

Country		Year		School			Gr	Cl	Child code			

 EUROPE	FAMILY'S RECORD FORM European Childhood Growth Surveillance Initiative	COUNTRY NAME/LOGO
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THIS PART CAN BE ADAPTED BY COUNTRY DEPENDING ON COUNTRY NEEDS

Dear Parent/Guardian parent or guardian,

This questionnaire has been sent to you from the*insert coordinating institute*..... which is working with the World Health Organization Regional Office for Europe in the “*European Childhood Surveillance Initiative*”. This initiative aims to promote health and well-being of primary schoolchildren and is taking place in several countries in Europe, additionally as we are aware that these are challenging times, especially for parents, we aim to know and understand the impact of the COVID-19 pandemic situation on children’s daily routines, well being, eating habits and behaviors, physical activity.

We would like to ask you, as the child’s parent, main caregiver or guardian, to complete this form. This can be completed online or on paper preferably together with your child. The information will be used to develop better health programmes for children like yours.

If you chose to complete the online version of the questionnaire, the information you provide will automatically be saved when you have completed the survey. If you complete the paper version of the survey, you or your child can return it to his or her teacher in the enclosed envelope, which can be sealed, or you can post it directly to the coordinating institute. The information you provide is confidential and will not be disclosed to anyone at the school. It will be made anonymous and will be used only for research and monitoring.

Your participation is voluntary and you are free to refuse to answer any question that is asked in this survey. If you have any questions about the survey, you may contact*insert coordinating institution and contact details*..... or name *Principal Investigator*.....

We thank you very much in advance for your kind cooperation.

GENERAL IDENTIFICATION OF THE CHILD

- (M1) What is your relationship to the child?**
- I am the mother
 - I am the father
 - Other (please specify), I am

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GENERAL IDENTIFICATION OF THE CHILD (continued)

(O1) **What is your child's name?**

First name Surname

(O2) **What is your child's date of birth?**

Day / Month / Year

/ /

(O3) **What is the sex of your child?**

Boy Girl

(O4) **What did your child weigh when he/she was born?** kg g

(O5) **Was your child born late, on time or early?**

- Late birth (42 weeks or more)
- On time (37-41 weeks)
- Somewhat early (33-36 weeks)
- Very early (32 weeks or less)
- Don't know

(M2) **Was your child ever breastfed?**

- No (if no, please proceed to question O7)
- Yes, for less than 1 month
- Yes, for months
- Don't know

(O6) **Was your child ever exclusively breastfed?** (*Exclusive breastfeeding means that the infant receives only breast milk. No other liquids or solids are given – not even water – with the exception of oral rehydration solution, or drops/syrups of vitamins, minerals or medicines*)

- No
- Yes, less than 1 month (*if no, please proceed to question O7*)
- Yes, for months
- I don't know
- I don't remember

(O7) **Was your child ever introduced to formula milk/infant formula?**

- Yes
- No

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(O7a) If yes, from which month was your child introduced to formula milk/infant formula?

- Since the child's birth
- 1 month
- 2 months
- 3 months
- 4 months
- 5 months
- 6 months

(O8) From which month did your child start complementary feeding?

Complementary feeding is when your child is introduced to other beverages (ex: water, juices) and/or the first solid foods (ex: porridges and infant cereals, soups, fruits, vegetables, meat, fish, eggs etc)

- Before 3 months
- 4 months
- 5 months
- 6 months
- After 6 months

CHILD BEHAVIOUR CHARACTERISTICS

The next questions relate to some behaviour characteristics of your child:

(O9) How far is your child's school from your home?

- Less than 1 km
- 1-2 km
- 3-4 km
- 5-6 km
- More than 6 km

(M3) How does your child usually get to and from school? Please tick one option for 'to school' and one for 'from school' that he or she uses the most. If in doubt tick the option taking the longest time.

To school:	From school:
<input type="radio"/> Walking	<input type="radio"/> Walking
<input type="radio"/> Cycling, skating or non-motorized scooter	<input type="radio"/> Cycling, skating or non-motorized scooter
<input type="radio"/> School bus or public transport	<input type="radio"/> School bus or public transport
<input type="radio"/> Private motorized vehicles	<input type="radio"/> Private motorized vehicles

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(O10) If you chose the “Walking” or the “Cycling, skating or non-motorized scooter” answers above, how long does the journey usually take?

