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Dear pupils, parents and guardians,

Byron Court is taking part in a study from the University of Cambridge on the outdoor physical activity of primary schoolchildren across London. **The study looks at the neighbourhoods in which pupils live and their infrastructure, and how they influence their choices around travelling to school, playing, doing sports and being active outside otherwise.**

To get an insight into how children at Byron Court experience their routes to school and their environment, I, Lander Bosch from the University of Cambridge's Department of Geography, and principal researcher of the study, would like to carry out interviews with pupils aged 8-11. These short **interviews** take place during the commute to or from school on weekdays, or while walking through the home neighbourhood on weekend days, at a moment convenient for you as parents and/or guardians, as you are invited to join them. Children are encouraged to actively participate, and are given an **accelerometer**, a little device similar to a Fitbit, and **activity diary** measuring their daily activity for a week following the interview. Participating in the research could not only be interesting for pupils, it also offers the research team a basis from which to develop concrete policy suggestions aimed at **improving the home and school neighbourhood**, for which our research team works closely together with Brent Borough Council. As an additional thank you for participating, pupils are **invited to visit Cambridge** for a day, to get a taste of the life of students at the University and one of the Colleges.

**I will be visiting Byron Court to present the research on Monday, December 17, at 8.15am, 3.40pm and 5.30pm.** Children, parents and guardians interested in participating in this study are warmly invited to attend these presentations, where they can register their interest by completing a survey, after which participants are selected. The interviews will start in January 2019.

In the meantime, if you have any questions, please see Ms Samani.

Best wishes,

Lander Bosch

#### **Principal researcher contact details**

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