

News

Happiness

Hand/eye co-ordination

Task switching

Working memory

Well-being

**We are all in
school now...**

13,406 BiB children all in school

Hi Everyone!

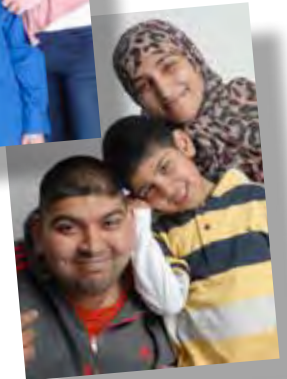
Can you believe all 13,406 children in the BiB study are now in school?

The youngest in this year's Reception classes are ready with their book bags...

And it's not just the children who go to school – the whole family gets involved – even grandparents!



Joining their older siblings in the school...



That's why we are letting the whole family know about the amazing breadth of BiB research going on in Bradford schools over a few years.

Look at the website for more information on everything in the newsletter.

Ann Barratt

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Role of the school nurse teams



BMI (body mass index) can tell if we're too fat or too thin but two people with the same BMI can have very different proportions of body fat that can't be identified using BMI alone.

School nurse teams in Bradford routinely collect

height and weight measurements and this year they have also collected skinfold thickness that we can use to estimate body fat and body composition. This will help us understand more about how size and body fat in childhood might affect our later risk of diabetes and coronary heart disease.

Taking a look at the school vision team

The school vision team visit all Reception children each year and BiB researcher Alison Bruce has been doing some extra research studying the eyesight of BiB children.

She found that 9% of the children had reduced vision and 4% had very poor vision when tested in their first year of school.

Most of these problems could be treated with a simple pair of spectacles but Alison has also found that 27% of

children fail to attend an arranged appointment (eye clinic or local optician) even after two reminders.





FUN

tasks for the children

School assessments will be starting after Easter with the oldest 800 BiB children and continuing in 2017

and 2018 with all children in the Y3 & Y4 classes at the schools visited, not just those in the BiB project. The researchers will oversee hand/eye co-ordination tests, working memory tests and test a child's ability to switch attention between tasks.

All the children will complete a short questionnaire about their well-being and life satisfaction.

The class teachers will be asked to complete a short questionnaire on the behavioural and emotional development of each child in their class.



Threading a spool promotes good hand/eye co-ordination, while jumping for joy helps with happiness and well-being



How will this benefit our children?

BiB's Director Dr John Wright says, "The health research BiB has carried out so far has already made a big difference to the health services on offer in the city and our hope is that we can use the findings from the education research to help improve attainment in the city's schools, by giving teachers the information they need to support individual children in their class who are struggling."



We are Born in Bradford

As a thank you to schools for working closely with us we are offering a free 40 minute show for Year 3 children – We Are Born in Bradford. The show explains what research is, what BiB is, and takes the children back in time to see what health care for children was like in Bradford 100 years ago.

Our presenter Fay Beesley will also leave the school with a pack of online resources including Ian Beesley's amazing photos of BiB families, Ian McMillan's poetry in a format suitable for use on white boards and some BiB badges and wristbands for the children.



Standing room only

BiB researchers have been working with Grove House Primary school since 2014 to find out how best to prevent lengthy sitting in school and to encourage children to become more active. Standing desks in schools could help tackle this problem.

BiB researcher Dr Sally Barber says: "Sitting down for a long period is bad for your health, but in the classroom and at home this has become normal. Our first study showed that pupils sat for just under 10 hours a day, which is equivalent to 70% of their total waking hours.

In the present study, every child in one class in Grove House has a standing desk; the other class have a bank of six desks. It is necessary to have a 'control' group of

children for the study, i.e. children who don't get any standing desks. Byron Primary school have kindly agreed to be the control school and we have measured the height, weight, sitting time and physical activity levels of the children there, as well as the children at Grove House. We will compare them again at the end of the school year to see if having the desks has made a difference to any of these measures.



Above, children concentrating with their standing desks. Left, researchers getting them ready

Noticeboard

Some of our Parent Governors and their children



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Governors' meetings

Thursday 24 March,
Thursday 19 May, Thursday 21 July,
Thursday 22 September,
Thursday 24 November. All from
7pm until 8.30pm at the Mumtaz
restaurant, Great Horton Road.

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It is VITAL to the success of the project that we can keep in contact with you; when you change address please tell your GP. We get all the addresses and phone numbers from the central register.