

Supplementary Material

Interview Guide

Warm up questions

Could you tell me a little bit about yourself and your family?

Could you tell me a little bit about the school your child attends (e.g., staff, pupils, initiatives)

So we are interested in lots of different families and the views of parents within these families, without making any judgements. This interview is in no way an assessment of you as a parent, and I really encourage you to be as honest as possible.

General School & Relationship

What would you say your relationship is like with the school?

- Would you say you trust the school? If so why, if not why not?
- How much communication is there between you and the school?
Do you feel you can voice your opinion on your involvement with schools their promotion and teaching of healthy life
- Do you feel your opinion is heard? (if so, why and if not why not?)

What does the school do to encourage parents to get involved in the school?

- Have you attended any of these? If so why, if not why not?
- What could the school do to get you involved in more in these activities?

School healthy lifestyles and parent involvement

Can you tell me about what the school does to encourage the children to have healthy lifestyles?

- What programs, if any, do you know of that the school have in place to encourage healthy lifestyles?
- How did you hear about these programmes
- Do these programmes come with costs to participate?

So as we know the school plays a really important role in helping your child understand what is required in order to have a healthy lifestyle, however, often the best way to promote a healthy, happy lifestyle is when schools and parents work together, so that wherever your child is, they are getting the same messages and support to help them to have a healthy lifestyle.

Are there any programs the school runs to encourage parents to get involved in the education of healthy lifestyles or similar activities (e.g., school trips, sports day help, baking, and talk about your job)?

- We understand parents are busy; however, the school does have... Is this a program which you would be interesting in attending?
- If so why and if not why not?

How much communication is there between you and the school regarding the education of healthy lifestyles and the topics covered in class?

- Do you think it is enough?
- Is there anything they could do to improve it?
- Are there opportunities for you to provide feedback or suggestions?

Parent

What, if anything, would you say makes you want to be involved in the schools promotion of having healthy lifestyles?

- Can you discuss this a little more?
- Is there anything else that makes you want to be involved in this?

What, if anything, would you prevent you from being involved in your child's education of healthy lifestyles?

- Anything that could make this easier?

What do you think other parents could do to encourage parent involvement in children's education of healthy lifestyles?

- Could the schools do anything differently to get these parents more involved?

What things would you like to see happen to encourage your involvement with the school with regards to your child's learning of healthy lifestyles?

-If schools provided these opportunities, would you participate?

For parents who may feel they cannot connect with schools, for whatever reason, what would you recommend in order allow them to be involved in their child's education of having healthy lifestyles?

- Is this something you think could also improve your own involvement?

So that was our last question, before we finish, is there anything else at all you would like to say about your involvement in your child's learning of healthy lifestyles?

Ok great! Thank you for your time, we really appreciate it. We will be in touch with you with our results for you to confirm their accuracy with your opinions from today.

General Probes:

1. That's really great that you've shared. Do you have anything else you'd like to add?
2. Your comments have been really helpful, but let me ask you about...
3. It's really helpful to get such a clear statement about... can I ask you to talk some more about this?
4. I understand that you feel this way, it must be difficult. Would you like me to stop the tape for a moment?
5. That's interesting. I'd really like to move on, but feel free to talk with me at the end if you'd like to continue.