

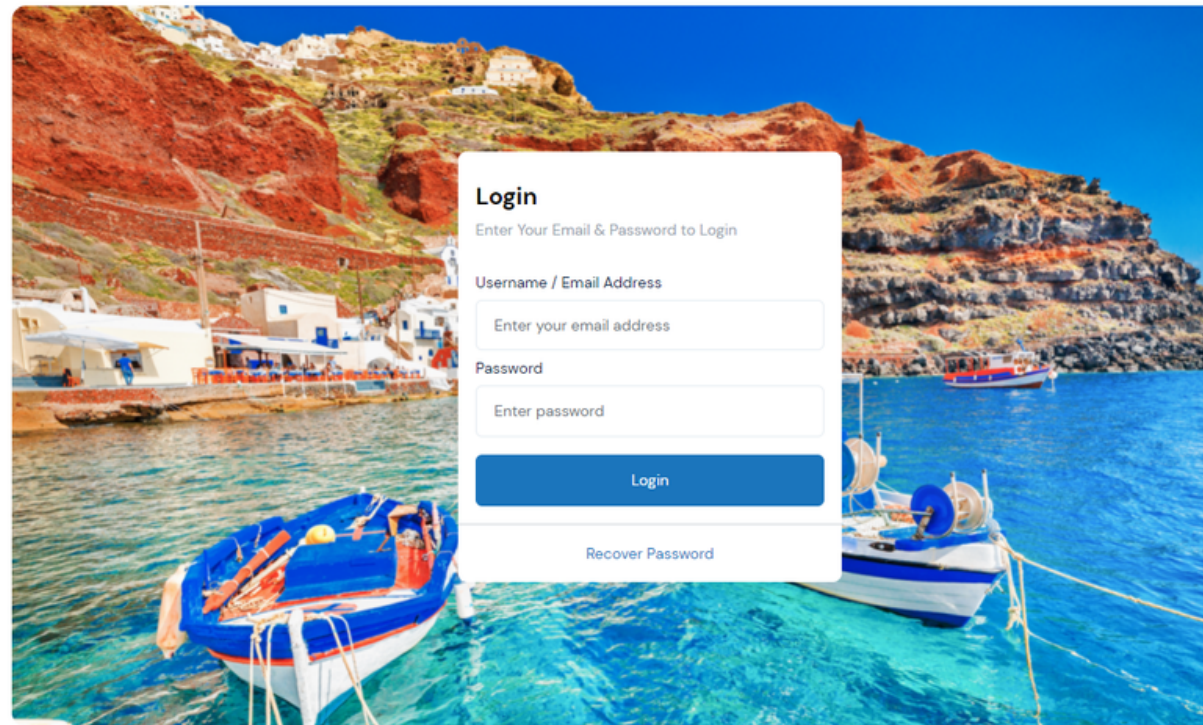


PARENTS USERGUIDE

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

If your child's class is participating in the virtual adventure, your child's Username and Password will be supplied to them by their teacher.

First Steps

The screenshot shows the 'Young & Healthy Virtual Adventure' website. The top navigation bar includes a home icon, 'View All Teams', 'Manage Class', 'My Data', 'FAQ', 'Refresh', and 'Logout'. The main content area is titled 'Ghost Team' and 'Leg 1: Greece'. It features a user profile for 'Kim H' with an avatar and an 'Edit Your Avatar' link. Below the profile are buttons for 'Enter My Data' and 'Enter Class Data'. A table shows team statistics: 'Team Avg. Daily Points' (12539pt) and 'Team Avg. Total Points' (25078pt). A list of team members includes Graeme E, Jacobus M, Char V, Mark C, Danni F, Therese F, Justine L, and James K. A progress bar shows 'Percentage of course completed' at 6% (Target) and 7% (Actual). A map of Greece is displayed on the right, with 'Points required to Finish' at 69600 and 'Percentage Complete' at 0%. At the bottom, there are links for 'Course Videos & Photos' and 'Course Map'.

Name	Daily Avg.	Total
Kim H	12455	24910

Name	Daily Avg.	Total
Graeme E		
Jacobus M		
Char V		
Mark C		
Danni F		
Therese F		
Justine L		
James K		

Once logged in your child can create their own avatar by clicking the 'Edit' link next to the avatar image on the Home page

Pedometers



Your child maybe provided a Pedometer to track their steps. 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.

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

 Date: _____

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, your child starts tracking their daily steps, other activity and can also track other healthy behaviours.

There is a tracking sheet you can download from the 'For Parents' section of <https://www.youngandhealthy.org.nz/> to help them record their data.

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.


