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SOUTH CAROLINA

Resource Center Newsletter



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Resource Center News: Student Tally Month

September is Student Travel Tally Month. The Student Travel Tally is a quick, in-class survey that provides valuable information about student travel patterns. Completing student tallies will also help your school move up to a **Silver Level** partner with the Resource Center. Collecting tallies on an annual basis is a great way to track the impact of your SRTS program.

Download the student tally form [here](#) and provide one form to each homeroom teacher during the same week in September. Each teacher will ask their students on two days during that week how



Rodney Oldham, CHES, CPT

From our State Coordinator:

In a [new study](#) conducted by a team of Stanford University School of Medicine researchers, research found that lack of physical activity, rather than a poor diet, could be behind the rise in obesity rates. The study showed that 47.5% of the adults surveyed reported that they didn't participate in any physical activity or exercise.

they arrived to school. A [Student Tally Tip Sheet](#) is available for further assistance. Once the forms are completed, contact your local [School Outreach Coordinator \(SOC\)](#), and we'll help get your forms to the National Center for Safe Routes to School for processing. Your school will then receive a complete report of your student's travel patterns.

Another great way to evaluate your Safe Routes to School program is to complete the [Parent Survey](#). Put this survey in your school's back to school newsletter, send it home with students, or hand it out at your next PTA meeting! The parent survey can also be completed online. Contact your local [SOC](#) for more information.

Partner Highlight: Spotlight on our Partner's International Walk to School Day (IWalk) Events

Upstate: Westminster Elementary, in Oconee County, participates in IWalk by encouraging students and parents to meet at a designated drop off location near the school and walk together. Law enforcement officers and other emergency vehicles help block roads and direct traffic in order to create safe routes for the morning walk. Last year, more than 600 students and parents participated, and the Sheriff's Department was even able to land their helicopter at the school!

Midlands: Lugoff Elementary, in Camden County, has planned a Walk AT School event for all students to participate. Classes will line up by grade level at a designated starting line and walk the entire perimeter of the school to the finish line. PTO and other community members will serve as cheerleaders to encourage students throughout the walk. A fire truck and the School Resource Officer (SRO) will be at the finish line to cheer on all the walkers!

Lowcountry: Moutrie Middle School and Jennie

Safe Routes to School can play an integral part in providing physical activity opportunities outside of the academic school day. Make sure you [register for International Walk to School Day](#) to kick-off your SRTS programming. Then contact your [School Outreach Coordinator](#) to begin scheduling additional SRTS events. As a partner of the Resource Center, you can receive technical assistance and program support at **no cost**. We encourage you take advantage of this! Your SOC is here to assist with the planning process for activities such as:

- **A presentation for a group of stakeholders at your school:** Educate your school staff and parents about the Safe Routes to School program by scheduling a presentation for your PTA, School Improvement Council, wellness committee and more!
- **A Safety Skills Event:** Pedestrian and bicycle safety is an essential pre-requisite to encouraging students to walk and bicycle more often. Make sure they have the safety skills needed to do participate in these

Moore Elementary are getting ready for their respective annual Bike Rodeos! A Bicycle Rodeo is a series of skill stations that provide participants with an opportunity to learn, practice, and demonstrate safe bicycling. Each school will offer students the opportunity to learn how to be safe on a bicycle and how to follow the rules of the road. If this sounds like something that your school would be interested in, check out our new [Bicycle Rodeo Manual](#) and talk to your SOC for more information.

Upcoming Event: International Walk to School Day is next month!

It is not too late to plan for International Walk to School Day (IWalk) on **October 8th**! So far, over 180 South Carolina Schools are planning to celebrate IWalk. See who is participating by clicking [here](#). Click [here](#) to register your event! There are many ways for your school to participate. Plan your events to encourage students to:

- **Walk TO School** from their home
- **Walk TO School from a meeting location** (such as a park, grocery store or church parking lot)
- **Walk AT School** (school-wide walk around the campus in the morning, designated class time for grade-level walks throughout the day or a group walk after lunch)
- **Walk FROM School** (to their homes, a designated pick-up location or to an after school care provider)
- **Walk After School** (invite students and parents to walk that afternoon/evening or plan an event with your afterschool care program)

Please contact your [School Outreach Coordinator](#) for assistance with planning fun event to fit your school's needs!

*Incentives will be provided to [Partner Schools](#) with

activities safely. Events may include guest speakers, health and safety fairs and bike rodeos.

