



# SOUTH CAROLINA

## Resource Center Newsletter



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## Resource Center News: Child Pedestrian Safety Webinar Re-Cap

The SC SRTS Resource Center, in partnership with Eat Smart Move More SC, held a webinar on September 12<sup>th</sup> to highlight the National Highway Traffic Safety Administration's (NHTSA) Child Pedestrian Safety Curriculum for elementary students.

Resource Center staff covered how the curriculum was developed, how the lessons are structured and recommended opportunities for implementation.

If you were unable to attend the Webinar, [click here](#) and scroll down to watch the recording. Or [click here](#)



Rodney Oldham, CHES, CPT

### From our State Coordinator

Did you know that more than 23 million children and teenagers in the U.S. are obese or overweight? Nearly 1 in every 3 children is at risk of developing type 2 diabetes, high blood pressure and heart disease\*.

Protecting the health and well-being of American children is critical, and

to download the slides. Download the Curriculum from [NHTSA's website](#).

Remember, if you're interested in arranging training sessions, please contact your [School Outreach Coordinator](#).

## Upcoming Event: International Walk to School Day Event Ideas

It's not too late to plan an event for International Walk to School Day! So far, nearly 150 South Carolina schools are planning events for Wednesday, October 3\*. Register your event [here](#). The Resource Center has glow-in-the-dark silicone bracelets and stickers for [School Partners](#), while supplies last.

Here are a few ideas for your event, or contact your [School Outreach Coordinator](#) to help make a plan!

- Carry [signs](#) that display safety messages.
- Invite the school mascot, wear school colors or carry balloons while walking or biking.
- Use [walkability or bikeability checklists](#) or make a list of problems spotted along the walk.
- Ask the mayor to sign an [official proclamation](#) about Walk to School Day.
- Invite local athletes or celebrities to participate.
- Invite firefighters or law enforcement officers to hand out materials.
- Hold a contest to design a logo or video for the event. Make and display posters promoting the event along the route(s).
- Announce pedestrian and bicycle safety tips and give reminders about the event during morning or afternoon announcements.
- Involve students in planning the event.
- Designate an area for parents to Park and Walk or Park and Bike Ride so that children who live further away can participate.
- Invite parents and grandparents for refreshments.
- Set a mileage goal and [log the miles walked or biked toward that goal](#). The entire school can

September offers you a chance to take action by supporting [National Childhood Obesity Awareness Month](#).

- Contact your local news media and let them know what activities your school does to combat childhood obesity. Make sure to include your Safe Routes to School efforts!
- Ask your local officials to issue proclamations recognizing Childhood Obesity Awareness Month, and invite them to participate in your [Walk to School Day](#) events!
- Send home tips to your students' parents about the importance of staying physically active. Encourage them to walk with their child to school on a daily basis as a way to exercise together!

Show your students that being physically active is FUN! Be creative and come up with some interesting activities of your own!

\*Source: American College of Sports Medicine, National Childhood Obesity Awareness Month

## Grant Opportunity: Champions of the

combine mileage to work toward a symbolic goal.

- Have students map a walking or bicycling route from their home to the school.
- Give the "Golden Shoe" award to the classroom or grade that has the most participants in the event.

\* Schools can hold walk events anytime during October. Make yours count by [registering!](#)

## Spotlight on our Partners' Events

There are many great events being organized across SC for International Walk to School Day! Check out these highlights from each region for inspiration!

### Lowcountry:

- Mayor Riley in Charleston will be at Drayton Hall Elementary's Walk to School Day. The school has two "park and walk" locations and walking school buses that will meet and walk down the West Ashley Greenway to the school.

- In North Charleston, Mayor Summey will be participating in Dunston Primary's event. Parents are encouraged to walk with their young students from a local grocery store. Upon arrival at the school, business partners and community friends will distribute a healthy breakfast and health and safety information for the students and their parents.

- Mayor Heitzler in Goose Creek will be attending Westview Primary and Westview Elementary's Walk to School Day event. The schools established two "park and walk" locations, and the City of Goose Creek developed a safe walking routes map to send home to parents. Students will walk the Hiker Biker Trail, which has received a signage grant through the Healthy SC Initiative, to the school crossing guards.

### Midlands:

- L. W. Conder Elementary Arts Integrated Magnet School, in Columbia, has organized a scavenger hunt around the school campus to find items related to students' health and safety. Teachers will talk about

## Environment

South Carolina's Department of Health and Environmental Control (DHEC) uses the [Champions of the Environment](#) program to reward environmental action and awareness in South Carolina's schools. The goal of the program is to help students do their part for the environment by awarding up to eight **\$2,000 grants** each school year.

Projects must make a lasting difference to the environment, educate the community and address one or more of the following categories:

1. Prevention or reduction of pollution in the air, water or land
2. Waste reduction
3. Restoration, preservation or enhancement of natural areas
4. Water or energy efficiency

**Safe Routes to School** is even listed as a [recommended project](#) idea to address air pollution!

Applications are due **October 15, 2012**. Click [here](#) to apply now!

the respective health and safety topics as well as the health benefits of walking.

- East Aiken School of the Arts is organizing a 20 minute walk for all students, staggering classes throughout the day. All teachers are presenting a "Benefits of Walking" smart board lesson before their classes walk.

### Upstate:

- Lockhart Academy's event in Union County will include an assembly before the big walk. Local leaders and parents will join students on International Walk to School Day, and the highly coveted Golden Shoe award will go to the elementary and middle school grade with most parents participating.

- At Westminster Elementary in Oconee County, Walk to School Day will be part of the PE Teacher's evaluation process for 3-5th grades. A pre-test will be given before the event. Information will be given along the walk and monthly information will be given through the year. A post-test will be given to determine the effectiveness of the program.

## **Spotlight on a Friend: Safe Kids Upstate**

Led by the Greenville Hospital System's Children Advocacy program, the Safe Kids Upstate Coalition includes more than 100 community partners that join together to help promote safety for our children. Each year for International Walk to School Day, Safe Kids Upstate (SKU), with support from FedEx, selects a focus school in Greenville County to help with their event. This year, SKU will help Westcliffe Elementary with their school-wide walk at school event. Working with Title 1 Facilitator Karen Fischer and PE Teacher Scott Eron, SKU staff members are helping to organize a safety assembly focusing on pedestrian safety, followed by a school-wide walk around campus with fun special

## **Like us on**

**facebook**

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!

## **SCDOT's Online Maintenance Request Program**

Have you recognized maintenance concerns on the sidewalks or roads in your neighborhood or near your school? You can report concerns on SCDOT-maintained roads directly to SCDOT using their new [Online Maintenance Work Request Program](#).

Not sure who owns a particular street? Most SCDOT maintained roads have a black and white identification sign on the regular street sign. The Online Maintenance Work Request Program also has a pull-down list of all SCDOT maintained roads and a pull-down list of all the maintenance issues that can be reported.

Save the mobile app on your

guests. After a healthy snack, the students will continue to class while the parents meet to hear SKU's parent safety presentation in both English and Spanish.

Megan Shropshire, Manager for Children's Advocacy and School Health looks forward to the event each year. "International Walk to School Day is a great opportunity for any school, whether a large percentage of your student population walks/bikes to school or not, to encourage students and their families to walk or bike safely in their communities."

For more information about Safe Kids Upstate's bike and pedestrian safety initiatives, contact Special Project Coordinator Lillian Garcia at [lgarcia@ghs.org](mailto:lgarcia@ghs.org). To learn more about Safe Kids coalitions in your area, click [here](#).

smart phone and use it to report issues during a Safety Walk at your school!



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