To school: Minutes

From school: Minutes

(O11) If your child doesn’t walk or ride a bicycle, skateboard or non-motorized scooter from home to school

or back home, please indicate the reason(s) (please tick all that apply):

- the route is not safe
- the school is too far from home
- the child does enough physical activity during the day
- lack of time
- other, specify: _____

(O12) In your opinion, how safe are the routes to and from school for your child to walk or ride a bicycle, skateboard or non-motorized scooter? (Circle the number that best represents your opinion)

1 = Extremely safe (e.g. walking paths and/or cycling lanes and safe neighbourhood) to
 10 = Extremely unsafe (e.g. no walking paths and/or cycling lanes and unsafe neighbourhood)
 1 2 3 4 5 6 7 8 9 10

(M4) Over a typical week (including weekends), how much time on average per week does your child spend practising sports/exercise/dance on a sports club/health club/fitness centre/dance academy (e.g. football, track and field, hockey, swimming, tennis, basketball, gymnastics, ballet, fitness activities, dance classes, etc.)?

Hours Minutes per week

Please consider the following questions (M5 & M6) only for weekdays (school days)

(M5) When does your child usually go to bed on school days?

Please enter the time. An example: if your child usually goes to bed at seven thirty in the evening, enter

: h.

My child usually goes to bed at : h.

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(M6) When does your child usually wake up on school days?

Please enter the time. An example: if your child usually wakes up at six in the morning, enter

: h.

My child usual wakes up at : h.

Please consider the following questions (O13 till O16) only for weekdays (school days)

(O13) When does your child usually go to bed on school days during morning school shifts?

Please enter the time. An example: if your child usually goes to bed at seven thirty in the evening, enter

: h.

My child usually goes to bed at : h.

(O14) When does your child usually wake up on school days during morning school shifts?

Please enter the time. An example: if your child usually wakes up at six in the morning, enter

: h.

My child usually wakes up at : h.

(O15) When does your child usually go to bed on school days during afternoon school shifts?

Please enter the time. An example: if your child usually goes to bed at seven thirty in the evening, enter

: h.

My child usually goes to bed at : h.

(O16) When does your child usually wake up on school days during afternoon school shifts?

Please enter the time. An example: if your child usually wakes up at six in the morning, enter

: h.

My child usually wakes up at : h.

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(M7) Outside school hours, how much time on average per day does your child spend on **playing actively at a moderate-vigorous intensity** (e.g. running, jumping, playing non-supervised sports/dance, or physically active games)?

Hours Minutes per weekday

Hours Minutes per weekend day

(O17) Outside school hours, how much time on average per day does your child do homework or read a book, either at home or somewhere else?

Hours Minutes per weekday

Hours Minutes per weekend day

(M8) Outside school hours, how much time does your child on average per day watch TV or play with electronic devices (e.g. computer, tablet, smartphone; not including moving or fitness games)?

Hours Minutes per weekday

Hours Minutes per weekend day

(M9) Over a typical week, how often does your child have breakfast (more than just a beverage e.g. milk, tea or juice), including breakfast at school? Please tick one option only.

Never 1-3 days/week 4-6 days/week Every day

(M10) Over a typical week, how often does your child eat or drink the following kinds of foods or beverages? Please tick one option only on each line.

	Never	Less than once a week	1-3 days/week	4-6 days/week	Every day, once	Every day, more than once
Fresh fruit (excluding fruit juices)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vegetables (including vegetable soup, excluding potatoes)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soft drinks containing sugar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(O18) Over a typical week, how many portions of fresh fruits and/or vegetables does your child eat on a typical day? (One portion is the amount your child can fit in the palm of their hand, e.g., 4 dessertspoons of cooked vegetables, a small bowl of salad, a small bowl of vegetable soup; 1 medium size fruit [1 small apple], 2 small fruits [2 plums], 4-7 strawberries or 10-14 cherries)

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- None
- Less than one portion per day
- 1 to 2 portions per day
- 3 to 4 portions per day
- 5 or more portions per day

(O19) Over a typical week, how often does your child eat or drink the following kinds of foods or beverages? Please tick one box for each line.

