

Principal Investigator: Erin Comollo, EdD
Project Title: Rutgers Culture of Health School Program

ATTACHMENT 4 **PARENTAL CONSENT FORM**

Your child is invited to participate in the Culture of Health School Program. As such he/she is also asked to participate in a program evaluation that is being conducted by principal investigators, Erin Comollo, EdD and Sara Elnakib of the Institute for Food, Nutrition, and Health (IFNH) at Rutgers University. This consent form contains information about the program that a member of the research team will review with you. You will have the opportunity to ask questions and have them answered. When all of your questions have been answered, you will be asked to sign this consent form if you agree for your child to be in this study. A copy of the form will be given to you to keep for your records.

Three hundred sixty kindergartener and seventh graders are invited to participate in this study, and each individual's participation will last approximately 12 weeks. The subjects include children enrolled in the Highland Park, Greater Brunswick, and Paterson school districts in New Jersey.

The program includes a series of 12 interactive nutrition and physical literacy lessons that will be given during regularly scheduled school hours. Trained researchers will conduct the lessons. The researchers will be teaching the subjects about food literacy (food sources, where food comes from, food choices selection and portions, experience how to plan and cook food properly, and finally how food affects our body) and physical literacy (balance, coordination, fine motor skills, strength, and endurance; mental health/meditation and sleep health). Lesson videos, activities, and instructions will be available for the subject after each lesson. In total, the study subjects will complete 12 lessons (approximately 15-20 minutes for Kindergarten and 20-30 minutes for 7th graders). In addition, your child will be asked to complete a paper and pencil or online questionnaire three times while enrolled in the program, with parental support for Kindergarten participants. Each questionnaire will last approximately 15 minutes.

This research is confidential. Confidential means that the evaluation records will include some information about you/your child and this information will be stored in such a manner that some linkage between your child's identity and the response in the evaluation exists. Some of the information collected about you/your child includes your child's age, gender, grade, ethnicity, race, and whether his/her parent or guardian serves in the Military. Please note that we will keep this information confidential by limiting access to the research data and keeping it in a secure location in a locked file cabinet or stored online with access by password only. The research team and the Institutional Review Board at Rutgers University are the only parties that will be allowed to see the data, except as may be required by law. If a report of this study is published, or the results are presented at a professional conference, only group results will be stated. All study data will be kept until September 1, 2023 and will then be shredded.

There are no foreseeable risks to participation in this study. If your child is a participant, they will aid in furthering research conducted by New Jersey Healthy Kids Initiative, which operates within the New Jersey Institute for Food, Nutrition, and Health. There are no additional benefits for completing the survey. In addition, you, or your child, will receive no compensation from taking part in this study. There is no cost to your child for participating in the study. Your alternative is to not participate.

Participation in this study is voluntary. Participation is voluntary, and refusal to participate will not involve penalty or loss of benefits to which the subject is otherwise entitled. Participants may discontinue participation at any time without penalty or loss of benefits to which the subject is otherwise entitled. In

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Version Date: v1.0
Page 1



addition, your child may choose not to answer any questions pertaining to the study in which you are not comfortable.

If you have any questions about the study or study procedures, you may contact:

Dr. Erin Comollo
61 Dudley Road
Institute for Food, Nutrition, and Health, Suite 220
New Brunswick, NJ 08901
Tel: (848) 932-0968
Email: erin.comollo@rutgers.edu

Or

Sara Elnakib
Rutgers Cooperative Extension, Family & Community Health Sciences Department Development
1310 Route 23 North Wayne, NJ 07470
Office - 973-684-4786 elnakib@njaes.rutgers.edu

If you have any questions about your rights as a research subject, you may contact the IRB Administrator at Rutgers University:

Rutgers University, the State University of New Jersey
Institutional Review Board for the Protection of Human Subjects
Office of Research and Sponsored Programs
3 Rutgers Plaza
New Brunswick, NJ 08901-8559
Tel: 732-235-2866
Email: human-subjects@ored.rutgers.edu

Please retain a copy of this form for your records. By participating in the above stated procedures, then you agree to participate in this study.

You will be given a copy of this consent form for your records.

Sign below if you agree to participate in this research study:

Child's name (Print) _____

Parent or Guardian (Print) _____

Parent or Guardian's Signature _____ Date _____

Principal Investigator Signature _____ Date _____

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Version Date: v1.0
Page 2



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