

Online supplemental appendix 4: HAPPEN survey variable codebook

Exposures	HAPPEN Survey item	Responses	Analyses coding
Ate breakfast	13. <i>What did you eat for breakfast yesterday?</i>	Nothing Cereal Snacks Fruit Toast Cooked breakfast Yoghurt	Binary: 1 = Cereal; Snacks; Fruit; Toast; Cooked breakfast; Yoghurt 0 = Nothing
Active travel to school	14. <i>How did you get to school yesterday morning?</i>	On the bus In the car/taxi Walked On bike Ran/jogged Scooter Skateboarded/rollerbladed	Binary: 1 = Walked; On bike; Ran/jogged; Scooter; Skateboarded/rollerbladed 0 = On the bus; In the car/taxi
Active travel from school	18. <i>How did you get home yesterday?</i>	On the bus In the car/taxi Walked On bike Ran/jogged Scooter Skateboarded/rollerbladed	Binary: 1 = Walked; On bike; Ran/jogged; Scooter; Skateboarded/rollerbladed 0 = On the bus; In the car/taxi
Toothbrush 2+ per day	20. <i>How many times did you brush your teeth yesterday?</i>	0 – 3	Continuous: 0 – 3
5+ fruit and veg	19. <i>How many portions of fruit and vegetables did you eat yesterday?</i>	0 – 8	Continuous: 0 – 8

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Sleep 9+ hours	21. <i>What time did you fall asleep last night</i>	(30 min intervals) 7:00pm – 4:00am	Continuous: <i>Sleep hours calculated from item 21 and 22</i>
	22. <i>What time did you wake up this morning?</i>	(30 min intervals) 5:00am – 9:00am	
Physically active 60+ mins every day previous 7 days	23. <i>In the last 7 days, how many days did you do sports or exercise for at least 1 hour in total (This includes doing any activities or playing sports where your heart beat faster, you breathed faster and you felt warmer</i>	0 days 1 – 2 days 3 – 4 days 5 – 6 days 7 days	Ordinal: 0 days 1 – 2 days 3 – 4 days 5 – 6 days 7 days
	24. <i>In the last 7 days, how many days did you watch TV/play online games/use the internet etc. for 2 or more hours a day (in total)?</i>	0 days 1 – 2 days 3 – 4 days 5 – 6 days 7 days	Ordinal: 0 days 1 – 2 days 3 – 4 days 5 – 6 days 7 days
Tired 7 days	25. <i>In the last 7 days, how many days did you feel tired?</i>	0 days 1 – 2 days 3 – 4 days 5 – 6 days 7 days	Ordinal: 0 days 1 – 2 days 3 – 4 days 5 – 6 days 7 days

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Sugary snack 7 days	28. In the last 7 days, how many days did you eat at least one sugary snack (e.g. chocolate bar, sweets)	0 days 1 – 2 days 3 – 4 days 5 – 6 days 7 days	Ordinal: 0 days 1 – 2 days 3 – 4 days 5 – 6 days 7 days
Participate in at least 3 out of school clubs	31. How many times do you take part in a sports club OUTSIDE OF SCHOOL each week?	0 - 10	Continuous: 0 - 10
Can ride a bike	35. Can you ride a bike without stabilisers?	No Yes	Binary: 1 = Yes 0 = No
Can swim 25m	36. Can you swim 25 metres without a float or armbands (This is 1 length of a standard swimming pool)	No Yes	Binary: 1 = Yes 0 = No
Age on 01/03/2020	Decimal age on 1 March 2020	Continuous	Continuous
Sex	Sex	Girl Boy	Binary: 0 = Girl 1 = Boy
WIMD	Welsh Index of Multiple Deprivation 2019		Coding framework from WIMD 2019[34]