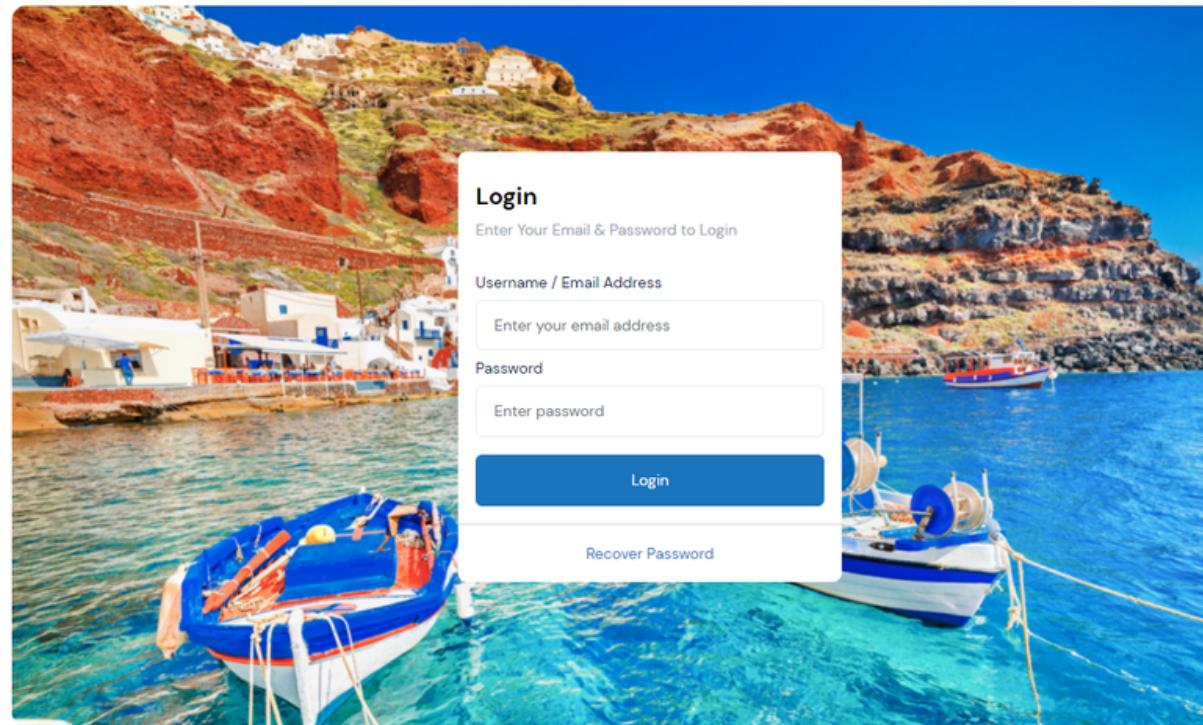# USERGUIDE

www.youngandhealthy.org.nz

Getting Started

To access the Virtual Adventure website, please go to https://www.youngandhealthy.org.nz/ and click the LOGIN link on the right hand side of menu bar. The login page will open in a new window. Please then save the Virtual Adventure website to your favourites so you can go directly there in future.
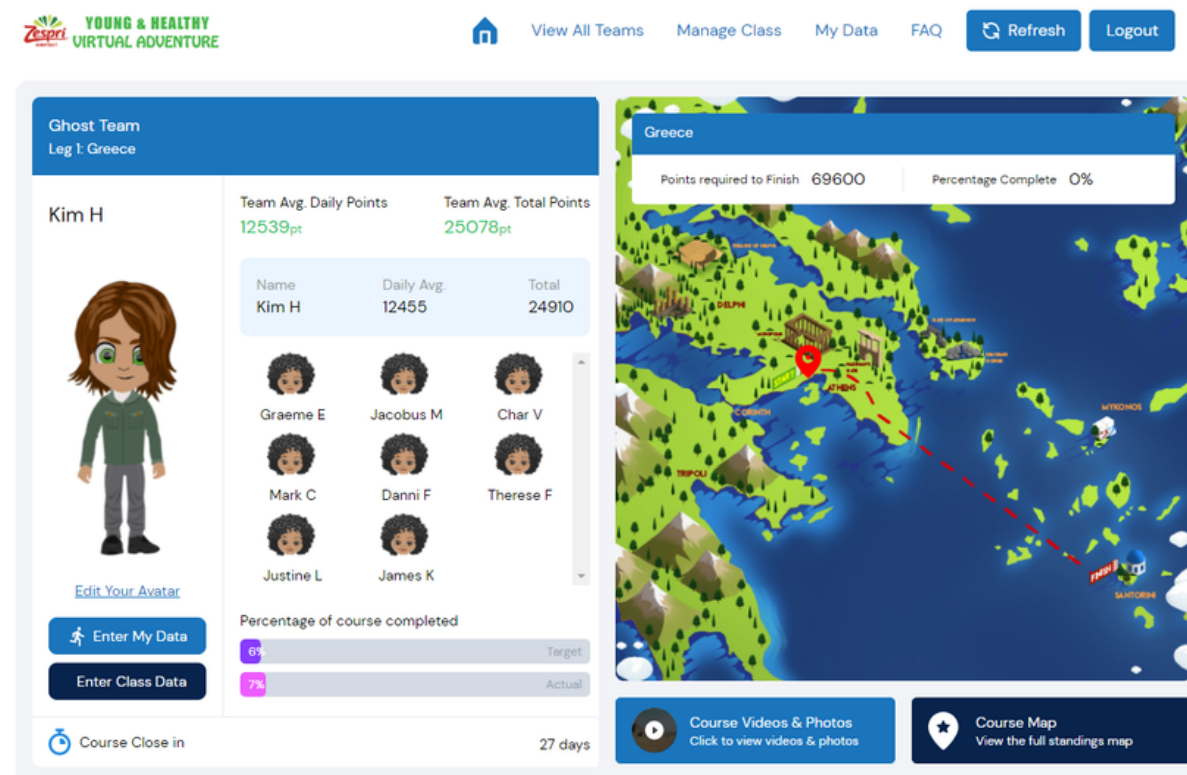
To LOGIN
Your Username is the email address you used to register your class
Your Password you created when you registered your class

If you cannot remember your password, please click the Recover Password button on this login page and you will be emailed a link to update it.

First Steps

Once logged in;

1. Edit your avatar by clicking the 'Edit' link next to the avatar image.

2. Click the **Manage Class** link on the menu bar and use the 'Print Class Logins' option to print the login details for your students and provide to them.

3. Ensure all students go to the Virtual Adventure website and use their login to edit their avatar's so they will see them in the videos.

4. Once all students have created their avatars, click the **Manage Class** link on the menu bar and select 'Print Avatars' – they can now be cut out and placed around the course map.

5. Go to the 'For Teachers' section at https://www.youngandhealthy.org.nz/ and download the Course Details PDF – this has information about each destination you can discuss with your class to get them excited about what they will experience on their virtual adventure.

Manage Class

The Manage Class link on the virtual adventure site menu bar gives you all the tools you need to manage your classes participation.

Via this link you can;

- View and print your students login details
- Print your classes avatars
- Change your class team name
- Withdraw a Student
- Add a Student
- Create a new password for a student

Engaging Parents

It's great to engage parents in the event, and we have a section on the website just for them with a userguide they can download to help their child get the most out of the event.

Here is a quick explanation you can pop into an email or on your Facebook page so they now where to get more information;

Our class will be participating in the Zespri Young and Healthy Virtual Adventure. It's a fun program that takes us around the world guided by ASICS Ambassadors Ardie Savea, Kane Williamson and Ameliaranne Ekenasio and encourages activity, drinking plenty of water, and other simple daily actions to support health and wellbeing. For more about the event and how you can support us and get involved please go to www.youngandhealthy.org.nz and check out the 'For Parents' section.

Pedometers

To help your class set up their Pedometers please visit https://www.youngandhealthy.org.nz and click the 'For Teachers' link in the menu bar, then view the video of how to set up the devices.

Integrating pedometers into the virtual adventure is an effective approach as they serve as motivational tools that inspire children to move more.

