



# SOUTH CAROLINA

## Resource Center Newsletter



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## Resource Center News: Walking in a Winter Wonderland

**The days are shorter, but this is still a perfect time for walking and biking to school! The darker afternoons are a great opportunity to remind students of these safety tips. Be sure to review these tips before walking to school, a park, or anywhere else.**

- **Be safe and be seen.** Follow basic safety rules. Look both ways before you cross a 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



Rodney Oldham, CHES, CPT

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

And speaking of bike trails, we know that bicycles, skateboards and roller

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. Watch for icy spots!
- **Walk with friends** or in places where there are other walkers, especially in the early morning and evening hours.
- Suppress the cold-weather hibernation instinct by thinking "**brisk**" and "**invigorating**" instead of colder, negative thoughts.
- **Dress in layers to stay warm.** Don't forget your mittens or gloves and hat - you lose 35 percent of your body heat through your head!
- **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's important to wear a high-visibility outer layer.

## Upcoming Events: SC Walk to School Day

### [South Carolina Walk to School Day](#)

**Registration will open in January!** The official event is scheduled for Wednesday, **March 5<sup>th</sup>**, 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 and fun activities.

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!

## Spotlight on a Friend: New Outstanding Friend

The Resource Center is proud to announce that we've named a new "[Outstanding Community Friend](#)"! The **Spartanburg Police Department** helps schools across Spartanburg with:

- Walk to School Days
- Bike to School Days
- Bicycle Rodeos
- Safety Presentations and Assemblies
- School Zone Traffic Enforcement

Thank you, Spartanburg Police Department, for all of your help and support!

If you would like to nominate a community organization for our "Outstanding Friend" designation, please complete our [online nomination form](#). We're accepting nominations on a rolling basis and will announce the next round of

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

## Partner Highlight: Bicycle Rodeos at Lambs Elementary and Moultrie Middle

This week the Resource Center had the privilege of partnering with Safe Kids and the North Charleston Police Bike Team at Bike Rodeos for Lambs Elementary and Moultrie Middle School. The Bike Rodeos included over 500 students from Kindergarten to sixth grades! Among some of the strategies children learned were how to fit the perfect helmet, hand signals, and bike control. Each student was escorted through the Bike Rodeo with one of North Charleston's finest police officer. Both days were a success from start to finish! Please contact your [School Outreach Coordinator](#) to find out how to put on a Bike Rodeo for the students of your school.

"Outstanding Community Friends" in June 2014!

## Learning Opportunity: US Play Coalition Conference

The **US Play Coalition**, a [Community Friend](#) of the Resource Center, is hosting their 2014 conference from **February 16-19, 2014** in Clemson, SC.

The conference will address collaboration and creativity skills, and how these skills are developed and encouraged through play. The 2014 conference will feature six tracks: Education, Programming, Park and Recreation, Health, Business/Corporate, and Children's Museums.

**The Resource Center will be presenting a session within the conference's Health Track.** Our session is titled "Walking School Buses, Bicycle Rodeos and BOW WOWs (Bike on Wednesday and Walk on Wednesday events): Innovative Strategies to Encourage Children to Walk and Bicycle Safely". Click here to learn more about the [US Play Coalition 2014 Conference!](#)

## 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



## Grant Opportunity: Siemens We Can Change the World Challenge

The "[We Can Change the World Challenge](#)" encourages classes, schools and communities to form teams to solve environmental problems by creating sustainable, reproducible improvements. Teams should pick an environmental issue at their school and come up with a project that will help combat the issue.

**Safe Routes to School can even be used as a project solution aimed at Improving Air Quality!**

Some project ideas for air quality improvement may include:

- Weekly Walk to School Days
- Organizing a "Park and Walk" drop off/pick up location away from the campus
- Establishing "Walking School Buses"
- Enforcing an anti-idling program
- Promoting carpooling

**Applications are due on March 4, 2014, and**

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 South Carolina Walk to School Day on March 5th, 2014. Please contact your [School Outreach Coordinator](#) for assistance.

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

**your school could win \$5,000 to support your green initiatives!**

Contact your **School Outreach Coordinator** if you are interested in forming a team, working on a project and applying for the grant.

learning opportunities!



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

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