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**PARENT INFORMATION SHEET (PIS)****PROJECT TITLE:**

**Building Relational Wellbeing in Schools: Exploring how we co-create an enabling environment to BE and Flourish Together**

**What's this study about?**

This study explores how schools can become places where everyone, students and adults alike, feels safe, included, and connected. Your child will help share insights about relationships and wellbeing in their school community.

**What is the purpose of the project?**

This project explores how relationships can make schools happier, healthier places for everyone. Students and adult champions will work together to share ideas, identify challenges, and create simple, practical actions to support wellbeing across the whole school community.

**Why has my child been invited to participate?**

Your child has been invited to take part because their experiences and perspective as a learner in the school community are valuable and essential. This project brings together students and adult champions to explore how relationships can support wellbeing across the school.

**Does my child have to take part?**

Your choice matters  
Taking part is completely up to you and your child. You and your child can decide not to join, or to stop at any time. If you and your child choose to take part, you'll be asked to give assent and consent. You and your child can also withdraw your data within 30 days of the session without giving a reason.

**What will happen to my child if they take part and what will they have to do?**

Your child will be invited to join three short group sessions called *Talking Circles*. These take place in school, during lunchtime or after lessons, so there's no impact on core learning. The sessions are relaxed and supportive, giving students a chance to share their ideas about wellbeing and listen to others.

**What are Talking Circles?**

Talking circles offer a respectful, equal space for open conversation. Students and adult champions will share experiences and ideas about relational wellbeing at school, exploring what helps everyone feel safe, connected and supported. Sessions will be audio-recorded so the conversations can be written up accurately.

### **Where and when the sessions will happen**

All sessions will take place at Gordano School at times that suit everyone involved. Participation is voluntary and both adults and students can ask for support or take a break at any time. If sensitive issues arise, support will be available through the school's wellbeing team and the safeguarding lead.

### **What happens if my child takes part? How will they be supported?**

#### **Safety and support**

Your child's participation is completely voluntary. They can skip any questions or stop taking part at any time. Talking Circles are supportive group sessions but not counselling. If your child feels upset, the school's Support Team and Safeguarding Lead are available to help. All necessary safeguarding and background checks have been completed.

### **What are the possible benefits of taking part?**

This project gives students a voice in shaping how wellbeing is supported in their school. Your child may build confidence, communication, and reflection skills while contributing to research that informs real change. To thank them, they'll receive a £5 voucher for each Talking Circle they attend (up to £15 total).

### **Will my child's participation in this project be kept confidential?**

#### **Confidentiality**

Your child's information will be kept secure and treated with care. All data will be anonymised and stored safely on password protected University servers or in locked storage. Your child will be given a pseudonym so they cannot be identified in reports. Because quotes may sometimes be used, total confidentiality cannot be guaranteed, but every effort will be made to protect their privacy.

### **What will happen to the results of the research project?**

The findings will be used for my PhD thesis, academic articles, and conference presentations. They will also be shared with the school community. Data will be securely stored for five years before being permanently deleted. You're welcome to request copies of any reports of publications.

### **Who is organising and funding the research?**

This research is sponsored by the University of Bristol through a full scholarship for my PhD.

### **Who has reviewed the study?**

Full ethics approval has been sought and received through the School of Education Ethics Committee co-ordinated by Dr Sarah Eagle, School of Education, University of Bristol.

### **Further information and contact details**

If you have any questions or you're worried about anything to do with the study, you can:

- Email me: [f.vailes@bristol.ac.uk](mailto:f.vailes@bristol.ac.uk)
- Email one of my supervisors:
  - Dr Lucy Kelly – [lucy.kelly@bristol.ac.uk](mailto:lucy.kelly@bristol.ac.uk)
  - Dr Kate Carr-Fanning – [kate.carr-fanning@ucd.ie](mailto:kate.carr-fanning@ucd.ie)

If you want to make a complaint or talk to someone who's not involved in the study, you can contact the Research Governance Team at: [research-governance@bristol.ac.uk](mailto:research-governance@bristol.ac.uk)