

Dear Parent / Guardian,

You may be aware that our school is taking part in BBC's Terrific Scientific. This is an exciting science project aimed at 9-11 year olds, encouraging them to take part in a series of accessible mass-participation investigations at schools across the UK.

Investigation 3 –Time: Do I change when the clocks change?

The third investigation is planned around the topic of Earth, Space & Time. This will be an interactive lesson to find out if the clock change affects reaction times and sleep patterns in children.

Children will be completing sleep diaries and recording their falling asleep and wake up times over the course of a week around the clocks changing. They will also be carrying out reaction time tests before and after the clocks changing. This investigation is in line with the curriculum and is designed to develop scientific skills.

The BBC has partnered with the University of Oxford for this investigation. They will be analysing the data collected by the children and using it towards their current work and studies. This activity has been thoroughly risk assessed by BBC Health & Safety and will be supervised by classroom teachers at all times.

Parental responsibility and consent

We will be incorporating this investigation into lessons and adding data to the Terrific Scientific website bbc.co.uk/terrificscientific, where you can explore results from all over the UK on an interactive map.

The children will need to complete their sleep diaries at home. We hope you will help to remind your child to note down the time they went to bed and woke up over the course of a week. This will help to see if their sleep has been affected by the clocks change. If you **do not** want your child to take part in the investigation, please fill out and return the University of Oxford opt-out consent form, which you will receive with this letter.

If you are happy for your child to fully take part in this exciting research, you need not reply.

Personal information

We would like to assure you that this investigation will not be using children's personal information. The BBC will only receive the class' cumulative sleep information and no personal information will be viewable by anyone visiting the BBC Terrific Scientific website. Likewise, data sent to the University of Oxford will be anonymised, with no personal data, names or any other identifiable information. All data will be stored securely in the UK.

We encourage you and your child to explore the Terrific Scientific website bbc.co.uk/terrificscientific where you will find extension activities for this investigation. We hope that you and your child have an enjoyable experience and are inspired to learn more about science together.

We wish your child many hours of challenging fun learning about science with BBC Terrific Scientific.

Best wishes,

on behalf of the BBC Terrific Scientific Team