

# Food and Nutrition related Health and Wellbeing Pilot Study

## Calling Independent School Principals in NSW

*Be part of a new research study, that looks at the important contribution of food and nutrition to the health and wellbeing of our teachers and school staff.*

Health and wellbeing are more important than ever, and the contribution of dietary and culinary factors is an emerging area of interest.

Teachers and school staff are important individuals within the school environment and identifying ways to support them to achieve quality health and wellbeing is of great importance.

*Note: school staff includes: all teaching staff, administration personnel, learning support staff, library staff, maintenance, counsellors/psychologists or information technology support staff.*

We are currently recruiting schools to pilot a whole of school staff approach across four independent schools in metropolitan areas of NSW who will be given access to an online education program. The program encourages small positive changes to improve food and nutrition practices that will support good health and wellbeing outcomes.

**What is involved:** Interested teachers and school staff in registered schools are asked to complete three online modules (a total of 3 hours of learning time over four months), a baseline and two follow up questionnaires, estimated to take 20-30 minutes **each**.

This study is voluntary, you may opt out of the study at any time, with no consequence. For more information, please read the participant information page.

**How to participate: Principals are asked to go directly to the recruitment survey link to register their school:** <https://uninewcastle.questionpro.com.au/t/ARnRcZRzvB> .