



## Child Obesity Management, Education & Research Program

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Koala Active Kids Club

Koala Login



### Koala Active Kids Club

Welcome to the KOALA Active Kids Club website.

If you decide to become a member of the Koala Kids Club, you will start a new exciting journey of change that will lead to you and your family leading a happier, healthier and more peaceful life.

**Under Construction - Welcome to the KOALA Active Kids Club Membership Page!!!**



Username

Password

To login use your Families Username and password sent to you when you joined the KOALA program. If you cannot remember your username and password, this will be at the back of your membership card.

### Frequently asked questions

#### What is the Koala Active Kids Club?

The Koala Kids club is open to all children and adolescents who wish to learn about how to stay healthy by eating well, being physically active and having an active mind.

This is not a club for overweight children but for ALL children in Families participating in the 12 month program who want to make a positive change in their lives and the lives of their families for a healthy and happier future.

#### How do I become a member?

If you and your Family decide to participate in the KOALA at Mater Healthy Lifestyle Program you and any brothers and sisters (age 6-16 years) can join the club by simply registering by email at [KoalaActiveKids@mater.org.au](mailto:KoalaActiveKids@mater.org.au). If you wish to join you will need your parents permission to register your email address which will be your username and then you and your family will receive a password to access the KOALA Active Kids membership homepage.

We will ask you and any brother and sisters to tell us your age, date of birth and whether you are a boy or a girl and your postcode of where you live and why you want to join the Club. We do not need any other details from you. Upon registration we will email you an electronic membership card with your membership number on it that you can print out. Membership is entirely free.

#### Am I eligible to join to Koala Active Kids Club?

Yes anyone from 4-16 years old can join as a member with your parent.s permission.

All children who are referred to the KOALA Healthy Lifestyle Program at the Mater Children.s Hospital will be automatically eligible to join the club, though membership is purely voluntary and is not required for participation in the KOALA Program at the Mater Children.s Hospital.

### What do I get by joining the club?

You will receive an electronic membership card that you can print out which you can use to access membership benefits. This will include access via the KOALA Kids Active Club Home Page where there will be lots of free information and fun and exciting things to do, which is all aimed at keeping you and your family healthy and active. In addition it will allow you and your family access to a growing network of KOALA sponsors and donors activities through the KOALA membership benefits scheme.

We will keep you updated with a quarterly KOALA Healthy Lifestyle newsletter and hot news email updates about any "Eat Well Be Active" activities and events that you may wish to participate in.

The KOALA at Mater Program and KOALA Active Kids Club are presently only in Brisbane, membership benefits will continue to increase as more organizations focused on "Eating Well and Being Active" join the KOALA network of sponsors and donors which you can take advantage.

Children participating in the KOALA at Mater program will be able to earn KOALA "Eat Well Be Active" Reward Points by sending us any of short stories or drawings or photos of how you and your Family have made changes in your life to be healthier, more active and happier.

The Diary and Reward Points Table can be downloaded as a word file. It includes examples only of how you and your family may like to start the reward system.

You and your Family can also take the KOALA Active Kids Club Pledge to "Eat Well and BE Active" and adapt the diary and reward points table to best suit your family.

For example, you could tell us how you are now having a healthy breakfast that you never had before, or going a few times a week after school to the park with Dad and Mum to walk and play tag, instead of watching TV. You could take a photo of yourself showing us these different activities or noting them down in your KOALA diary. Please show us your diary when you visit your GP and the KOALA Clinic.

For each story, drawing or photo you send describing what you have done you will earn between 1-10 points, which will be accrued during the year of the program for different fun prizes for you and your Family at the end of the 12 months. More details about what prizes will be available for different levels of points (all children will receive a surprise prize for finishing the 12 month program), but if you earn enough reward points during the year you may be rewarded with some special prizes, so get active and healthy to earn your KOALA Reward Points!

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