	Never	Less than once a week	1-3 days/week	4-6 days/week	Every day, once	Every day, more than once
Breakfast cereals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Egg dishes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low fat/ semi-skimmed milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Whole-fat milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Flavoured milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoghurt, milk pudding, cream cheese/quark or other dairy products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
100% Fruit Juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diet or "light" soft drinks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Savoury snacks (e.g. potato chips, corn chips, popcorn, peanuts)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sweet snacks (e.g. cakes, biscuits, candy desserts)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Legumes (eg beans, lentils)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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The next questions ask about your child’s experience of cooking and preparing food at home and at school:

(O20) Does your child help to prepare family meals at home?

- No (if no, please proceed to question O22)
- Yes (if yes, please proceed to question O21)

(O21) If yes, please tell us about the food preparation activities that your child helps with at home (please, tick all items that apply)

- Weighing
- Grating
- Mashing
- Washing
- Chopping
- Peeling
- Measuring

(O22) How often as a family do you order meals online using either a meal delivery app or from a website?

- Never
- Less than once a month
- Once a month
- 2-3 times per month
- Once per week
- More than once per week

(M11) In your opinion, is your child:

- Underweight
- Normal weight
- A little overweight
- Extremely overweight

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HOUSEHOLD HEALTH CHARACTERISTICS

The next questions ask about some health characteristics of yourself and your household:

(O23) **Have you or anyone else in your household ever been diagnosed or treated for high blood pressure (hypertension) by a doctor or other health worker?**

- Yes
 No
 I don't know

(O24) **Have you or anyone else in your household ever been diagnosed or treated for diabetes by a doctor or other health worker?**

- Yes
 No
 I don't know

(O25) **Have you or anyone else in your household ever been diagnosed or treated for high cholesterol level by a doctor or other health worker?**

- Yes
 No
 I don't know

(O26) **We would also like to ask about your or your spouse's/partner's weight, height and age:**

	You	Spouse/ partner
Weight (in kg)		
Height (in cm)		
Age (years)		

(M12) **For the home where your child lives all or most of the time (>50%) please tick the people who live there:**

Adults	Siblings
<input type="radio"/> Mother <input type="radio"/> Father <input type="radio"/> Stepmother (or girlfriend/partner) <input type="radio"/> Stepfather (or boyfriend/partner) <input type="radio"/> Grandfather(s) <input type="radio"/> Grandmother(s) <input type="radio"/> Someone else (please specify) _____ <input type="radio"/> The child lives in a foster home, children's Home or a boarding school	<p><i>Please say how many brothers and sisters live there (including half, step or foster brothers and sisters). Please write in the number 0 (zero) if there are none. Please do not count the child for which you fill out this survey.</i></p> <p>How many brothers? _____</p> <p>How many sisters? _____</p>

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GENERAL HOUSEHOLD CHARACTERISTICS (continued)

(O27) Was your child born in <insert country>?

- Yes (please proceed to question O28)
- No, he/she was born in: _____ (please proceed to question O27a)

(O27a) If your child wasn't born in <insert country>, please indicate since when your child has been living here

month / year

		/				
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(O28) Was the child's mother born in <insert country>?

- Yes (please proceed to question O29)
- No, he/she was born in: _____ (please proceed to question O28a)

(O28a) If your child's mother wasn't born in <insert country>, please indicate since when she has been living here

month / year

		/				
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(O29) Was the child's father born in <insert country>?

- Yes (please proceed to question O30)
- No, he/she was born in: _____ (please proceed to question O29a)

(O29a) If your child's father wasn't born in <insert country>, please indicate since when he has been living here

month / year

		/				
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(O30) In what language(s) do you usually/mainly speak with your child at home?

- <insert national languages>
- Other language, please specify: _____

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GENERAL HOUSEHOLD CHARACTERISTICS (continued)

(M13) What is the highest level of education that you or your spouse or partner has completed? Please select only one answer for each of you.

For this question each country will adapt the answer categories to suit the country context. They need to match the ISCED categories indicated in brackets. ISCED classifications are commonly used in international statistics regarding education. We suggest utilising experts from your national statistical office to ensure correct categorisation.

