

TEACHER TIPS

PREMIER'S ACTIVE APRIL 2020



NEW IN 2020 – SYNC YOUR FITBIT TO THE ACTIVE APRIL APP

The all-new Fitbit integration makes it even easier to track your activity throughout April. **Register now** to win great prizes that will help you move more!



IT'S FREE & FUN FOR SCHOOLS!

Easy to administer and successful – that's the experience we want our schools to have when they sign up for Premier's Active April 2020. 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 twelfth 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 2020:*

- One of 18 special **Victorian Institute of Sport visits** with a high profile athlete
- **\$1,200 Rebel Sport vouchers** for most active schools

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

Get Active Workout Videos

It's even easier to help your students get active at home or in the classroom.

With the 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.

What's new in 2020?

This year schools in your region have more chances to win!

In 2020, Premier's Active April has introduced prize categories across six regions of Victoria to encourage participation and generate a competitive spirit state-wide.

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 or post content on your social media channels – 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 on 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

Register your school now

It's really easy for students and teachers to register their school into Premier's Active April!

Simply visit activeapril.vic.gov.au and click "Register" to follow the prompts!

Here's a step-by-step guide to help you through the registration process.

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 for individual classes or one team for your whole school by:

- clicking on 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 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

This year, it's even easier for teachers to register their class... here's how:

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 parent/guardian consent, download and fill out the **bulk upload spreadsheet**

3. Follow the examples in the spreadsheet to add in each student's information – you can add up to 50 students

4. Save the spreadsheet to your computer – it will save automatically in the correct file format, which is a Comma Separated Values (.csv) file

5. Send the file to activeapril@sport.vic.gov.au

6. Active April will take care of the rest! We'll register each student for you – they'll be displayed as sub-users within your account.

7. Share each student's username and password with them so they can log in at home

8. Now, download the School's Promotional Pack for a range of tips and tricks on how to get your students moving more this April.

Visit activeapril.vic.gov.au/schools

Follow us on:  

*Terms and conditions for all prizes and offers apply. Visit activeapril.vic.gov.au for details. Authorised by the Victorian Government, 1 Treasury Place, Melbourne.

