

SOUTH CAROLINA Resource Center Newsletter



Volume 2, Issue 10, October 2012

In this issue

- Resource Center News: Keeping up the Momentum
- Upcoming Event: Halloween and Fall Safety Tips
- Spotlight on our Partners: Walk to School Day Highlights
- Spotlight on a Friend: Charleston Youth Marathon
- From our State Coordinator
- Grant Opportunity: Joint Use Grants from KaBoom!
- Like us on Facebook!
- Learning Opportunity: Building Successful Wellness Committees
- LiveWell Greenville Healthy South Carolina Initiative



Rodney Oldham, CHES, CPT

Resource Center News: Keeping Up the Momentum

With International Walk to School Day over, you may be asking yourself "what now?" Here are some ways to keep momentum strong for your Safe Routes to School program over the next few months.

- Conduct **Student Tallies** or **Parent Surveys**. Send parents a letter, along with the survey, to let them know that Walk to School Day was a great success and that your school is interested in encouraging students to walk to school more frequently. Ask for their feedback about the idea.
- Schedule Weekly or Monthly events. Choose fun names to capture kids' interest - like Walking on Wednesday (WOW) or Footloose Fridays. Choose monthly themes for events, that coincide with other monthly observances and events. For example:

- **November:** Walk for Diabetes Month

From our State Coordinator

Congratulations to all the schools that participated in International Walk to School Day! South Carolina had 206 schools register events at www.walkbiketoschool.org - the 4th highest number of events in the country for any state! Additionally, we had more schools participate in 2012 than we've had participate in the past nine years! I am proud and gratified to see such growing interest in Safe Routes to School activities!

With that in mind, remember that October is Walk to School Month - so if your school did not get a chance to schedule

- **December:** Reindeer Run/Walk
 - **January:** New Year's Resolution Walk
 - **February:** Jump Rope and Walk for Heart Month
 - **March:** SC Walk to School Day- March 6, 2013
 - **April:** Earth Day Walk
 - **May:** National Bike to School Day- May 8, 2013
- Encourage [Walking School Buses](#) or [Bike Trains](#). Use the success and enthusiasm of International Walk to School Day to recruit parents to continue supporting your SRTS efforts.
 - Start a morning or after school walking/running club at your school. Have students log their miles and participate in [community events](#) to promote physical activity all year long.
 - Implement a Safety Curriculum. Elementary schools are encouraged to use NHTSA's [Child Pedestrian Safety curriculum](#). Middle schools can also look at Michigan's [Make Trax curriculum](#).

Contact your [School Outreach Coordinator](#) for more information.

Upcoming Event: Be Safe, Be Seen on Halloween! Fall Safety Tips

During October, students are not only celebrating walking and biking to school, but they are also getting ready for Halloween! The days are getting shorter, and many students may be walking in the dark to school or while they Trick or Treat. Daylight savings officially ends on Sunday, November 4th, a few days after Halloween. Here are some safety tips to remind students about being safe while walking in the dark:

- Always walk on the sidewalk. If there are no sidewalks, always walk facing traffic as far to the left as possible.
- Wear reflective or light colored clothing when walking in the dark. Have children carry glow sticks or flash lights to provide extra visibility.
- Walk in groups and preferably with a trusted

an event on October 3rd, you still have the rest of the month to plan an event, [enroll as a Partner](#) with the Resource Center, meet with your [School Outreach Coordinator](#) and obtain your Walk to School Day incentive items!

If you are interested in planning a Walk to School Day event in October, make sure you register your event [here!](#)

Grant Opportunity: 'Let's Play Playground' Joint-Use Grants Available From KaBoom!

In our [Summer Newsletter](#), we discussed how communities are formalizing agreements to allow the public to use school playgrounds, athletic fields, and tracks after school hours. KaBoom! - a non-profit organization whose mission is to create great playspaces nationwide - is offering a \$15,000 grant to help put such agreements in place.

Many communities lack safe, adequate places for children to play, and although they have a variety of recreational facilities, many school districts close their property to the public after hours because of concerns about vandalism, maintenance, and liability. Joint-use agreements can help

adult! Children who walk in groups may be more visible to drivers, especially in the dark.

- Look left, right and left again when crossing streets. Make sure to walk, and don't run, across streets!
- Get creative with Halloween costumes and bags and decorate with reflective tape or stickers!

Check out this [Halloween Safety Tip Sheet](#) from Safe Kids and share with parents. Also, consider implementing the [NHTSA Pedestrian Safety Lessons](#) to reinforce safe pedestrian behaviors.

Spotlight on our Partners: International Walk to School Day Highlights

Here are some highlights from International Walk to School Day from across South Carolina! Check out our [Facebook](#) page for more event highlights and photos.

Lowcountry: Red Cedar Elementary, Bluffton

Over 400 students at Red Cedar Elementary in Bluffton, SC walked to school to celebrate International Walk to School Day. The school set up various park and walk locations and walking school buses, and law enforcement assisted with monitoring the safety of these walking groups. A large school bus that carries the largest number of school children to Red Cedar Elementary on a daily basis was completely empty on Walk to School Day. Every child made the healthy choice to walk to school from that area!

