How to SIGN UP to TWITTER

1. Visit www.twitter.com

2. Click **New to Twitter: Sign up**. You might be asked for your mobile number. This is perfectly safe. Follow instructions on screen in relation to mobile-sign-on.

3. Select a **Username**: Try to stick with something short eg: @CBSClontarf. Don't make this too long like @CatholicUniversitySchool. If your chosen username has been already taken Twitter will inform you and request that you choose a different one

4. Create a **Password**: Keep a record of this somewhere

5. Click **Create Account.** WELL DONE you now have your own Twitter account.

How to FOLLOW Active School Flag

You'll find out about what's working in other schools by following us on Twitter.

1. The Active School Flag Twitter name is @activeflag

2. Click the magnifying glass **Search Bar** and type @activeFlag

3. Click on the Active School Flag account and press **Follow**.

4. WELL DONE - You are now following the Active School Flag Twitter account. That means anytime that we post tweets or retweets they will go directly to you.

How to POST Tweets

We LOVE finding out what schools are doing and sharing out ideas through Twitter. *So please share*!

1. If you want to post a tweet click on the blue **TWEET tab** at the top right corner of the page.

2. After clicking the tweet tab a text box **Compose new Tweet** will open in the centre of the page. Write your post (message) in this box. It cannot be longer than 140 characters (letters, icons, emojis etc.). If it's too long is it won't post.

3. Include @activeflag in your post to make sure that we see your tweet.

4. There are 4 symbols under the text box. If you wish to post a photo/video click on the first icon (photo) and then go to your photo gallery and highlight photo/video that you wish to post. The video cannot be longer than 2 mins 20 seconds (140 seconds) or it will not post.

USEFUL Articles

READ Getting Started with Twitter https://support.twitter.com/articles/215585#

READ Posting Photos on Twitter https://support.twitter.com/articles/20156423#

<div style="border: 1px solid black; padding: 20px;">

Glossary

Tweet: This is the post (text) that you type for sharing.

Follow: This is the action that you take when you want to sign up to tweets from a particular account. If you follow @activeflag you will be able to see all of the tweets and re-tweets sent out by us at Active School Flag

Tweet Symbols: Every tweet that you view will have 4 symbols: speech bubble – square arrows – heart - envelope

Retweet (Square Arrows): This is when you want to share a tweet by another account. ASF often re-tweets tweets received from schools as a way of sharing out ideas.

Like (Heart): This is when you want to acknowledge a good point/tweet made by another account.

@ (Mention): This is the symbol that appears in front of your username. You must use this symbol whenever you want to tweet a particular account. We encourage schools to include @activeflag in tweets. By *mentioning* us it makes sure that we will see your tweet.

 # (hashtag): This is a symbol that creates a Twitter environment for a particular topic/word. It makes it easy to search all the tweets relating to a particular subject. Our Active School Week hashtag for next year will be #ASW2018.

</div>

Sample Tweets

St Clare's have launched their Active School Flag campaign. Looking forward to a very active year!
This is a good post but it could be missed by ASF as we're not mentioned anywhere in the tweet.

St Clare's have launched their Active School Flag campaign. **Looking forward to a very active year!**
@activeflag
By including our Twitter name in the post it makes sure that your tweet will come directly to us and we won't miss it.

Great excitement! Active School Week kicks off next Monday in St Clare's @activeflag #ASW2018
As this tweet relates to Active School Week (ASW) it's a really good idea to include the Active School Week hashtag #ASW2018 in the tweet as well as our user name @activeflag

Twitter Accounts to Follow

Recommended Twitter accounts to follow for schools working towards the Active School Flag:

@PDSTPE
@IrishPrimaryPE
@getirelandactiv
@HealthyIreland