**Supplementary Table**

*Supplementary Table 1 Effect sizes of SFP on average scores of schoolchildren*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Age | Sex | F | (df1, df2) | Sphericity assumption | | | Epsilon-Squared |
| Huynh-Feldt epsilon | Greenhouse- Geisser epsilon | Box's conservative epsilon |
| 5-9 | Girls | 26.39\*\*\* | (2, 1306) | 0.8785\*\*\* | 0.8765\*\*\* | 0.5\*\*\* | 0.04 |
| Boys | 18.21\*\*\* | (2, 1514) | 0.8608\*\*\* | 0.8592\*\*\* | 0.5\*\*\* | 0.02 |
| 10-14 | Girls | 31.29\*\*\* | (2, 2089) | 0.8052\*\*\* | 0.8042\*\*\* | 0.5\*\*\* | 0.03 |
| Boys | 27.07\*\*\* | (2, 2539) | 0.8156\*\*\* | 0.8148\*\*\* | 0.5\*\*\* | 0.02 |
| 15-19 | Girls | 3.91\*\* | (2, 108) | 0.9097\*\* | 0.8873\*\* | 0.5\* | 0.05 |
| Boys | 2.98\* | (2, 106) | 0.7064\* | 0.6961\* | 0.5\* | 0.04 |
| Overall | Girls | 62.22\*\*\* | (2, 3588) | 0.8382\*\*\* | 0.8375\*\*\* | 0.5\*\*\* | 0.03 |
| Boys | 48.44\*\*\* | (2, 4256) | 0.8315\*\*\* | 0.8309\*\*\* | 0.5\*\*\* | 0.02 |
| Both | 108.9\*\*\* | (2, 7846) | 0.8343\*\*\* | 0.834\*\*\* | 0.5\*\*\* | 0.03 |

\*\*\*p<0.001, \*\*p<0.05, \*p<0.1

NB: Sphericity assumption tests are significant that the variances of the differences between all pairwise combinations of groups are equal.