Along with the large increase in participation this year, many parents and younger siblings also joined the walk to school with the students. On average, between 11 and 15 students per class walked to school for International Walk to School Day!

Midlands: Felton Laboratory School, Orangeburg

Students at Felton Laboratory School, located on SC State University's campus, participated in a Walk AT

cities or counties team up with school districts to address these concerns and open playgrounds and recreational facilities to more members of the public.

Go to [Kaboom's website](#) for more information.

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!

Learning Opportunity: Building Successful Wellness Committees

Are you interested in establishing a district-wide or school wellness committee? Are you unsure about where to start? Watch the recording of a [webinar](#), held last month by NC Prevention Partners, to learn how to recruit the right members, build a strong work plan and evaluate your efforts.

LiveWell Greenville Aims to Make Greenville One of the

School event. Students were given stickers, bracelets, and balloons and walked from Felton Lab to SCSU's gymnasium for a safety presentation by SCSU elementary-education majors. SCSU cheerleaders also performed and led students in a Zumba exercise. Upon arriving back at Felton Lab's gymnasium, students watched a pep rally including performances by Felton's step team and an announcement of the winners of their Walk to School Day Poster Contest.

Upstate: Monaview Elementary, Greenville

It was a special day at Monaview Elementary in Greenville as the kids and staff, dressed in color-coordinated yellow and black attire, walked together around the block and then back to the gym for a pep rally, cheered on by the Berea High School cheerleaders. At the same time, LiveWell Greenville used the occasion to announce its \$1.95 million grant from U.S. Department of Health and Human Services to help local schools and after-school programs add healthier food choices and develop more programs to promote physical activity. Funds also will support Safe Routes to School programs and promote tobacco-free environments. Click here for the full [story](#).

Oakland Elementary, Inman



The Carolina Panthers' mascot, Sir Purr, made a surprise visit to Oakland Elementary School in Inman to walk with the kids and talk about healthy eating and exercise. His visit coincided with the school's entry into the NFL's Fuel Up to Play 60 campaign. Safe Routes to School efforts are an

Healthiest Communities in the Nation

Congratulation to community partner, LiveWell Greenville! This month, LiveWell Greenville received a \$1.95 million Community Transformation Grant from U.S. Department of Health and Human Services. The grant is to help local schools and after-school programs add healthier food choices and develop more programs to promote physical activity. Funds also will support Safe Routes to School programs and promote tobacco-free environments.

LiveWell Greenville's mission is to make the healthy choice the easy choice, and their goal is to make Greenville one of the healthiest places in the nation.

Implementation partners for the grant will include the YMCA of Greenville, Greenville County Schools, Safe Kids Upstate/Greenville Hospital System, Building Dreams, BOOST/Communities in Schools, the Piedmont Health Foundation, the Greenville Family Partnership, and Meals on Wheels.

A key grant strategy will be to provide financial support to schools and after school programs that create healthy environments, such as promoting physical activity, serving fresh fruits and vegetables, and supporting

integral part of Oakland Elementary School's healthy initiatives. Click here for the full [story](#).

Photo by MICHAEL JUSTUS/michael.justus@shj.com
To learn more about the Fuel Up to Play 60 Program, go to <http://www.fueluptoplay60.com>.

Spotlight on a Friend: Charleston Youth Marathon

Another great way to keep up the momentum from International Walk to School Day and encourage students to be physically active is to help students log the miles they are walking to school or at school each week and participate in the Charleston Youth Marathon.

The event is being held on January 18, 2013, and the event goal is for children to walk or run at least 25 miles between now and January 18th. Then on the event date, participants will join children from across the state to complete the last 1.2 miles of the marathon together on the official Charleston Marathon course. The event is FREE, and every participating child receives a T-shirt and medal as they complete the final leg and turn in their logged miles. Click [here](#) to register your group of students and download a training log.

Students can participate in other similar events like the [Spinx Li'l Punkin Fun Run](#) on October 27th in Greenville, SC, or start logging their miles for the [Columbia SC Kids Marathon](#) on March 9, 2013 and the [Palmetto Youth Half Marathon](#) in Columbia, SC on April 12, 2013.

employee wellness. Schools and after school programs that develop and implement a wellness plan will have the opportunity to receive a LiveWell designation and \$250 to support activities; those making extraordinary changes will be eligible for a prize of \$1,000. Both LiveWell Greenville and Greenville County Schools will provide centers with the technical support needed to create and implement an effective wellness plan.

This grant is a part of the U.S. Department of Health and Human Services' [Community Transformation Grants Program](#) aimed at reducing chronic diseases, promoting healthier lifestyles, reducing health disparities, and controlling healthcare spending in small communities. To learn more go to <http://livewellgreenville.org/>.

The Resource Center congratulates Greenville on this fantastic win, and we look forward to helping with the Safe Routes to School components!



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