By tracking their steps, students become more aware of their daily activity levels, encouraging them to engage in physical play and exercise. We also see how they foster a sense of achievement - as they see the numbers increase on their pedometers, it creates a sense of accomplishment and this positive reinforcement can boost self-esteem, motivation, and a sense of pride in their ability to make healthy choices.

You will receive Pedometers for your students and spares. Please note the devices have no connectivity and do not upload or share data, they are a simple device that tracks steps which are then manually recorded each day and the device reset. Whilst they are not as accurate as expensive trackers with connectivity, they have no data sharing issues and the lower cost ensures we can provide them free to participants.

Tracking Activity

Do small things every day

There are so many small things you can do every rā (day) to look after your tino (precious) tinana (body) and hinegaro (mind) that also whai piro (earn points) for your tima (team) to move around the course!

Aim for 5 or more huawhenua (veges) a day
How many? _____

Aim for up to 3 whurutu (fruit) a day
How many? _____

Aim for 3 ngā kai "matareka" ("treat foods) a week
How many? _____

Aim for 5-8 mōwhiti (glasses) of wai (water) a day
How many? _____

Aim for 9-10 hours of moe (sleep) a night
How many? _____

Aim for 8,000 steps or more a day
How many? _____

When the virtual adventure commences, you and your students start tracking your daily steps, other activity and can also track other healthy behaviours.

There is a tracking sheet you can download from the 'For Teachers' section of https://www.youngandhealthy.org.nz/ or students can record in their usual workbooks.

Ideally students record their days Steps and other activity either at the end of the day or the next morning and reset their Pedometer. However it's no problem if they miss a day or forgot to reset their Pedometer, it's a team event as you will see on the following pages, the 'Class data' entry means you class will still stay on track.

Some teachers let their class keep wearing the Pedometers each weeknight and on weekends, some collect the devices at the end of each school day and record the days steps, then give out again the following morning. The choice is yours, we just suggest if your students are not wearing them on weekends, you enter the usual daily average for Saturdays and Sundays when you enter the Class Data.

Entering Data
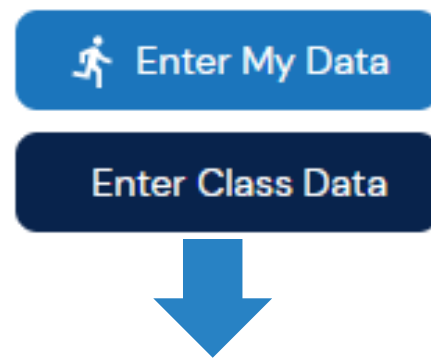
There are two data entry buttons on the Virtual Adventure website;

- **Enter My Data** – this button is for you to enter your personal data if you wish to. All Students also have this button when they login so they can enter their data.

