



CATS

The Childhood to Adolescence Transition Study

SUMMER 2015 NEWSLETTER

WHAT HAPPENED IN 2014?

CATS has now been going for 3 years – wow, how time flies! 2014 was a great success. Our team had lots of fun visiting you all at school, at the Royal Children’s Hospital and at your homes. In total, 1117 students, 902 parents and 1093 teachers took part in 2014. Thank you for your help—we are really grateful that so many of you are involved. Your involvement means CATS can make a real difference.



The CATS Team

Stef, Jess, Kate, Sophie (Back)

Sophie, Annie, Lisa, Stephen (Front)

WHEN IS THE NEXT CATS VISIT?

CATS will be back to visit students in Terms 2 and 3 of 2015. We’ll have our much-loved iPads, measuring stations and saliva kits in tow! Teachers will be invited to complete a short questionnaire. This year the parent questionnaire will also be much shorter—just 5 mins!

iCATS, our sister study looking at brain development, will also be coming back in 2015 for those students who are a part of this.

50% of children have 3 or more serves of veggies a day

75% of parents help their children with homework

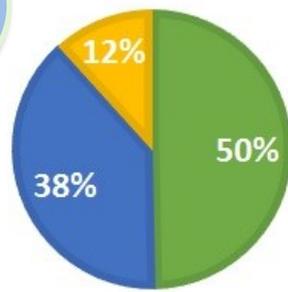
65% of children play a team sport



“Wow, you guys are really quick and efficient!”

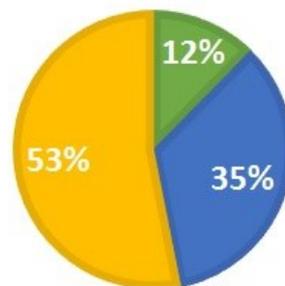
~ Quote from principal

DURING THE WEEK: HOURS PER DAY WATCHING TV



- 1 hour or less
- More than 1 but less than 3 hours
- More than 3 hours

ON WEEKENDS: HOURS PER DAY WATCHING TV



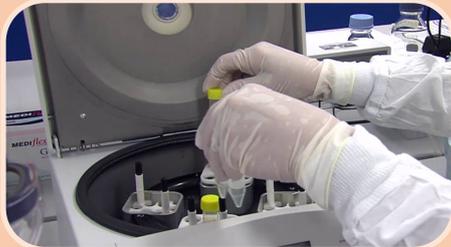
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MEET ANNE— 'SALIVA CUSTODIAN'!

Watch our video here:

www.mcri.edu.au/truthaboutcats

Reporter Katy Rummage meets Anne, the CATS 'Saliva Custodian' at the lab. Katy goes to the lab and gives Anne the sample she has just collected. Anne puts the sample in a machine called a centrifuge...



ANNE: After a few minutes in here, all the solid matter will be separated from the gunk. The solid stuff is what we're going to look at in the microscope.

KATY: So what can you see from my sample?

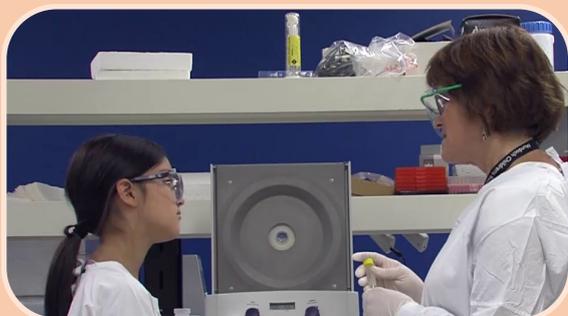
ANNE: Actually Katy, I can't tell you that...

KATY: I'm sorry, that is my sample, right?

ANNE: Maybe... When you gave it to me, it only had a number on it. I can't actually tell from any of the numbers which individual person they belong to.

KATY: You mean you're hiding something?

ANNE: Well in a way... yes... and also no. We don't have anything to hide – but we can't tell you your results, or anyone else's. The names are hidden to protect your privacy.



Next, Katy meets Professor George Patton, Principal Investigator of CATS.

KATY: I just took part in the study, but I can't see my results, why is that...George?

GEORGE: That's a really good question. Taking your saliva sample is like taking some of your personal information. We have to make sure it stays private. The best way of keeping it private is by not sharing that information with anyone else. We put your results together with everyone else's and we call that data. The data has none of your personal information, just the scientific information we're looking at. That data will help teachers and doctors and improve health for children. The middle years are really important for getting your health right for the rest of your life. So what you've done is really important. And we hope that you'll help us again in the years to come!

The video is fantastic! It really explained a lot of questions we had and made my child feel special to be part of a study like this! ~ Parent

When I move away from Melbourne will you still ask me questions? I really like being in CATS!

~ Quote from student

FUN CATS FACTS!



Q1. How many iPads does the CATS study own?

A) 30, B) 52, C) 65, D) 80

Q2. How many different countries in the world do CATS kids live in? A) 1, B) 2, C) 3, D) 4

Q3. How many kilometres did the CATS team drive in 2015?

A) 8067, B) 399, C) 6730,

D) More than 10,000

Answers at bottom of page!

CONGRATULATIONS to those parents who won vouchers or movie passes for completing their questionnaires! One of the unique and important parts of CATS is that we hear from the parents and teachers, as well as the children, so thank you for your involvement.

PLEASE STAY IN TOUCH!

Even if you move schools we'd still love to see you each year. This year we tried something new, and visited students at the Mount Martha Community Centre during school holidays. We had so much fun catching up with you down on the sunny Mornington Peninsula! We hope to run a few more sessions at local community centres in 2015.

Grade 6 will be the last primary school visit. However, we hope to see you all again in 2016 when you're at high school. If you already know where your child will be attending high school, or if you have any questions, please do contact the CATS team. To stay up to date with CATS news, you can also check out our website.

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If you'd like more information on the transition from childhood to adolescence check out

<http://raisingchildren.net.au/>

