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SOUTH CAROLINA

Resource Center Newsletter



Volume 3, Issue 8, August 2013

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Resource Center News: International Walk to School Day Registration is OPEN!

Register NOW* to participate in International Walk to School Day (IWalk) on **October 9th**! There are many ways for your school to participate. Plan your events to encourage students to:

- **Walk TO School** from their home
- **Walk TO School from a meeting location** (such as a park, grocery store or church parking lot)
- **Walk AT School** (school-wide walk around the campus in the morning, designated class time for grade-level walks throughout the day or a group walk after lunch)



Rodney Oldham, CHES, CPT

From our State Coordinator

Did you know that nearly half of America's youth do not meet the Physical Activity Guidelines' recommendation of 60 minutes of physical activity each day*? Inactivity puts children at risk for heart disease, diabetes and other health issues. Physical inactivity may also inhibit their cognitive development.

Opportunities for physical activity may be presented during school hours and

- **Walk FROM School** (to their homes, a designated pick-up location or to an after school care provider)

Please contact your [School Outreach Coordinator](#) for assistance with planning a safe and fun event to fit your school's needs!

*Incentives will be provided to Partner Schools with registered events on a "first-come, first-served" basis. To receive incentives before your event, please register before September 30th. The Resource Center will have a limited supply, and based on the number of past events, we may run out. Register early!

Upcoming Event: Student Tally Month

This **September** will be **Student Travel Tally Month**. The Student Travel Tally is a quick, in-class survey that provides valuable information on student travel patterns. Collecting tallies on an annual basis is a great way to track the impact of your SRTS program, and to plan SRTS strategies. Completing student tallies will also help your school move up to a [Silver Level](#) partner with the Resource Center!

Download the student tally form [here](#) and provide one form to each homeroom teacher during the same week in September. Each teacher will ask their students on two days during that week how they arrived to school. Once the forms are completed, contact your local [School Outreach Coordinator \(SOC\)](#), and we'll help get your forms to the National Center for Safe Routes to School for processing. Your school will then receive a complete report of your student's travel patterns!

Another great way to evaluate your Safe Routes to School program is to complete the [Parent Survey](#). Put this survey in your school's back to school registration packets, or hand it out at the first PTA meeting! The parent survey can also be completed online. Contact your local [SOC](#) for more information.

within the school environment - which includes active transportation to and from school.

Safe Routes to School programs help students to achieve the goal of 60 minutes of physical activity each day by encouraging them to walk or bicycle to school, and helping them learn the skills needed to participate in these activities safely.

The Institute of Medicine developed a [report and list of recommendations](#) regarding physical activity in schools - in which it lists traffic calming and traffic control as a recommendation for student active transportation. Here's a [video](#) about this report.

Contact your [School Outreach Coordinator](#) to learn more about the SRTS program and how it may help meet your school's physical activity goals.

*Institute of Medicine.

Educating the Student Body: Taking Physical Activity and Physical Education to School. Web. 23 May 2013

**New Resources:
NEW Walk to School
Day Toolkits!**

South Carolina #1 in the United States during last year's International Walk to School Day

According to the [National Center for Safe Routes to School's 2012 Walk to School Day Final Report](#), SC ranked #1 in the nation for having the **highest participation rate**. One in five elementary and middle schools participated in International Walk to School Day 2012 last October. Congratulations to all of our [School Partners and Friends](#) who organized and participated in these events!

Click [here](#) to see a list of the schools in SC that have registered to participate in this year's International Walk to School Day so far.

Please [register](#) your school's event for **International Walk to School Day on October 9th**, and let's keep South Carolina at #1 for two years in a row!

Highlight on a Friend: Safe Kids Trident Area

MUSC's Safe Kids Trident Area Coalition is one of the [Resource Center's Outstanding Community Friends](#) in the Lowcountry. Safe Kids Trident Area and the Resource Center have partnered together to assist schools with organizing bicycle rodeos this past spring in the Charleston, Berkeley, and Dorchester County region. Safe Kids also received a National Bike to School Day grant. Supplemental incentives, banners, and resources were given to schools hosting Bike to School Day events this past May. Safe Kids Trident Area was awarded a similar grant for International Walk to School Day 2013 and has plans to assist more schools with increasing bicycle safety skills. The organizations will be hosting bicycle rodeos at various SRTS partner schools this school year.

Get ready for your school's International Walk to School Day event with the new [Walk to School Day Toolkit and Walk At School Day Toolkit](#)

! These toolkits will provide your school with everything they need to start planning and promoting their own unique event. Included in the toolkits are customizable flyers, parent letters, safety tip sheets, and more to assist your school with preparing for International Walk to School Day on October 9th.

Get your students excited about walking early this year and plan a [Back to School Walk](#)! Check out more monthly walk flyers and other ways to encourage your students to walk and bicycle more this school year on our newly designed [Encouragement Resource Webpage](#)!

Grant Opportunity: Voices for Healthy Kids

Voices for Healthy Kids is a new collaboration between the American Heart Association and the Robert Wood Johnson Foundation. Voices for Healthy Kids is working to engage, organize,

Thank you, Trident Area Safe Kids, for being such a great community partner by increasing bicycle and pedestrian safety awareness in the Lowcountry.

Upcoming Contest: Walk to School Day Photo Contest

International Walk to School Day is less than 2 months away, and we want your pictures! The Resource Center will host a Photo Contest on our **Facebook** page this fall and we'll be looking for pictures that showcase how fun and exciting your event was! Pictures must be sent to your **School Outreach Coordinator** by **Friday, November 1st**. Look for more information soon, and get your cameras ready.

Not a Silver Level Partner Yet?

Due to the success of so many schools participating in Walk to School Day events in South Carolina each year, the Resource Center will only be able to provide unique incentives such as the very popular glow in the dark silicone bracelets to **Silver and Gold Level Partners starting Fall 2013!** Bronze level schools will no longer receive these types of incentives, but they will receive other incentives for participating in Walk and Bike to School Day events.

Click **here** to see the requirements to become at least a Silver Level Partner! There is still plenty of time to achieve Silver status before International Walk to School Day on October 9, 2013. Please contact your **School Outreach Coordinator** for assistance.

and mobilize people to improve the health of their communities and reverse the childhood obesity epidemic. The organizations is focused on advocating for changes to local, state, and federal policies in order to help young people be more active and eat healthier foods. The strategies are focused on **six key areas**, and six organizations, including the **Safe Routes to School National Partnership** have been chosen to support state and local campaigns.

The Voices for Healthy Kids Strategic Campaign Fund is awarding six grants of up to \$90,000 each to support strategic issue advocacy campaigns. Successful grantees will focus efforts on fighting childhood obesity through state, local, and tribal public policy campaigns. To find out more information and for guidelines on how to apply click **here**.

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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!



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

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