- **Enter Class Data** – this button is only on your Teacher login and is used to ensure your class stays on track to complete the Virtual Adventure.
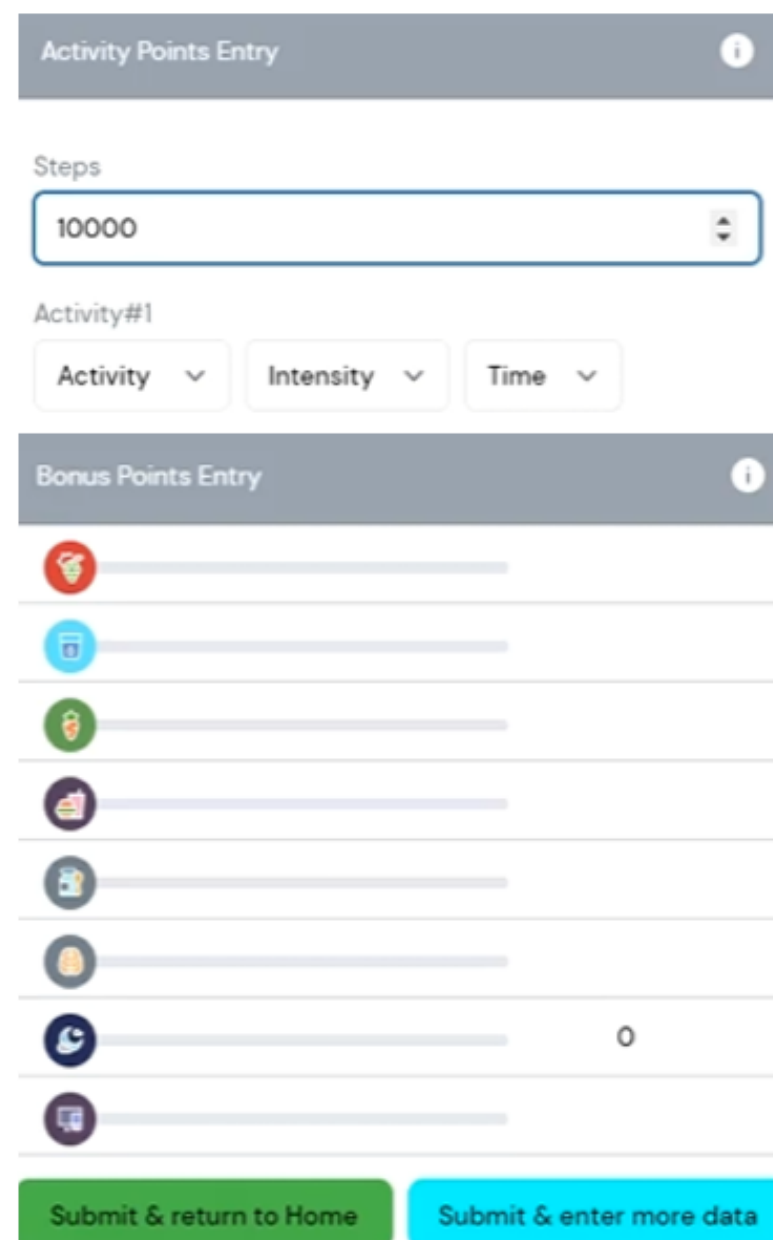
Your students can use their login and enter their daily steps and activity and also other healthy behaviours to gain bonus points. We know however that often not all students enter data, or with younger classes often no students enter their own data.

For this reason, it's important you use the **Enter Class Data button** to keep your class on track and ensure you see your progress update and view your unique videos as a class. The way the system works is when you enter class data it allocates that to all students that have not entered their own data – this way the system accommodates some, all or no students entering their own data.

We suggest on Monday, Wednesday and Friday you give the students the chance to enter their own data via their unique logins, then open the virtual adventure site on a screen all students can see, login and click the Enter Class Data button. This will open the list of available days of data entry – click a day and the data entry screen will open (see following page for how to enter class data).

Entering Data

Once a day has been selected, the data entry screen will open for that date.

Entering Steps
To **Enter Class Data,** you can either calculate the average from all students (if they all are wearing pedometers), or the average of a subset of students who are wearing pedometers, or pick one student each day and use their step count.

Please note if some students have already entered their own steps via their own logins, this is not a problem, the Class entry is only allocated to those who have no data entered.

Entering Activity
If on the day selected, you did a class activity such as swimming, select that activity, time spent and intensity level. Otherwise you can leave this section blank.

Bonus Point Entry
The Bonus Point entry is optional and gains some bonus distance for engaging in healthy behaviours. It is mostly used by students who are entering their own data.

When using the Enter Class Data button, you can leave this section blank or pick one student for each day and enter the behaviours they have recorded.

Once you have entered the data for the day selected, if you have additional days to enter click the 'Submit and enter more data' button. Once you have entered all the days click the 'Submit and return Home' button - your team position will now update (see following page)