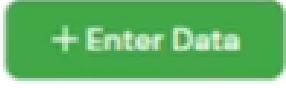

If your child does bring the Pedometer home you can help them get their steps up by moving together every day that you can, even if it's only for 5-10 minutes. Outside is better too as being out in nature gives your body and brain a whole extra level of wellbeing!

They also gain points for other healthy behaviours so check out the Activity Tracking sheet and see what you can help them achieve!

Entering Data

 Enter My Data











Date	Action
Today	
30 Oct	
29 Oct	

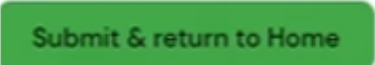
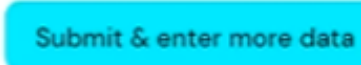
Activity Points Entry

Steps:

Activity#1:

Bonus Points Entry

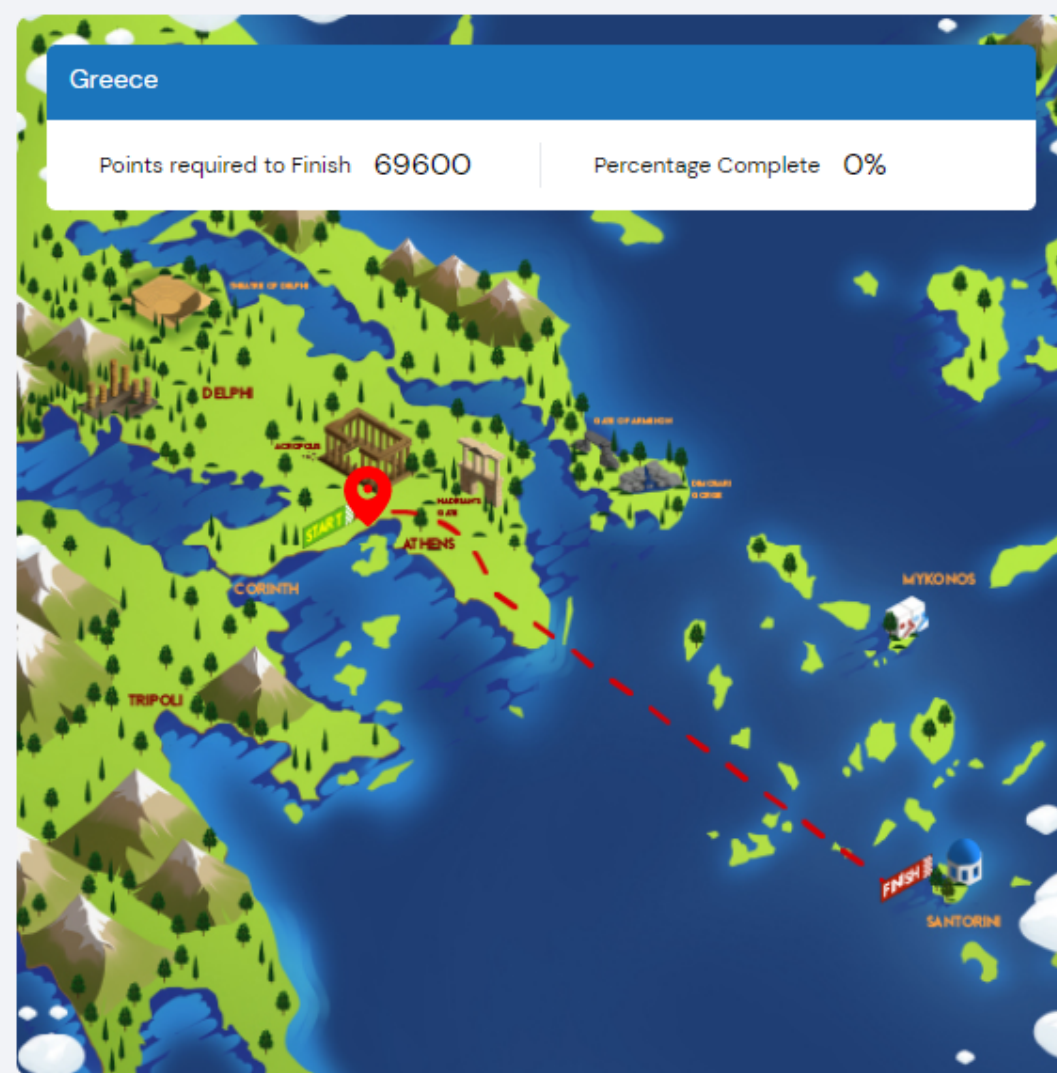
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Your child can use their login and enter their daily steps and activity and also other healthy behaviours to gain bonus points.

