

AFLY5 Interview Topic Guide for Headteachers

Thank you for sparing some time to be interviewed about your thoughts on health promotion in schools. I will ask you a few questions about a number of different areas that your school may have been involved with. Everything you say is confidential and nothing will be attributed directly to you or your school.

Healthy Lifestyles

1. What do you think makes a healthy lifestyle?

Probe: Clarify for you/adults or children- more detail on children

- Diet
- Being active

Health promotion in schools

2. What are your views on health promotion in schools?

Probe: Useful/successful for change- which elements

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- Involvement of others- e.g. parents
- Appropriate location
- Which health topics Diet/nutrition health promotion
- Exercise/PA health promotion
- Priority alongside educational achievement

3. Has your school been involved in any health promotion projects in the past year?

Probe: More details type of project/health issue

- Duration
- Who involved
- Useful/successful for change- which elements
- Engagement of children, parents, staff

4. What are your thoughts on what makes a successful health promotion project in primary schools?

Probe: Details on subject

- Duration
- Who involved
- Engagement of children, parents, staff
- Facilities, materials, training etc.
- Barriers to participation

5. What are your thoughts on being involved in research projects at school? By research I mean a project that involves measuring or observing pupils, teachers or other staff that is undertaken by researchers from outside of the school (e.g. from a University)

Probe: Influences on participation

- Who involved

Intervention and control schools only if not mentioned previously:

Involvement in AFLY5

6. What was your experience of taking part in AFLY5?

Probe: Good/bad aspects

- Impact on school
- Engagement of children, parents, staff
- Measurements- accelerometers, incentives
- Lessons (If appropriate) -effectiveness

7. Is there anything else you would like to say about the project?

8. What impact do you think Active for Life has had?

Probe: Unintended consequences- positive or negative

Thanks for your help!

That's all the questions we have for you today. Is there anything else you'd like to tell us about the things we talked about today?

Do you have any questions for me?

Thanks very much for your time and help with this we really appreciate you sharing your thoughts and opinions with us! Your answers will help us a lot since we will use your input to understand more about ways that we can help children to be more active and eat a healthy diet.