Viewing Progress
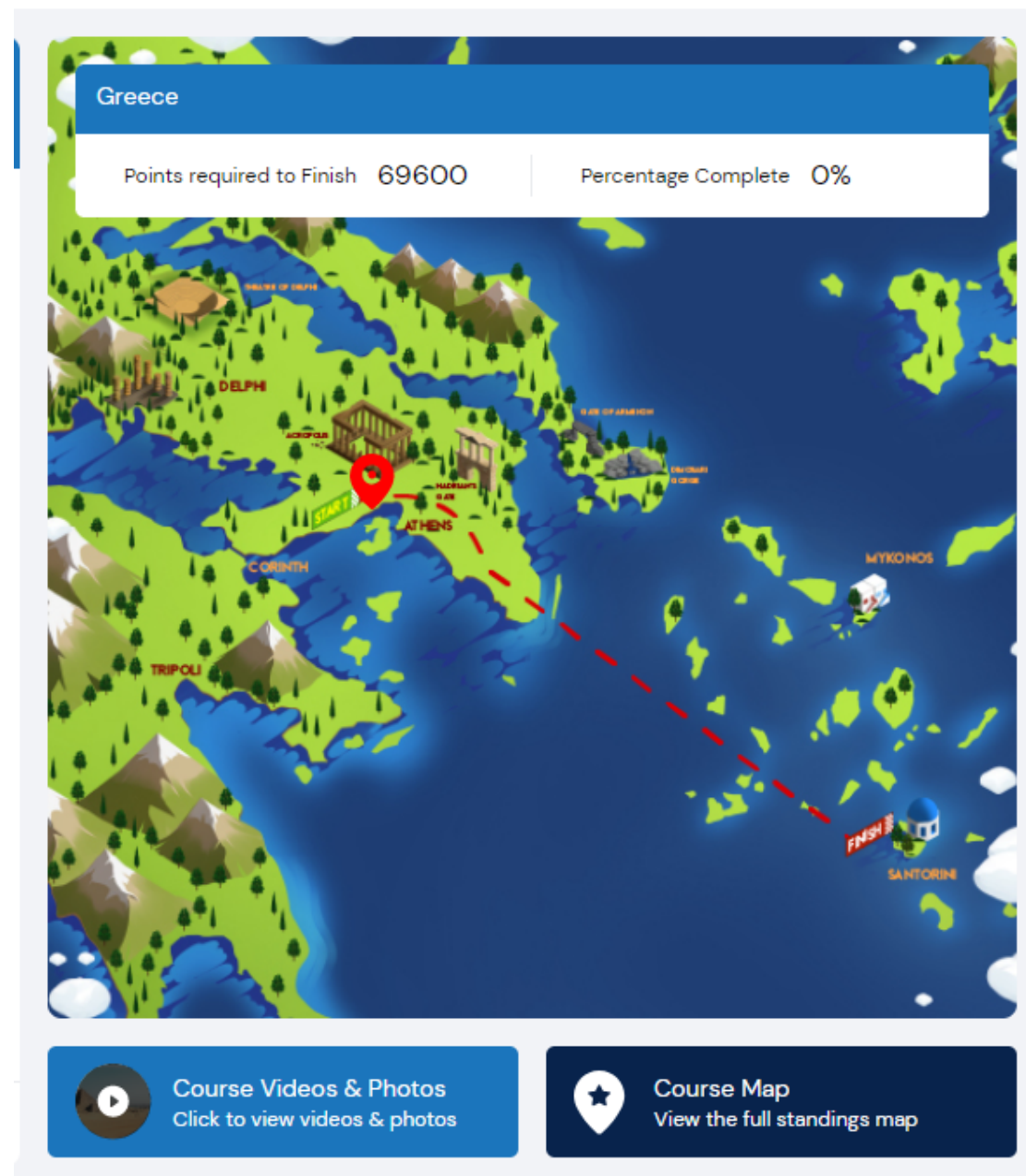
Once you have entered data and clicked the 'Submit and return Home' button - your team position will now update on the map on your homepage and the points required to complete the leg and see the video of your class exploring that destination will tick down.

The percentage of course completed on your home page also updates so you can see how your class is progressing vs the target. If you are on track, you will complete all the legs of the course before the event finishes.


If you are ahead of target, you may complete the course before the event finishes - in this case your class will be given extra destinations to visit so you can keep going.

When you enter enough data to complete a leg - upon returning to the Home page you will see the team position move to the end of the leg and the 'Play Video' option will load so your class can view the video of that destination.

If you wish to see how other teams are progressing through the virtual adventure you can click the 'View all Teams' link on the menu bar.

