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SOUTH CAROLINA

Resource Center Newsletter



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Resource Center News: Walking In a Winter Wonderland

The days may be shorter, but winter is still a perfect time for walking and biking to school! Be sure to review these tips before walking to school, a park, or anywhere this winter:

- **Be safe and be seen.** Follow basic safety rules. Look both ways before you cross the street, cross at marked crosswalks, watch for traffic, and pay attention to cyclists. Assume drivers can't see you and proceed with caution, especially when days are short and weather conditions are unfavorable.
- **Share the way.** Be mindful of cyclists, runners, and other trail users. Walk on the right, and listen for bells and audible warnings.
- **Walk with friends** or in places where there are other walkers, especially in the early



Rodney Oldham, CHES, CPT

From our State Coordinator:

The Resource Center is closing out another successful year! We now have 416 SRTS school partners! Of these 398 partners, [twenty-three are Gold Partners](#) and [two are Platinum Partners!](#)

What does it take to become a Gold or Platinum Partner? One of the requirements is that your school must develop a [SRTS Travel Plan](#). A Travel Plan

morning and evening hours.

- Suppress the cold-weather hibernation instinct by thinking "**brisk**" and "**invigorating**" for your walks. **Dress in layers to stay warm.** Don't forget your mittens or gloves and a hat. You can lose 35 percent of your body heat through your head! Watch for icy spots along routes.
- **Pay extra attention to your feet.** Wear warm socks with room for toe wiggling. Lace up walking shoes with plenty of traction for those occasional icy patches.
- **Wear bright or reflective clothing, and carry a flashlight to stay visible.** With fewer daylight hours and cloudy conditions, it is important to wear a high-visibility outer layer.

Partner Highlight: Crossing Guard Appreciation Events

November 14-18, 2016, was the 3rd Annual SC Crossing Guard Appreciation Week! Schools and communities across the state used this event to thank their crossing guards for their dedication to student safety. See below for a sample list of events!

Ebinport Elementary, in Rock Hill, will recognize crossing guard, Ms. Sadie Gayton, who serves their school in many ways. She helps students get to and from school each day safely, in addition to preparing and serving meals and cleaning the school at the end of the day. The school had a surprise assembly on Friday morning to present Sadie with a certificate of appreciation from the Resource Center. The assembly ended in a parade of excellence around the school hallways, so that every student had the chance to thank her for her service.

Midway Elementary, in Lexington, recognized their crossing guard, Mr. Bryan Winns, all week by posting on their social media accounts. In addition, during Friday's live morning announcements he was presented with a certificate of appreciation from the Resource Center.

is drafted through a process of determining where your school is as it stands right now in regards to walking and bicycling, setting a goal of where your school would like to be in the future, and coming up with a set of strategies that will help your school achieve your goals. This plan is an essential piece to achieving a sustainable program from year to year. Additionally, having a committee in place to adopt the plan and oversee the implementation process will be vital to the plan's success.

You can use the [Travel Plan Toolbox](#) to help your school with the Travel Plan development process, and watch this [webinar](#) for additional guidance to help get you started!

Upcoming Event: SC Walk to School Day

[South Carolina Walk to School Day registration is open!](#) The official event is scheduled for Wednesday, **March 8th**, but 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

Belle Hall Elementary, in Mt. Pleasant, will recognize their crossing guard, Ms. Evelyn Stokes, who is known for her infectious smile! They will present her with a Certificate of Appreciation from the Resource Center in a meeting for all staff, and share their love for Ms. Stokes. Belle Hall families and staff love having her on their school team!

Do you have questions about school crossing guards? Contact your [School Outreach Coordinator](#) for more information.

Grant Opportunity: Together Counts

Do you have a vision for promoting an active environment at your school? Together Counts is asking preschool programs to share their vision to create practical, long-term improvements in nutrition and physical activity at their preschool. The Smart from the Start program will award one grand prize of \$20,000 and a prize pack of books to the winning preschool and 10 runner-up awards of \$2,500 and a prize pack of books. Applications are due March 2, 2017.

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!

and fun activities. Click [here](#) to register your event today!

Please contact your [School Outreach Coordinator](#) with any questions or to receive assistance with planning your school's SC Walk to School Day!

Incentives will be distributed on a first-come, first-served basis. Glow-in-the-dark bracelets are available (up to 500) for schools that submit Student Travel Tallies this school year. Stickers will be available for all other schools that register events.

Spotlight on a Friend: North Charleston Police Bike Team

Outstanding Friend, the North Charleston Police Bike Team, has been working with the Resource Center since 2013. During those years of friendship, we have held over 50 Bike Rodeos for over 10,000 Lowcountry students. This team of wonderful bike educators has taught bike safety to our youngest of students (pre-K) through to our middle school students who need more advance bike training. If you are in the Lowcountry and would like to put together a bike safety event, this is a wonderful team to work with toward that goal. If you're not in the Lowcountry, see your School Outreach Coordinator for a resource nearer to you.



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