

February 25, 2008

Dear Parent/Guardian(s),

As a parent or guardian of a grade five student you are likely to agree that the health of your children is important. To help assess the health of Alberta children, we invite you to take part in an evaluation entitled, *REAL Kids Alberta: Raising healthy Eating and Active Living Kids in Alberta*. Alberta Health and Wellness (AHW) have committed eighteen million dollars to promote healthy eating and active living for children and youth in Alberta. The University of Alberta will be working with AHW to assess these initiatives through the *REAL Kids Alberta* evaluation.

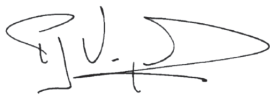
While taking part is voluntary, we encourage you to participate in the evaluation in order to help gain information that will improve the health of children in Alberta.

Taking part in this evaluation involves completing a short Home Survey about you and your grade five child. This survey takes about 10 minutes to complete. In addition, you are asked to sign the enclosed consent form allowing your grade five child to participate in the evaluation at their school. Both the Home Survey and the consent form are included in the Home Booklet. If you and your child consent to take part we will ask your child to complete two surveys at school. These surveys include questions on eating and physical activities. We also will have your child's height and weight measured by trained assistants. In total, these activities will take about one hour. All information gathered from the surveys and measurements will be anonymous and confidential.

A more detailed description of the evaluation and what it means to take part are explained in the Home Booklet. If you agree to take part, please complete the consent form under part 2, and the Home Survey under part 3 of the Home Booklet. Put the completed booklet in the enclosed envelope, seal it and have your grade five child return it to his or her teacher who will collect the envelopes. If you have any questions about this evaluation, please go to our web site at [www.realkidsalberta.ca](http://www.realkidsalberta.ca). For more information contact Paul Veugelers at [paul.veugelers@ualberta.ca](mailto:paul.veugelers@ualberta.ca) or the evaluation coordinator, Delone Abercrombie at [delone@ualberta.ca](mailto:delone@ualberta.ca) by phone at (780) 492-5472.

We hope that you choose to take part in this important evaluation and return the completed forms within the next 7 days. Thank you, in advance, for your consideration of this request.

Sincerely,



**Paul J. Veugelers, PhD**

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**Neil MacDonald**

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