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Resource Center News: Getting Ready for SC Walk to School Day

SC Walk to School Day is scheduled for Wednesday, March 9th, and schools will be celebrating throughout the month of March. Here are some creative ways your school can participate in SC Walk to School Day:

- Host a [Walk AT school](#) event with posters, music and incentives from the Resource Center.
- Tie in your event with the March of Dimes, Jump Rope for Heart, St. Patrick's Day or Earth Day celebrations.
- Promote [park and walk locations](#) to include



Rodney Oldham, CHES, CPT

From our State Coordinator:

February is American Heart Month, and its purpose is to raise awareness about heart disease and strokes. Honor American Heart Month by holding a "Heart Walk" at your school. Use our [Heart Walk Flyer](#) and other resources to help plan your event. Take this time to speak with your students and loved ones about healthy lifestyles and how

business partners or local grocery stores.

Encourage them to donate water and healthy snacks.

- Organize a [Walking School Bus](#) or Bike Train.
- Plan a safety assembly and have students practice what they learned.
- Increase parent involvement by sending home letters, including blurbs in your school newsletter, and making announcements.
- Have students walk around the school's campus before or after school or during lunch.
- Plan a 5K event to kick off SC Walk to School Month in March.
- Host a poster contest and talk about walking and biking safety tips.
- Download sample [lesson ideas and activities](#) for the classroom to get students excited about Walk to School Day!

No matter the activity, the goal is to emphasize how walking and biking are healthy and fun. [Click here to register now](#). Incentive items for the events will be distributed on a first-registered, first-served basis. Please contact your [School Outreach Coordinator](#) with any questions or to receive assistance with planning your school's SC Walk to School Day!

Partner Highlight: Ocean Drive Elementary School

Ocean Drive Elementary, in North Myrtle Beach, promotes a healthy lifestyle in so many different ways. Before flipping the calendar to February,

each person's choices can affect their heart health. The American Heart Association offers **free** lesson plans for [elementary school](#) and [middle school](#) students. Use Heart Month to introduce the idea of walking and/or riding a bicycle to school and how it promotes an active, healthy life.

Spotlight on a Friend: Safe Kids Trident

Safe Kids Trident has been a wonderful friend to Safe Routes to School and its Resource Center. Together, our programs have promoted over 50 Safety Events in Berkeley, Charleston, and Dorchester counties. The Safe Kids motto of preventing unintentional childhood injuries coordinates perfectly with our program, teaching students how to walk and bicycle safely. We happy to have such a terrific partnership!

Scholarship Opportunity: Kids to

students have run a winter 5k, spent a week practicing kindness towards others, and they have already signed up for South Carolina Walk to School Day. Community members have been out supporting students and welcoming them to a New Year and special week of kindness. This school really understands how to create a healthy, positive lifestyle. Way to go Ocean Drive!

Award Opportunity: James L. Oberstar Safe Routes to School Award

Call for Applications! The National Center for SRTS welcomes applications for the James L. Oberstar Safe Routes to School Award. The award spotlights outstanding achievements by a local SRTS program that has improved the safety or increased the number of elementary and/or middle school students who safely walk and bicycle to school. Particular consideration will be given to applicants who have made active transportation to/from school an integral part of school culture.

The applications deadline is Thursday, February 18, 2016. To learn more and to submit an application, [click here](#).

Learning Opportunity: SC Safe Routes to School Forum June 9th!

Mark your calendars! SC SRTS program and its Resource Center will be holding a statewide forum, tentatively scheduled for **Thursday, June**

Parks Day National School Contest



The Kids to Parks Day (KTP) National School Contest offers an opportunity to empower students to create and plan their own park experience. This national contest is open to all schools across the country and in the U.S. territories. Students can submit proposals for a KTP event at a park in their community. The National Park Trust will award scholarships up to \$1,000 to winning entries. Scholarships will be used by the winners to implement their KTP event during the month of May 2016. Use this opportunity to plan a "Walk to the Park" event or include activities such as a bicycle rodeo in conjunction with National Bike Month!

Deadline for entries is Monday, March 4th. [Click here to learn more!](#)

9, 2016, in the Columbia area. Participants will spend the day learning how to support and improve their SRTS program. The day-long, free event will include topics such as pedestrian and bicycle safety training, funding resources, and starting new or improving mature SRTS programs. This will be an excellent opportunity to share ideas with, and learn from, school champions, school district administrators, SCDOT officials, bicycle and pedestrian and Safe Routes experts, and public safety personnel. Come and network with other schools and groups that are all committed to creating safe, healthy environments for students!

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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!



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