

9th October 2026

Dear Parent/ Carer,

SHINE (Studying Happiness, self-Image and Nutrition and Eating in children) Parent & Carer Survey

We are pleased to invite you to take part in the **SHINE (Studying Happiness, self-Image and Nutrition and Eating in children) Parent & Carer Survey**. The survey will help The SHINE Study Team understand the health and wellbeing of children in **Reception (4-5 years)** and **Year 6 (10-11 years)**. The survey is open to parents and carers of children in these year groups.

The survey takes around **20 minutes** and can be completed **online (or on paper, if preferred – see below)**. It includes questions about:

- Your child's mental wellbeing,
- You and your child's eating and physical activity habits,
- Your household and background.

By sharing your experiences, you will help make changes at both local and national levels to support children's wellbeing.

As a thank you for taking part, you can enter a **prize draw** to win one of **four £50 shopping vouchers**, awarded to parents and carers in your local community.

The information you provide will only be used only for research purposes and will be kept completely confidential.

[Click here to access the survey.](#)

For more details, [visit our website](#).

If you have any questions or want a paper version of the survey, contact the study team at shine@ucl.ac.uk.

Thank you for supporting this important research,

The SHINE Study Team



SHINE is a collaboration between University College London, Durham University and Newcastle University