You can help them enter their data and often this creates a discussion about some of the Bonus Points and how they can earn more of them, for example by eating more fruit and veges, drinking water rather than soft drinks, reducing screen time (especially before bed so they get a good nights sleep).

Viewing Progress



 Course Videos & Photos
Click to view videos & photos

 Course Map
View the full standings map

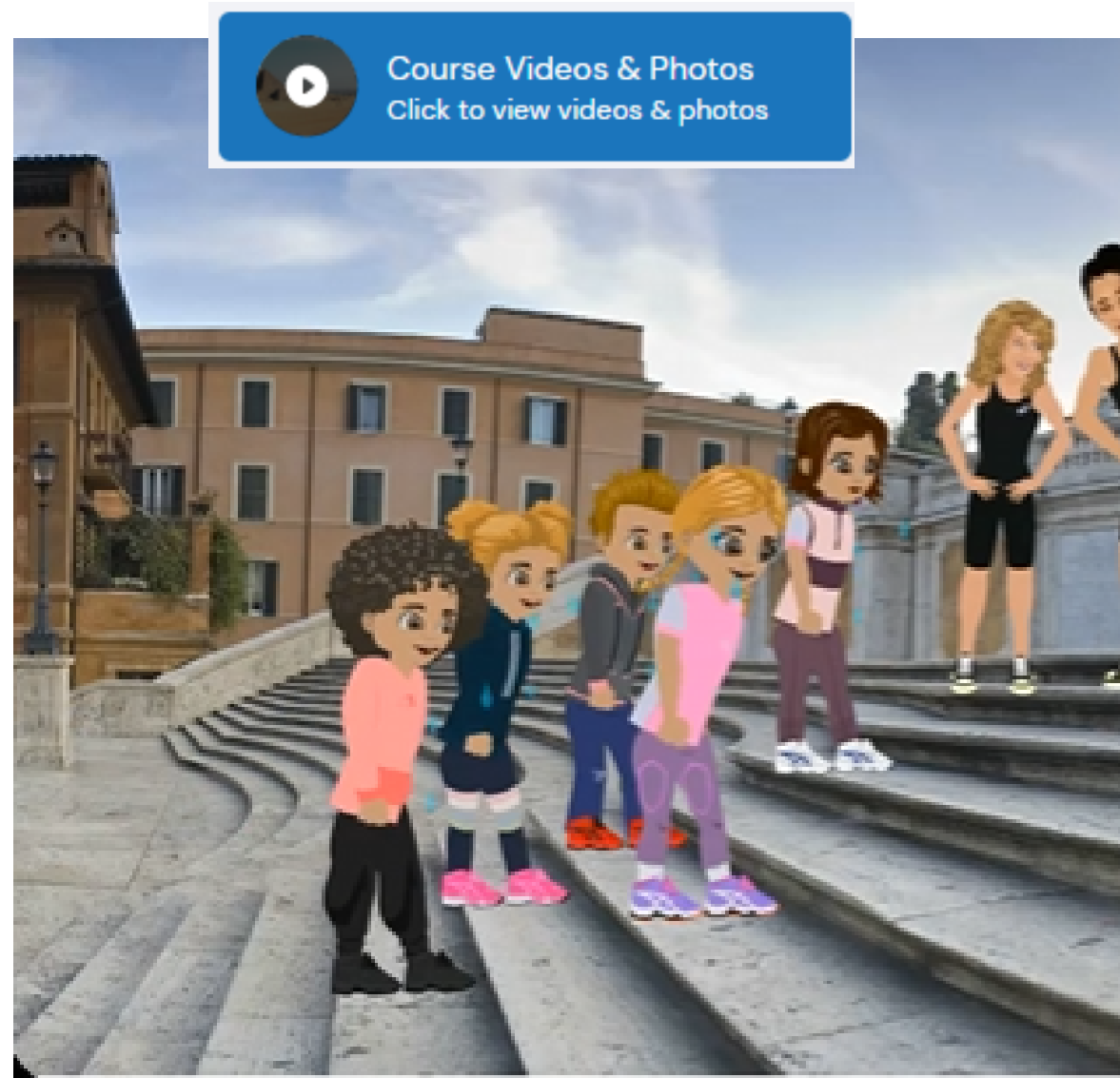
Once your child has entered data and clicked the 'Submit and return Home' button, their class position will update on the map on the homepage and the points required to complete the leg and see the video of their class exploring that destination will tick down.

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

Percentage of course completed



Viewing Videos



Once your child's class has completed each leg of the virtual adventure, the video our their class exploring that destination will be available to view.

Each video is created featuring the avatars of the students which is why it is important before the event commences that your child uses their logins at school or home and creates 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 will feature your child's avatar and can be downloaded.