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# SOUTH CAROLINA

## Resource Center Newsletter



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## Resource Center News: SC Walk and Roll to School Day Registration

**South Carolina Walk and Roll to School Day registration is now open!** The official event is scheduled for Wednesday, **March 8<sup>th</sup>**, and schools will be celebrating throughout March. There are many ways to participate. Schools can plan various walk-and-roll *to* school, park and walk, walk *at* school or walk-and-roll *from* school events. No matter the activity, the goal is to emphasize how walking and biking are healthy and fun activities. [Click here to register now](#). **Incentive items for the events will be distributed on a first-registered, first-served basis and quantities are limited.** Please contact your [School Outreach Coordinator](#) with any questions or to receive assistance with planning your school's SC Walk and Roll to School Day events!



Rodney Oldham, CHES, CPT

### From our State Coordinator:

[South Carolina Walk and Roll to School Day \(SC WTSD\)](#) is less than two months away! Last year we had more than 180 schools participate. Help us surpass this record by [registering your event now!](#)

Consider organizing a **Walking School Bus** for SC WTSD and use this event to launch an ongoing Walking School Bus Program. Walking School

## Learning Opportunity: Mayor's Bike & Walk Summit

Mark your calendars! The Mayor's Bike & Walk Summit will be held on May 4<sup>th</sup> and 5<sup>th</sup> at the IT-oLogy building in Columbia. The SC Safe Routes to School Resource Center is in collaboration with the City of Columbia, Palmetto Cycling Coalition, Palmetto Conservation Foundation, and the SC American Diabetes Association. Participants will spend two days learning how to support pedestrian and bicycle friendly strategies. The Summit will include topics such as Mayor's Roundtable, funding resources, and pop-up infrastructure. This is an excellent opportunity to share ideas with and learn from elected officials, school district administrators, SCDOT officials, bicycle and pedestrian enthusiasts, and public safety personnel. Join us to learn and network with other schools and groups that are all committed to creating safe and healthy environments for students!

### Spotlight on a Friend: Fit Together

Did you know that type 2 diabetes is the seventh leading cause of death in South Carolina? Our friends at Palmetto Health has implemented Fit Together to teach students how exercise and smart food choices can keep them healthy and prevent chronic diseases like type 2 diabetes. The program is looking to partner with schools in Richland County and consists for four lesson plans which typically last for 30 minutes. The lessons plans are geared for 5<sup>th</sup> graders during class time or after school, but can be altered to fit other grade levels. In addition, Fit Together is free! Contact Antonio Davis at [Antonio.davis@palmettohealth.org](mailto:Antonio.davis@palmettohealth.org) or 803.296.2192 if your school or afterschool program is interested!

Do you know of an organization that deserves some hard-earned recognition for its efforts regarding SRTS-related initiatives? If so, please [complete this nomination form today!](#)

### Partner Highlight:

South Carolina Safe Routes to School Resource Center has [416 school partners](#). At the start of 2017,

Buses build momentum and enhance pedestrian safety by bringing groups of children together to walk with an adult chaperone. [Contact your School Outreach Coordinator](#) to [schedule a Walking School Bus Information Session](#) and learn more about how to prepare, build interest and launch a walking school bus program!

Lessons learned from International Walk to School Day's (iWalk's) Post Survey can help your school plan for SC WTSD. School contacts responded to our survey and provided valuable feedback about their events and the SRTS program offerings. Here are some tips from that survey:

- Register early.
- Start early, and collaborate with community organizations for your event. Recruit guest speakers, fun mascots, music, and other resources.
- Start recruiting volunteers to walk with the students. Reach out to parents as soon as possible to secure their presence.
- Plan a safety assembly or kick-off pep rally to coincide with SC WTSD.
- Establish a remote location where a 'Park and Walk' event can be held. Car riders can participate by being dropped off at a safe parking lot then walking

261 schools are Bronze-level partners, 130 schools are Silver-level, 23 schools are Gold-level and two schools have reached Platinum-level status! Silver-level partners have completed the Student Travel Tallies, hold at least two [SRTS events](#) per school year, and have had a [SOC](#) provide a presentation at their school PTA or School Improvement Council meeting. Gold-level partners have completed Silver-level tasks and also surveyed parents about their attitudes towards SRTS, have an on-going weekly SRTS event like "Walking Wednesdays," conducted a walk audit or created a [Travel Plan](#), and provided bicycle or pedestrian safety education in the classroom or at an event such as a Bicycle Rodeo. Platinum Partners have sustained SRTS programs with PTA (or similar organization) buy-in, conduct regular SRTS classroom education, and have shared their successes statewide or nationally.

Find out more about how a school can move up from Bronze to Silver, from Silver to Gold, and from Gold to Platinum by contacting your [School Outreach Coordinator](#). Click [here](#) to see your school's current Partner level.

### **Grant Opportunity: Roots & Shoots Mini-Grant**

Do you have a student who has involved the community in his/her school walking campaign? Does that special student have an innate desire toward the betterment of the community? If so, the [Roots & Shoots Mini-Grant From the Jane Goodall Institute](#) might be the right fit. The first deadline is January 20<sup>th</sup> and the second is March 31<sup>st</sup>. Funding is available for many different types of projects, from environmental clean-up, to community education initiatives. To learn more, follow this link: <http://rootsandshoots.org/minigrant>

for the last leg of the trip to school.

- Consider having coffee or hot cocoa or other snacks for parents and students who walk/bike to school.

Contact your [School Outreach Coordinator](#) for assistance with your event and for more information about the iWalk Post Event Survey Results.

### **Award Opportunity: The President's Council on Fitness, Sports and Nutrition**

The President's Council on Fitness, Sports and Nutrition (PCFSN) is currently seeking nominations for individuals and organizations that provide, enhance, or greatly contribute to the advancement of physical activity, sports, or nutrition. PCFSN is looking for 50 individuals who engage in these activities within a community to award the Community Leadership Award, and five individuals who have made a career out of their passion for physical activity, fitness, sports, or nutrition for the Lifetime Achievement Award.

**[Nominations are due February 1<sup>st</sup>. Click here to learn more!](#)**

## 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!



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