You

- Primary education or less (ISCED 0-1)
- Lower secondary education (ISCED 2)
- Upper secondary and post-secondary non-tertiary education (ISCED 3 and 4)
- Short-cycle tertiary education or Bachelor's or equivalent level (ISCED 5 and 6)
- Master's or Doctoral or equivalent level (ISCED 7 and 8)

Spouse/ partner

- Primary education or less (ISCED 0-1)
- Lower secondary education (ISCED 2)
- Upper secondary and post-secondary non-tertiary education (ISCED 3 and 4)
- Short-cycle tertiary education or Bachelor's or equivalent level (ISCED 5 and 6)
- Master's or Doctoral or equivalent level and (ISCED 7 and 8)
- I don't have a spouse/partner

(O31) Please tick the box which best represents your household situation? Please tick one box.

- We easily pass the month with our earnings
- We pass the month without serious problems with our earnings
- We have trouble making ends meet in the month with our earnings
- We barely making ends meet in the month with our earnings

(O32) What is the main occupation of you and your spouse/partner over the last 6 months? Please select one answer only for each of you.

You

- Full-time domestic housework/homemaker
- Work full-time
- Work part-time
- Unemployed
- Full-time education
- Sick/disabled
- Something else:

Spouse or partner

- Full-time domestic housework/homemaker
- Work full-time
- Work part-time
- Unemployed
- Full-time education
- Sick/disabled
- Something else:
- I don't have a spouse/partner

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COVID-19 IMPACT

The next questions ask about the impact of COVID-19 pandemic on the daily routine and behaviours:

(C1) Please select below the months during which your child was home from school because of COVID-19 between 1 March 2020 and today.

Please consider only the periods when your child was at home, not going back to school at all or even for just one day or part of the day, due to COVID-19 pandemic restrictions (e.g. national lockdown and/or confinement and/or living in a “red zone” and/or quarantine and/or school closure).

Please mark a full month even if your child was at home just for a few days (e.g. because of one to five days of school closure, 10 days of quarantine, national lockdown until the 5th of that month...)

2020

March	April	May	June	July	August
September	October	November	December		

2021

January	February	March	April	May	June
July	August	September	October	November	December

2022

January	February	March	April	May	June
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For the purposes of this study we have defined the period before 1 March 2020 as ‘PRE-COVID’, and the COVID 19 Pandemic period the time during which your child was home due to COVID-19 (as stated above).

(C2) Has YOUR CHILD, YOU or YOUR SPOUSE/PARTNER had COVID-19 (Coronavirus), confirmed by a doctor and/or a positive COVID-19 test?

	<u>YOU</u>	<u>YOUR CHILD</u>	<u>YOUR SPOUSE/PARTNER</u>	<u>OTHER HOUSEHOLD MEMBER(S)</u>
No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Yes, at home isolation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Yes, admitted to the hospital	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other , please specify: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(C3) Please indicate whether YOUR CHILD'S food consumption changed during the COVID-19 pandemic period in comparison to the pre-COVID period, and please select for each situation if this decreased, stayed the same or increased in comparison to the pre-COVID19 period:

	Decreased in comparison to pre-COVID period	Stayed the same in comparison to pre-COVID period	Increased in comparison to pre-COVID period	I don't know
Amount of fresh fruits your child ate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Amount of vegetables (including vegetable soup, excluding potatoes) your child ate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Amount of meat your child ate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Amount of fish your child ate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Amount of dairy product (e.g. milk, cheese and eggs) your child ate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Amounts of savoury snacks (e.g. potato chips, corn chips, popcorn, peanuts) your child ate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Amount of sweets (e.g. cakes, biscuits, candy desserts, pastry, ice-cream) your child ate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Amount of soft drinks containing sugar your child drank	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Amount of breakfast cereals your child ate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(C4) How often does YOUR CHILD consume meals ordered via apps and/or other online delivery services?

