



Letter to Inform Parents of the COMPASS Study

Dear Parent(s)/Guardian(s):

Our school will be participating in the 2020-21 COMPASS survey. Researchers from the University of Waterloo will ask students to complete a 30-minute questionnaire about healthy eating, physical activity, sedentary behaviour, smoking, alcohol and drug-use, academic achievement, and mental health. **While this survey is usually conducted in class, due to the current pandemic, it will be conducted online this year. It will also include some questions about how youth are dealing with the COVID-19 pandemic.** The survey is confidential and the name of your child(ren) will not be linked with their survey responses. The survey data will be stored on secure servers at the University of Waterloo for a minimum of 7 years and only research staff will have access to them. While your child(ren) will not benefit directly by participating, survey responses will help researchers gather details about youth health, and this information will be shared with our school to help improve school policies and practices related to health, which can benefit many students. Both the school board and our school have given approval to conduct the study. The survey is repeated once each year, following the same students. There are no known or anticipated risks to participation in this survey.

On Friday, May 7, 2021, students in grades 9 to 12 with parental permission will be emailed a link and asked to take part in the online survey. Students are free to refuse to participate or to withdraw from the survey at any time, without penalty. You are encouraged to talk with your child(ren) about the importance of completing this survey. The link will remain active for two weeks.

If you do not wish for your child to participate, please contact the COMPASS Research Coordinator, Breanne Reel, at bmreel@uwaterloo.ca or by phone at (519) 888-4567 ext. 48271 by Thursday, May 6, 2021. Permission will be assumed unless you notify us otherwise. In your email, please include:

- your child's name,
- your child's grade,
- the name of your child's school

This project has been reviewed and received ethics clearance through a University of Waterloo Research Ethics Committee (ORE#30118). If you have questions for the Committee, please contact the Office of Research Ethics, at ore-ceo@uwaterloo.ca.

To view a copy of the survey questions or for more information about the COMPASS project, please visit www.compass.uwaterloo.ca, or contact COMPASS Research Coordinator, Breanne Reel, at bmreel@uwaterloo.ca