Viewing Videos
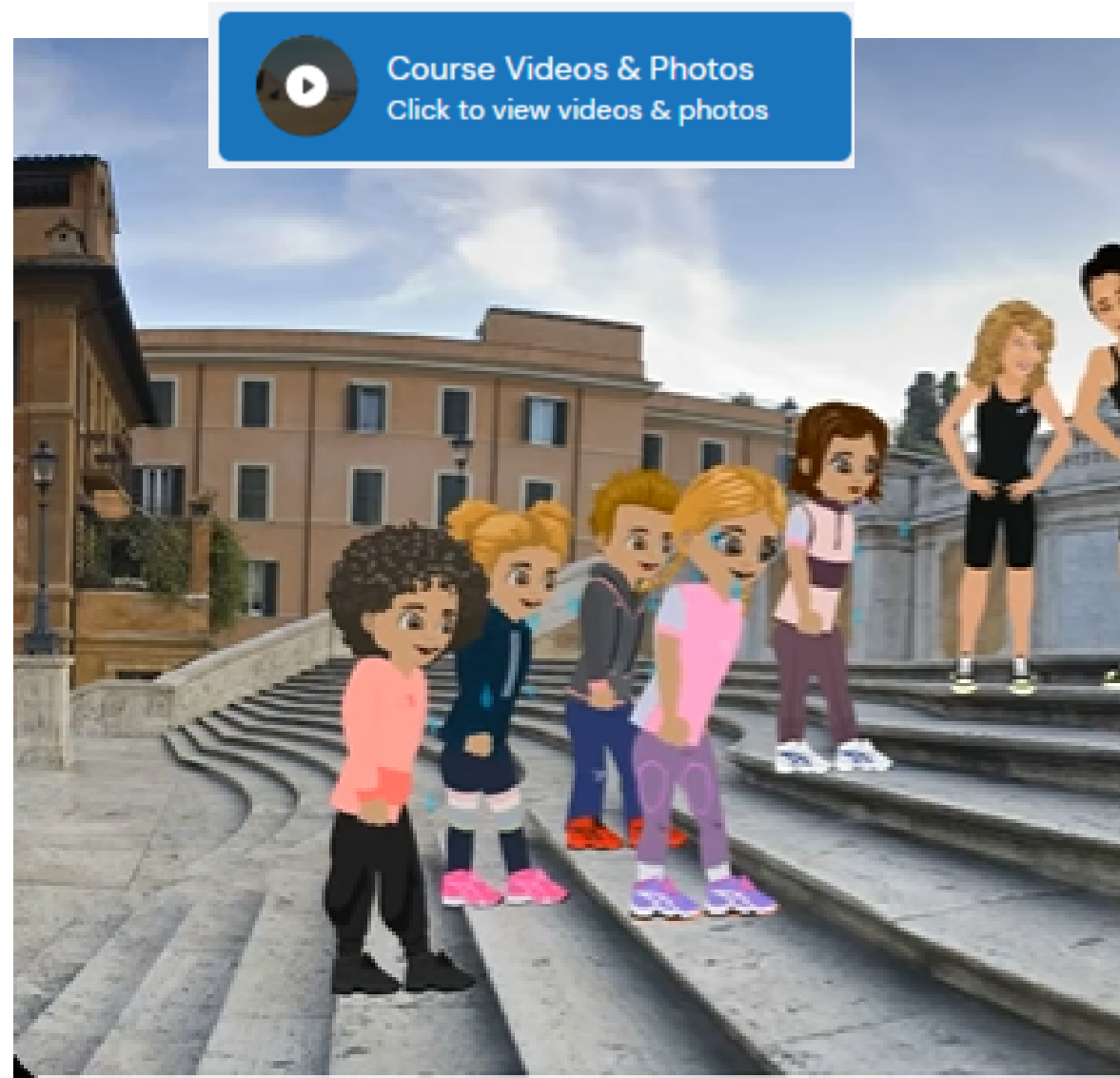
Once you completed each leg of the virtual adventure, the video our your class exploring that destination will be available to view.

Each video is created featuring your students (and your) avatar which is why it is important before the event commences that all students use their own logins and create their avatar - we know how much they enjoy seeing 'themselves' in the videos!

You will also notice a series of photos load for each destination, these are personalised for each entrant so if you are showing the class the video using your login, your avatar will feature. If students wish to see their photos, they will need to use their personal login.