

SOUTH CAROLINA Resource Center Newsletter



Volume 2, Issue 12, December 2012

In this issue

Resource Center News: SCAHPERD Raffle Winners!
Upcoming Event: Walking in a Winter Wonderland
Spotlight on a Partner: Westview Primary School
Spotlight on a Friend: Fort Hill School District
From our State Coordinator
Grant Opportunity: Fuel Up to Play 60
Like us on Facebook!
Learning Opportunity: Free Online Course for Assessing the Built Environment for Physical Activity
Spotlight on a Community: Colleton County



Rodney Oldham, CHES, CPT

Resource Center News: SCAHPERD Raffle Winners!

Congratulations to:

Pine Street Elementary, Spartanburg

Lake Murray Elementary, Chapin

Kensington Elementary, Georgetown

These schools entered and won the SCDOT Safe Routes to School raffle at the SC Alliance for Health, Physical Education, Recreation and Dance (SCAHPERD) conference on November 9-11, 2012. Their PE Teachers received a free, printed and bound set of the National Highway Traffic Safety Administration's (NHTSA) [Child Pedestrian Safety Curriculum](#)!

Thank you to everyone who also attended our information session at the SCAHPERD conference, during which we discussed how to implement and use the curriculum. If you missed this session and are interested

From our State Coordinator

The holidays are a great time to bring the family together. Use this time to encourage your staff and students, as well as their families, to stay active over the winter break. Provide them with ideas for family-friendly activities to plan during their time off from school and work. Ideas may include:

- Visiting a nearby [SC State Park](#) for a family hike and picnic
- Touring a SC [historic plantation](#) or garden

in scheduling a training workshop of your own, please contact your local [School Outreach Coordinator](#).

Upcoming Event: Walking in a Winter Wonderland

Looking for ways to promote Walk to School Days and keep kids active as it gets colder and darker earlier? Here are some fun holiday themes for walks in December!

- Reindeer Run
- Holiday Walk
- Snowflake Walk
- Snowman Stride
- Christmas Carol Walk

These themes lend themselves to fun signs and creative artwork. What is your school doing? Share your ideas on our [Facebook](#) page!

Remind students to wear layers of clothing and reflective gear when walking outside this winter. If it's too cold or too dark to walk, start class with a Five-Minute Dance Party to help get the wiggles out. Choosing the music playlist can be a healthy reward for good behavior!

Spotlight on a Partner: Westview Primary School, Goose Creek

Westview Primary School in Berkeley County held its 11th Annual Bike Rodeo on Saturday, November 10th. The bicycle rodeo provided students with an opportunity to learn how to safely ride their bicycles and scooters, in a protected environment. The event has become part of the school's Safe Routes to School program, which encourages students to be physically active while emphasizing the importance of safety.

More than a dozen local businesses supported the rodeo by donating money, bikes, helmets, small prizes, and water. The school sold 157 raffle tickets at school the week of the rodeo, for a chance to win seven bikes and 10 scooters. During the rodeo, 123 helmeted bicycle and

- Taking a family ride on a [mountain bike trail](#)

And speaking of bike trails, we know that bicycles, skateboards and roller blades are popular gifts this time of year. Send home tip sheets on [bicycle safety](#) and [helmet safety](#) to remind parents to teach their children safe behaviors before taking their new presents out on the road. Contact your [School Outreach Coordinator](#) for more information, or visit the SCDOT Safe Routes to School [website](#), to download safety resources and other activity ideas. Have a safe and happy holiday!

Grant Opportunity: Fuel Up to Play 60 Grant

Applications to fund your school's Fuel Up to Play 60 program are due on **January 15, 2013**. Schools may receive up to \$4,000 to fund plans promoting Healthy Eating and Active Living. This is the last round of Fuel Up to Play 60 funding for the 2012-2013 school year!

