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Dear Parents,

This is a reminder that we have been invited to participate in research being undertaken by the School of Sport, Exercise and Health Sciences at Loughborough University in co-operation with the National Small-bore Rifle Association. It also serves as an opportunity to provide some information about this research to parents and pupils who have just started with us this term so they too can get involved, if they wish to.

Thank you to those pupils and parents who have already volunteered to take part in the shooting research project after the initial letter that went out in June this year. **We are now looking for some more pupil/parents to take part and for the volunteers to include a number of pupils/students who are NOT involved in shooting as well as more that are.**

The Research Team has not finalised the dates but **plan to run the research early October so it would be helpful if those willing to get involved would return their forms before 26th September 2019.**

Ellesmere has a strong reputation for sport and has high participation rates in shooting. The aim of the research is to discover if there are benefits to participants in the sport in terms of mental and emotional wellbeing. This is an interesting research programme that needs the participation of pupils and parents for its success and we are hopeful that some of you will be willing to participate. They need to conduct their interviews with any pupil who plays chess, particularly those active in our chess club, pupils who participate in our shooting, and they need a number of pupils who are not involved in shooting.

Researchers:

Prof. Eva Hogervorst, PhD, School of Sport, Exercise and Health Sciences, Loughborough University, Loughborough, Leics. LE11 3TU

J. Coleman Msc, National Small-bore rifle Association, Lord Roberts Centre, Bisley Camp, Brookwood, Surrey, GU24 0NP

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The following information is provided by the research team:

THE ELLESMERE COLLEGE RESEARCH PROJECT:
SHOOTING AND MENTAL SKILLS IN CHILDREN AND ADOLESCENTS

We would like to ask shooting and non-shooting pupils to support us and take part in research that we are hoping to organise here at Ellesmere College. Chess and Bridge are two other activities that improve and support memory and concentration so we would like to invite the members of the Chess Club to join in this research as well.

The questions we aim to answer are:

- Does target shooting improve memory and concentration?
- Does target shooting improve your ability to deal with stress?
- Does target shooting help you to worry less?

A lot of teachers and coaches believe that shooting does help children with their school work in many ways but there is no research to support these theories, as yet.



What does it involve?

Ellesmere pupils: You would need to complete two paper questionnaires about how you cope with life, how much you worry about things and how you behave and cope with school life. Then you have to do a computer-based test, which is a bit like playing a computer game. Most people who do this think it is good fun.

If you would like to take part, please click on the link below, which will give more information and enable you to download a formal information sheet and a consent form:

Link <https://drive.google.com/drive/folders/1D7sifDLYrMR92X14FM5x91FA9jgeXm2g?usp=sharing>

What to do

Scroll down the information provided which tells you about the research and your rights, then if you are happy to participate, please download the consent form and official information sheet, sign the assent form and email it to Reception@ellesmere.com. Please put in the subject heading to your email **Loughborough Shooting Research**. If you prefer you can print and fill in the hard copy and drop it in at reception, again please mark the envelope Loughborough Shooting Research. Parents will also have to sign the assent form for pupils under 18. We need forms completed for both pupil and parent. There is space on the parents' form for an address for us to send you the parent questionnaire. Please complete that and return it to school.

All information sheets and assent forms are on the link; control + click on <https://drive.google.com/drive/folders/1D7sifDLYrMR92X14FM5x91FA9jgeXm2g?usp=sharing> or copy into your search engine (it takes a little while to appear).

A single download delivers **four documents:** information sheets for parents, information sheets for pupils, consent forms for parents and assent forms for pupils.

Completing the questionnaires

Pupils: The school will let you know when and how to complete forms and computer assessments.

Why is the research important?

If you do take part you will be contributing to knowledge about how memory and concentration develop in young people and also to how these skills might be improved in childhood.

And finally, and importantly, every participant gets a FREE gift!

If you need more detailed information, please read on:

Does target shooting help to improve concentration, memory and coping with life's stresses? How does it compare with chess? This research aims to answer these questions and your help is vital.

We need to recruit 45 pupils who shoot plus one parent each to take part.

We also need 45 pupils who do not shoot plus a parent.

If you are a member of the Chess Club, you are also invited, with one of your parents, to take part.



What does it involve?

Pupils have quite a lot of different things to do but it does not take a lot of time, about an hour and in two half hour sessions.

Part 1: Questionnaires

- (a) Fill in a questionnaire with basic information about yourself. If you are a shooter, this will also involve details of your shooting history
- (b) A questionnaire about how you cope with difficult situations (10 minutes)
- (c) Another questionnaire asking about the things you worry about

Part 2 (On a different day): Computer assessment A

Pupils to complete a computer-based test for memory skills. Usually, people find this is great fun. A bit like doing a computer game. Takes 20 to 30 minutes.

Yours sincerely,

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