydd a ddiogelir gan gyfrinair ac mewn ffeil wedi'i diogelu gan gyfrinair. Ni fydd yr un cofnod ar ffurf papur. Bydd yr wybodaeth a rowch sy'n rhoi cydsyniad yn cael ei chadw ar wahân oddi wrth ymatebion eich plentyn er mwyn lleihau'r perygl os bydd mynediad diawdurdod at ddata.

Dylech chi nodi y bydd y data y byddwn ni'n ei gasglu'n ddiennw. Dim ond drwy rif y sawl sy'n cymryd rhan ac nid ei enw y bydd modd adnabod yr holl drawsgrifiadau a gwybodaeth. Ni fydd yn bosibl adnabod a dileu data eich plentyn yn nes ymlaen os byddwch chi'n penderfynu tynnu'ch enw yn ôl o'r astudiaeth. Felly, ar ddiwedd y cyfweiliad os byddwch chi'n penderfynu tynnu'ch data yn ôl, rhowch wybod inni cyn ichi ymadael.



Hysbysiad Preifatrwydd Diogelu Data

Prifysgol Abertawe fydd rheolydd data'r prosiect hwn. Mae Swyddog Diogelu Data'r Brifysgol yn darparu trosolwg o weithgareddau'r brifysgol sy'n ymwneud â phrosesu data personol a gallwch chi gysylltu â'r Swyddog yn Swyddfa'r Is-Ganghellor.

Bydd data personol eich plentyn yn cael ei brosesu at y dibenion a amlinellir yn y daflen wybodaeth hon. Mae gweithdrefnau moesegol safonol yn golygu eich bod yn rhoi'ch caniatâd i'ch plentyn gymryd rhan yn yr astudiaeth hon drwy lenwi'r ffurflen gydsynio rydyn ni wedi'i hanfon atoch chi.

Mae'r sail gyfreithiol rydyn ni'n dibynnu arni i brosesu data personol eich plentyn yn angenrheidiol ar gyfer ymchwil wyddonol. Mae Pwyllgor Moeseg Ymchwil Coleg Peirianeg Prifysgol Abertawe wedi cymeradwyo'r cyfiawnhad hwn er budd y cyhoedd.

Am faint o amser bydd gwybodaeth eich plentyn yn cael ei gadw?

Byddwn ni'n cadw data personol a chategoriâu data arbennig am bum mlynedd.

Beth yw hawliau'ch plentyn?

Mae gennych chi'r hawl i gael mynediad at wybodaeth personol eich plentyn, gwrthwynebu bod eich gwybodaeth personol yn cael ei phrosesu yn ogystal â chywiro, dileu, cyfyngu ar eich gwybodaeth personol a'i throsglwyddo. Dylech chi fynd i wefannau Diogelu Data'r Brifysgol i gael rhagor o wybodaeth mewn perthynas â'ch hawliau.

Dylid gwneud unrhyw gais neu wrthwynebiad mewn ysgrifen a'i anfon at Swyddog Diogelu Data'r Brifysgol:-

Swyddog Cydymffurfio'r Brifysgol (Rhyddid Gwybodaeth a Diogelu Data)

Swyddfa'r Is-Ganghellor

Prifysgol Abertawe

Parc Singleton

Abertawe

SA2 8PP

E-bost: dataprotection@abertawe.ac.uk

Sut i wneud cwyn

Os ydych chi'n anhapus am y ffordd y mae data personol wedi cael ei brosesu cewch gysylltu yn y lle cyntaf â Swyddog Diogelu Data'r Brifysgol gan ddefnyddio'r manylion cyswllt uchod.

Os ydych chi'n anfodlon o hyd yna mae gennych chi'r hawl i apelio'n uniongyrchol i'r Comisiynydd Gwybodaeth am benderfyniad. Gallwch chi gysylltu â'r Comisiynydd Gwybodaeth isod:-



Information Commissioner's Office,
Wycliffe House,
Water Lane,
Wilmslow,
Cheshire,
SK9 5AF
www.ico.org.uk

8. Beth sy'n digwydd os oes gen i, neu gan fy mhlentyn, gwestiynau?

Gallwch chi gael rhagor o wybodaeth drwy gysylltu â'r ymchwilydd arweiniol, Liezel Hurter, gan ddefnyddio'r manylion cyswllt yn y daflen wybodaeth. Mae Pwyllgor Moeseg Ymchwil Coleg Peirianeg Prifysgol Abertawe wedi cymeradwyo'r prosiect hwn. Os oes gennych chi gwestiynau am hyn neu os oes gennych chi gwyn neu bryder am foeseg a llywodraethiant yr ymchwil hon cysylltwch â Chadeirydd Pwyllgor Moeseg Ymchwil Coleg Peirianeg Prifysgol Abertawe: coe-researchethics@abertawe.ac.uk. Yr enw cyswllt sefydliadol i roi gwybod am achosion o ymddygiad ymchwil yw'r Prif Swyddog Gweithredol Mr Andrew Rhodes. E-bost: researchmisconduct@abertawe.ac.uk. Mae rhagor o wybodaeth ar gael drwy fynd i wefannau Uniondeb Ymchwil Prifysgol Abertawe. <http://www.swansea.ac.uk/research/researchintegrity/>.