

# TEACHER TIPS

PREMIER'S ACTIVE APRIL 2019



**Get active this April with our brand new workout videos!**

You can also use the new Activity Timer, all available on our Active April app for iOS & Android.

## IT'S FREE & FUN FOR EVERYONE!

Easy to administer and successful – that's the experience we want our schools to have when they sign up for Premier's Active April 2019. We know you play an important role in shaping the health and wellbeing of young Victorians, and we're committed to helping you to continue to do so.

Now in its eleventh year, Premier's Active April encourages all Victorians to do 30 minutes of physical activity a day during April. It's free and it's fun.

### Reward your school with Active April

The health benefits are great, and so are the prizes your school could win for Active April 2019:\*

- A \$350, \$500 or \$750 Sportsmart voucher if your school has the highest percentage of students to register in the small, medium or large category
- ACTIVE Map school bike education course
- A bike education workshop and a healthy breakfast
- One of 15 visits from high-profile athletes
- A \$2,000 Sportsmart voucher for the most active school
- A chance to win one of three physical activity equipment kits.

Plus, there are loads more special offers and competitions available for all participants.

### All-New Get Active Workout Videos

This year, it's even easier to help your students get active at home or in the classroom.

With the all-new Get Active Workout Videos it's easy to get your students involved. Take a 10-minute exercise break in the classroom and follow along with one of the videos or try a few for a full 30-minute sports class. The best part is that they can continue their activity at home with their family on the weekend or school holidays.

## HOW TO SPREAD THE WORD

Our goal is for as many people as possible to build regular activity into their lifestyles beyond April. You can help by encouraging

members of your school community to register. Remember, the more members, the higher your school's chances of winning great prizes!

### Make sure your parents understand:

- How to register their child (see the [Consent form](#))
- Why the school is participating and the importance of physical activity in their children's lives (see the [Information for Parents flyer](#))

### You could try the following approach:

- Print or email the [Team ID poster](#) to staff, students and parents. Remember to add your Team ID
- Print the [School poster](#) and put it up around the school
- Use the images, logos and text provided to make your communications engaging and effective
- Include a message in your newsletter about your school's participation and the ongoing importance of physical activity
- Add a news post to your school's website – you can use any text from the Active April website or key points from the [Information for Parents flyer](#)

### Accessing promotional material

Visit the dedicated Schools section in the Active April website or [download the School's Promotional Pack](#) for a range of resources such as posters, online banners and images.



# HOW TO REGISTER

Visit [activeapril.vic.gov.au](http://activeapril.vic.gov.au) and click 'Register'.

Students and teachers automatically enter their school into competitions when they select their school during registration.

## Register as a teacher

### 1. Complete the short registration form, remembering to:

- select 'Teacher' or 'Teacher & Parent' in the 'My user type is?' question
- select your school from the dropdown menu to automatically enter your school into competitions

### 2. Check your inbox for the verification email

## Set up your team(s)

Once registered you can create teams – either for individual classes or one team for your whole school.

### You can do this from:

- the Team prompts at the end of registration, or
- the Teams page once you log in.

Each team has a Team ID. You can invite students to join your team or they can request to join it using your Team ID. See [activeapril.vic.gov.au/schools](http://activeapril.vic.gov.au/schools) for more information.

## Register Students

We encourage students (or their parents) to register themselves then join a school/class team created by a teacher. Alternatively, the teacher can register students on the parent's behalf.

### 1. STUDENT REGISTERS THEMSELVES

Students over 12 years old and with a personal email address can register themselves.

#### 1. Complete the short registration form, remembering to:

- select 'Student' in the 'My user type is?' question

- select their school from the dropdown menu to automatically enter their school into competitions
2. Check their inbox for the verification email
  3. Log in and visit the Teams page to join their school/class team

### 2. STUDENT REGISTERED BY A PARENT

Students under 12 are not required to enter an email address. Similarly, if a student is over 12 but doesn't have a personal email address, the parent/guardian should follow these steps.

1. If they haven't already been registered by a teacher, complete the short registration form remembering to:
  - Select 'Parent' in the 'My user type is?' question
2. Click 'Register' to complete registration
3. Click 'Register Family and Friends' on the next screen, and add up to 50 account members including any students
4. Check your inbox for the verification email
5. Log in to view your account or use the 'Logged in as' dropdown menu to view the app as a Student Account Member
6. Visit the Teams page to join the relevant school/class team

### 3. STUDENT REGISTERED BY A TEACHER

While we recommend students be registered separately, in some cases it's necessary for the teacher to register students into their account.

1. Download and send parents/guardians the Premier's Active April **Consent form**. You might also like to distribute the **Information for Parents flyer**
2. Once you have parental consent, log in and go to your Profile page
3. Add up to 50 students in the 'Add account member' section remembering to add them into the relevant school/classroom team
4. Remember to tell the student their username and password so they can log in at home

Visit [activeapril.vic.gov.au/schools](http://activeapril.vic.gov.au/schools)

Follow us on:   

MAJOR PARTNERS