- **An on-going walking program:** Walk to School Days are great, but it's important to keep up the momentum by providing more frequent physical activity opportunities throughout the entire school year. Consider establishing walking school buses, implementing an after school bike club, or planning monthly walk to school days!

Contact your local [SOC](#) for assistance with planning any of these events. Show your students that being physically active is FUN by getting creative and making these events specific for your school!

New Resources: Safety Patrol Guide and Bicycle Rodeo Manual Developed!

Our newly developed [Safety Patrol Guide](#) can be found in the Resources tab under

registered events on a "first-come, first-served" basis. To receive incentives before your event, please register before September 30th. The Resource Center will have a limited supply, and based on the number of past events, we may run out. [Register today!](#)

Upcoming Opportunity: Walk to School Day Photo Contest

[International Walk to School Day](#) is less than one month away, and we want your pictures! The Resource Center will host a Photo Contest on our [Facebook](#) page this fall, and we'll be looking for pictures that showcase how exciting your event was! Pictures must be sent to your [School Outreach Coordinator](#) by **Friday, October 31st**. Get your cameras ready! [Click here](#) to see last year's photo contest submissions on our Facebook page!

Grant Opportunity: Champions of the Environment Grant

DHEC's Champions of the Environment is an award program for environmental projects. Projects must make a lasting difference within the community.

Safe Routes to School is listed as a "[recommended project idea](#)" for Preventing or Reducing Pollution in the Air!

Win a grant and be in a commercial for doing your part for the environment! Apply for a Champions of the Environment Grant today. Applicants may be South Carolina's Kindergarten through 12th grade teachers, students, or environmental educators. Applications are due October 15th. Awards will be made in November. Champions of the Environment is supported by the South Carolina Department of Health and Environmental Control, International Paper, and SCE&G. For more information, [click here](#). [Click here](#) to review the application.

Enforcement. The [Bicycle Rodeo Manual](#) has replaced our Bicycle Rodeo Toolkit under the Resources tab in the Encouragement section.

While your SOC may be integral in organizing new events, these resources can get you started. Each new resource provides step-by-step assistance to plan a Safety Patrol Safety Training and/or Bicycle Rodeo event. Please contact your [SOC](#) to learn more about these new resources.

South Carolina Crossing Guard Appreciation Week is November 17th-21st:

Mark your calendar to thank your school and community crossing guards during the week of November 17th through 21st. Materials are available online to [thank guards](#) and to provide additional resources to crossing guards like the [Crossing Guard Pocket](#) Guide. Consider having a Walk to School Day event or an assembly to thank the guards in front of the entire school. Crossing guards provide very important safety services to our communities. The

Not a Silver Level Partner Yet?

Due to the success of so many schools participating in Walk to School Day events in South Carolina each year, the Resource Center will only be able to provide unique incentives such as the very popular glow in the dark silicone bracelets to [Silver and Gold Level Partners](#). As of last year, Bronze Level schools no longer receive these types of incentives, but they will receive other incentives for participating in Walk and Bike to School Day events.

Click [here](#) to see the requirements to become at least a Silver Level Partner! There is still plenty of time to achieve Silver status before the end of the school year. Please contact your [School Outreach Coordinator](#) for assistance.

Like us on 

Keep up with the Resource Center this school year by liking us on [Facebook](#)!

"[Like](#)" us to stay updated on interesting news articles, upcoming events and different funding and learning opportunities!

Resource Center is now accepting nominations for Outstanding Crossing Guards! Click [here](#) for the nomination form.

Spotlight on a Friend: Safe Kids Aiken

Bonnie Fulghum, Safe Kids Aiken Coordinator, will be pairing up with Aiken Middle and North Aiken Elementary to host their annual IWalk event. Every year for IWalk, students from both schools meet at Crosland Park at 6:30 AM to start the celebration. Cheerleaders from Aiken Middle pump the students up for their walk. Ambulance and police cars guide the way for the walkers by providing light and sirens followed by the Chief of Police and Mayor of Aiken who walk with the students. All walkers at the school are greeted with water bottles, pedestrian safety bookmarks, stickers, and pencils provided by Safe Kids Aiken and the Resource Center. The school cafeteria also provides fresh fruit and juice for all walkers. Last year, 380 individuals participated in the event!

If you would like to nominate a community organization for our "Outstanding Friend"

designation, please complete our [online nomination form](#). We're accepting nominations on a rolling basis and will announce the next round of "Outstanding Community Friends" in December 2014!



The SC Safe Routes to School Resource Center is a program of the South Carolina DOT

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