Pre-COVID period

Never

Less than once a month

Once a month

2-3 times per month

Once per week

More than once per week

COVID pandemic period

Never

Less than once a month

Once a month

2-3 times per month

Once per week

More than once per week

(C5) During the COVID-19 pandemic, please indicate how the following behaviours in your weekly routine

have differed from the pre-COVID period:

	Lower/less than pre-COVID period	The same than pre-COVID period	Higher/more than pre-COVID period	I don't know
Buying regional/local food at nearby businesses (e.g. neighbourhood grocery store, farmer's markets)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Buying food in super or hypermarkets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Buying online grocery shopping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Buying food in large quantities (for periods of time longer than 1 week)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating home-cooked meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating ready to eat meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating meals prepared outside of home (e.g. take away/online delivery services)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating together as a family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cooking meals together with your child	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reusing leftovers for another meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Planning purchases and meals in advance (making a meal plan)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(C6) During the COVID-19 pandemic period indicate whether YOUR CHILD's life changed in comparison to the pre-COVID period, and please select for each situation if the issue described decreased, stayed the same or increased when compared to the pre-COVID19 period:

	Decreased in comparison to pre-COVID period	Stayed the same in comparison to pre-COVID period	Increased in comparison to pre-COVID period	I don't know
Amount your child slept on weekdays	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Amount your child slept on weekend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Time your child spent learning in the house (including home schooling), if more than 3h/day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Time your child spent outside school hours, playing actively/vigorously (e.g. running,	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

jumping outside or moving and fitness games inside) on weekdays				
Time your child spent outside school hours, playing actively/vigorously (e.g. running, jumping outside or moving and fitness games inside) on weekend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spending time watching TV, playing video/computer games, or using social media for non-educational purposes on weekdays	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spending time watching TV, playing video/computer games, or using social media for non-educational purposes on weekend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(C7) Please select for each situation, in your opinion what is/was **YOUR CHILD'S** nutritional status:

Please be reminded that the period before 1 March 2020 is considered as 'PRE-COVID', and the COVID 19 Pandemic period the time during which your child was home due to COVID-19 as indicated in question C1.

Condition	Pre-COVID period	COVID pandemic period
Underweight	<input type="checkbox"/>	<input type="checkbox"/>
Normal weight	<input type="checkbox"/>	<input type="checkbox"/>
A little overweight	<input type="checkbox"/>	<input type="checkbox"/>
Extremely overweight /with obesity	<input type="checkbox"/>	<input type="checkbox"/>

(C9) What is your perceptions on **YOUR CHILD'S** behaviours and feelings during pre-COVID period?

Has your child felt fit and well?	not at all <input type="checkbox"/>	slightly <input type="checkbox"/>	moderately <input type="checkbox"/>	very <input type="checkbox"/>	extremely <input type="checkbox"/>
Has your child felt full of energy?	never <input type="checkbox"/>	seldom <input type="checkbox"/>	quite often <input type="checkbox"/>	very often <input type="checkbox"/>	always <input type="checkbox"/>
Has your child felt sad?	never <input type="checkbox"/>	seldom <input type="checkbox"/>	quite often <input type="checkbox"/>	very often <input type="checkbox"/>	always <input type="checkbox"/>
Has your child felt lonely?	never <input type="checkbox"/>	seldom <input type="checkbox"/>	quite often <input type="checkbox"/>	very often <input type="checkbox"/>	always <input type="checkbox"/>

Has your child had enough time for him/herself?	never <input type="checkbox"/>	seldom <input type="checkbox"/>	quite often <input type="checkbox"/>	very often <input type="checkbox"/>	always <input type="checkbox"/>
Has your child been able to do the things that he/she wants to do in his/her free time?	never <input type="checkbox"/>	seldom <input type="checkbox"/>	quite often <input type="checkbox"/>	very often <input type="checkbox"/>	always <input type="checkbox"/>
Has your child felt that his/her parent(s) treated him/her fairly?	never <input type="checkbox"/>	seldom <input type="checkbox"/>	quite often <input type="checkbox"/>	very often <input type="checkbox"/>	always <input type="checkbox"/>
Has your child had fun with his/her friends?	never <input type="checkbox"/>	seldom <input type="checkbox"/>	quite often <input type="checkbox"/>	very often <input type="checkbox"/>	always <input type="checkbox"/>
Has your child got on well at school?	not at all <input type="checkbox"/>	slightly <input type="checkbox"/>	moderately <input type="checkbox"/>	very <input type="checkbox"/>	extremely <input type="checkbox"/>
Has your child been able to pay attention?	never <input type="checkbox"/>	seldom <input type="checkbox"/>	quite often <input type="checkbox"/>	very often <input type="checkbox"/>	always <input type="checkbox"/>

C10) What is your perceptions on YOUR CHILD'S behaviours and feelings during the COVID-19 pandemic period?