Ideas for physical activity improvements can be viewed [here](#), and you'll notice that many of these

scooter riders participated in eight different stations, including a helmet check, a turtle race, a narrowing-lane course, and a sign test. Students received small tokens as they completed each station (pencil, plastic toy, coloring book, etc.). After completing all of the stations, each student was entered into a drawing for over 150 prizes including helmets, horns, baskets, water bottles, bells, locks, and streamers. The PTA and a local boy scout troop provided food sales for participating families. The school also collected canned goods for Helping Hands Food Bank of Goose Creek; donors received an extra chance to win a prize. The annual bicycle rodeo at Westview Primary brings the Westview Community together to share in a day of learning and fun.



Spotlight on a Friend: Fort Mill School District, Tega Cay

State and local-level decisions regarding school siting, construction, and design can have significant impacts on whether students are able to walk and bicycle to school.

Tega Cay, located on a 1,600-acre peninsula on Lake Wylie, was designed as a recreational community, with lots of walking trails and bike paths, as well as parks and athletic fields. It was only natural that when it came time to build a school, community planners and the forward-thinking Fort Mill School District would choose Tega Cay as the ideal location, where lots of students would be able to walk and bike to school. Slated to

activities fall in line with the Safe Routes to School Partnership Program. Use Fuel Up to Play 60 funds to establish a frequent Walk to School program or an after-school running or walking club. These program elements will also help you achieve **Gold Level** status with the Safe Routes to School Resource Center!

The Fuel Up to Play 60 grant application can be found **here**. Please contact your **School Outreach Coordinator** for assistance with your application.

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!

Learning Opportunity: Free Online Course for Assessing the Built Environment for Physical Activity

The **Built Environment Assessment Training**

open in August 2014 for 1,000 students, the new elementary school (officially known as Ft. Mill School Number 8) represents an example of advance planning for pedestrian and bicycle access. Scaled to fit the site area, the school will be unique, built with multiple stories to accommodate 1,000 students on the relatively small 27-acre site.

Dr. Tommy Schmolze, Assistant Superintendent with the Fort Mill School District is managing the construction of School Number 8. "Walking and/or bike paths leading to our school is one way cut down on the potentially long line of cars and brings people face to face for an old fashioned neighborhood feeling. Every step taken is one toward combating childhood obesity and bringing a practical awareness of what can be done on a day to day basis to live a healthier lifestyle. We, as school administrators and parents, can help students establish healthy habits that will last a lifetime by showing them alternatives to a growing dependence on fuel-based transportation. Providing a safe, pedestrian-friendly route to an elementary school was important to us and the community...And it's a fun way for the kids and families to start and end each school day!"

Choosing a smaller site for a school diverges from the national trend that shows school size growing and new schools located on larger sites further away from the neighborhoods they serve. This is possible in part because in August 2003, the South Carolina Department of Education repealed acreage requirements for new school construction. The change has allowed local school districts to analyze their own unique needs to make appropriate siting decisions; this could lead to more schools locating within neighborhoods where it's safe and appealing for students to walk or bike to school.

"Having an engaged citizenry is key," observed Planning and Community Development Manager, Susan Britt. "Tega Cay's outstanding recreational facilities are attracting younger families with kids, and those families want more walkable communities."

(BEAT) Institute has launched a free online training course to learn how to assess the built environment for physical activity. Participants in this introductory course will learn how to assess streetscapes, parks, and trails for opportunities to support physical activity. Specific physical-activity-focused built-environment tools will be discussed, and participants will also learn how to customize these tools and train others to conduct assessments. The 4-hour course is geared toward anyone with an interest in learning how to conduct audits of the built environment.

For more information and to register for the course, click [here](#).

Spotlight on a Community: Colleton County

Colleton County was recently featured in *The State* newspaper for its efforts to combat obesity. Click [here](#) to read the article and learn more about how the community is coming together and making the healthy choice the easy choice in schools, the

workplace, and at local churches in Colleton County. **Bells Elementary**, one of our school partners, was also featured in the article for providing students with an opportunity to walk in the gym and lead their classes with exercises before school starts for the day. Keep up the great work!



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