



IT'S  
*your move*  
— HOW to GUIDE

*Featuring*  
MOUNT  
STROMLO  
HIGH  
SCHOOL

How to use technology  
to increase riding &  
walking to school



STUDENT INNOVATION FOR HEALTHIER HIGH SCHOOLS

[health.act.gov.au/itsyourmove](http://health.act.gov.au/itsyourmove)  
[itsyourmove@act.gov.au](mailto:itsyourmove@act.gov.au)

## WHAT'S THE PROBLEM?

- » Kids aren't getting enough exercise!
- » According to the 2016 ACT Chief Health Officer's Report, 88% of high school students are not getting enough exercise every day and 1 in 4 children are overweight or obese.
- » After completing a survey, Mount Stromlo High School found that 65% of their students were being driven to school.

## WHAT'S BEEN DONE?

- » Mount Stromlo High School promoted an active lifestyle through incidental exercise.
- » They focused on riding or walking to and from school.
- » They created an initiative that was low cost, sustainable and easy to maintain.
- » Most importantly, their initiative was about changing habits and making positive healthy choices the norm.

## LOOKING CLOSER...

- » Mount Stromlo's idea was to develop a QR code tagging system.
- » Semi-permanent QR code signs were installed in underpasses around the school.
- » As students walk, cycle or scooter to school they are encouraged to scan the QR code using their phone or device.
- » If students don't have a device with data, they can take a selfie with the QR sign and send it in once they get to school.
- » This is linked to a Google form where students enter their information and are placed in a draw to win a prize each term.
- » The Google form is linked to the schools house point and merit system.
- » Students who live far away from the school are encouraged to get dropped off or get off the bus a stop early near a QR code sign and walk or ride part way.

## DID IT WORK?

More than 250 students in Years 7 and 8 at Mount Stromlo High have participated by scanning a QR code at least once.



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# HOW CAN YOUR SCHOOL DO IT?

## STEP 1 PLAN

**The planning process is key to getting this initiative off the ground.**

- » Engage and involve the students!
- » Survey students about travel habits/routes taken to school.
- » Get the Principal and executives on board to provide support and help promote the project.
- » Decide on incentives - what's in it for the students? e.g. house points, merits, prizes, etc.
- » Approach local businesses to sponsor or provide low-cost prizes. It doesn't hurt to ask.

## STEP 2 IMPLEMENT

- » Map the main routes to school and mark out part way drop off points. Work out where you will place the QR code signs.
- » The ACT Government approves for the signs to be placed on light poles or in underpasses, provided the signs use the IYM A5 template. The template can be downloaded from [www.health.act.gov.au/itsyourmove](http://www.health.act.gov.au/itsyourmove).
- » Create a Google Form to capture information, including name and year level.
- » Create your QR code using the web link from your Google Form. There are many free websites available where you can create your QR code. If you need assistance with this step please email [itsyourmove@act.gov.au](mailto:itsyourmove@act.gov.au).
- » Add your QR code and school logo to the A5 IYM sign template.
- » Send a copy of your QR code sign and map of where your signs will be located to [itsyourmove@act.gov.au](mailto:itsyourmove@act.gov.au) for approval.
- » Once you have received approval, arrange for your signs to be printed and then install them at your predetermined locations.
- » Signs should be printed in A5 on weather proof material such as aluminium or coreflute.

## STEP 3 PROMOTE AND CELEBRATE

- » Promote the initiative through assemblies, posters, in-class activities, role-modelling by staff.
- » Monitor how the initiative is going by counting the number of entries received each term.
- » Draw prizes at your end of term assembly.
- » Encourage your school to offer the Safe Cycle for High Schools curriculum to help students become more confident in riding.
- » Schools that deliver Safe Cycle for High Schools will be able to access funding towards the cost of printing the QR code signs.  
Email [itsyourmove@act.gov.au](mailto:itsyourmove@act.gov.au) for more information.



### QR CODE

A QR Code (Quick Response Code) is a barcode that can be read via a mobile phone app.

Initiative of



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## IYM PRINCIPLES

- » Invite school leaders and teachers to become involved, support or be role models.
- » Try and get parents, local businesses or local champions involved.
- » Look for ways to embed changes into the school system for long term benefits.
- » If something is working, continue to build and improve it. If something is not working, change it or start again.

## IYM WEBSITE RESOURCES

[www.health.act.gov.au/itsyourmove](http://www.health.act.gov.au/itsyourmove)

- » IYM Design Thinking for Health: information and learning materials
- » IYM Safe Cycle for High Schools: curriculum resource
- » IYM How-to Guides for examples of great projects in other schools
- » IYM Food&Me nutrition curriculum resource
- » Suite of photos, templates and key messages to use in your promotional materials

"SPEAKING  
FROM  
EXPERIENCE"

'Once set up, the initiative is very easy to run. Having the incentives, school merit certificates and prizes, has encouraged students to participate and generated excitement among students.'

'Commitment to continually promoting the initiative is important. We involved students in helping to promote the initiative to their peers and at assemblies.'

'Set up a partnership with a local bike shop/supplier to donate or purchase low cost prizes.'

MATT WEBBIE, TEACHER,  
MOUNT STROMLO HIGH SCHOOL



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It's Your Move is part of the ACT Government's Healthy Weight Initiative, supporting a healthy, active and productive community.

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