Has your child felt fit and well?	not at all <input type="checkbox"/>	slightly <input type="checkbox"/>	moderately <input type="checkbox"/>	very <input type="checkbox"/>	extremely <input type="checkbox"/>
Has your child felt full of energy?	never <input type="checkbox"/>	seldom <input type="checkbox"/>	quite often <input type="checkbox"/>	very often <input type="checkbox"/>	always <input type="checkbox"/>
Has your child felt sad?	never <input type="checkbox"/>	seldom <input type="checkbox"/>	quite often <input type="checkbox"/>	very often <input type="checkbox"/>	always <input type="checkbox"/>
Has your child felt lonely?	never <input type="checkbox"/>	seldom <input type="checkbox"/>	quite often <input type="checkbox"/>	very often <input type="checkbox"/>	always <input type="checkbox"/>
Has your child had enough time for him/herself?	never <input type="checkbox"/>	seldom <input type="checkbox"/>	quite often <input type="checkbox"/>	very often <input type="checkbox"/>	always <input type="checkbox"/>

Has your child been able to do the things that he/she wants to do in his/her free time?	never <input type="checkbox"/>	seldom <input type="checkbox"/>	quite often <input type="checkbox"/>	very often <input type="checkbox"/>	always <input type="checkbox"/>
Has your child felt that his/her parent(s) treated him/her fairly?	never <input type="checkbox"/>	seldom <input type="checkbox"/>	quite often <input type="checkbox"/>	very often <input type="checkbox"/>	always <input type="checkbox"/>
Has your child had fun with his/her friends?	never <input type="checkbox"/>	seldom <input type="checkbox"/>	quite often <input type="checkbox"/>	very often <input type="checkbox"/>	always <input type="checkbox"/>
Has your child got on well at school?	not at all <input type="checkbox"/>	slightly <input type="checkbox"/>	moderately <input type="checkbox"/>	very <input type="checkbox"/>	extremely <input type="checkbox"/>
Has your child been able to pay attention?	never <input type="checkbox"/>	seldom <input type="checkbox"/>	quite often <input type="checkbox"/>	very often <input type="checkbox"/>	always <input type="checkbox"/>

(C11) Please indicate **YOUR and YOUR SPOUSE/PARTNER** (if applicable) employment status in pre-COVID period and COVID pandemic period:

Please be reminded that the period before 1 March 2020 is considered as 'PRE-COVID', and the COVID 19 Pandemic period the time during which your child was home due to COVID-19 as indicated in question C1.

Condition	Pre-COVID period		COVID pandemic period	
	<u>YOU</u>	<u>YOUR SPOUSE/PARTNER</u>	<u>YOU</u>	<u>YOUR SPOUSE/PARTNER</u>
Full-time domestic housework/homemaker	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Work full-time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Work part-time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unemployed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Full-time education	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sick/disabled	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Something else: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(C12a) Please select the option that best represents your household financial situation during the periods of pre-COVID and COVID-19 pandemic. Please select only one option in each period:

Condition	Pre-COVID period	COVID pandemic period
We easily pass the month with our earnings.	<input type="checkbox"/>	<input type="checkbox"/>
We pass the month without serious problems	<input type="checkbox"/>	<input type="checkbox"/>

with our earnings.		
We had trouble making ends meet in the month with our earnings.	<input type="checkbox"/>	<input type="checkbox"/>
We barely making ends meet in the month with our earnings.	<input type="checkbox"/>	<input type="checkbox"/>
I don't know/ Don't answer.	<input type="checkbox"/>	<input type="checkbox"/>

(C12b) **Did your family receive a COVID-19 support scheme?**

- Yes
 No

Date of completion of this form

Day / Month / Year
 / /

REMARKS

You may write down any remarks you would like to make in this box:

*****END OF QUESTIONNAIRE*****

THANK YOU VERY MUCH FOR COMPLETING THIS QUESTIONNAIRE.

PLEASE PUT IT IN THE ATTACHED ENVELOPE AND SEAL IT. YOUR CHILD CAN THEN RETURN IT TO HIS OR HER TEACHER.