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SOUTH CAROLINA

Resource Center Newsletter



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S.C. Safe Routes to School Funding

The SCDOT Safe Routes to School (SRTS) program is currently accepting applications for SRTS infrastructure projects. The SCDOT SRTS Program has designed a competitive application to assess the need for Safe Routes to School programs at schools in South Carolina. The need is determined through evaluation of current student travel patterns, potential participation, physical and perceived barriers to SRTS, traffic issues, crash data, an exhibited existing interest in SRTS, and understanding of the comprehensive nature of SRTS.



Rodney Oldham, CHES, CPT

From our State Coordinator

The month of February is American Heart Month, and its purpose is to raise awareness about heart diseases and strokes. Honor American Heart Month by holding a "Heart Walk" at your school. Use our [Heart Walk Flyer](#) and other resources to help plan your event. Take this time to speak with your students about healthy lifestyles and how each person's choices can affect their

Any school with grades K-8, a school district, a municipality, or any other government entity may apply, but selected schools must be a partner of the SRTS Resource Center in order to be considered for funding. Government agencies or organizations may apply on behalf of a school. An application for funding must represent only one (1) eligible school, and only one application per school per funding cycle is eligible. Eligible schools must have been in operation for at least two years prior to the application deadline. Previous SRTS infrastructure awardees and schools built within the last two years are ineligible.

SCDOT will administer and oversee the infrastructure project, and the SC SRTS Resource Center will continue to provide non-infrastructure services and programs.

Applications for SC Safe Routes to School funding are now available. The deadline for applications is May 16, 2014, and no applications will be accepted after that date.

To obtain an application, please go to <http://www.scdot.org/getting/saferoutes.aspx>. Click on Funding/Application tab. Contact the state SRTS Coordinator, Rodney Oldham, at oldhamr@scdot.org should you have any questions.

Upcoming Events: Getting Ready for SC Walk to School Day

We have received over 125 registrations for SC Walk to School Day 2014! The official event is scheduled for Wednesday, **March 5th**, and schools will be celebrating throughout March. Here are some creative ways to partake in SC Walk to School Day:

heart health. The American Heart Association offers **free** lesson plans for [elementary school](#) and [middle school](#) students. Use Heart Month to introduce the idea of walking or riding a bicycle to school as ways to help lead a healthy life.

Recently, the American Public Health Association (APHA) produced an excellent infographic that presents obesity trends, causes, and effects. Obesity is a leading cause of chronic health problems including heart disease. Safe Routes to School is featured on the infographic. A section is shown here.

[Click here to view the entire graphic that's on the APHA website.](#)



New Resource: Safety Scavenger Hunt

Is your school looking for a way to enhance your **Walk AT School** day? In honor of **SC Walk to School Day**, the SC SRTS Resource Center has created this classroom activity to spur discussion on pedestrian and bicycle safety - while getting your students actively moving.

- Host a [Walk AT School](#) event with posters, music and incentives from the Resource Center.
- Tie in your event with the March of Dimes, Jump Rope for Heart, or St. Patrick's Day and Earth Day celebrations.
- Promote [park and walk locations](#) to include business partners or local grocery stores. Encourage them to donate water and healthy snacks.
- Organize a [Walking School Bus](#) or Bike Train.
- Plan a safety assembly and let students practice what they learned.
- Increase parent involvement by sending home letters, including blurbs in your school newsletter, and making announcements.
- Have students walk around the school's campus before or after school, or during lunch.
- Plan a 5k event to kick off SC Walk to School Month in March.
- Host a poster contest and talk about walking and biking safety tips.
- Download sample [lesson ideas and activities](#) for the classroom to get students excited about Walk to School Day!

No matter the activity, the goal is to emphasize how walking and biking are healthy and fun activities. [Click here to register now](#). Incentive items for the events will be distributed on a first-registered, first-served basis. Please contact your [School Outreach Coordinator](#) with any questions or to receive assistance with planning your school's SC Walk to School Day!

Resource Center News: Saris 5th Grade Poster Contest

The Resource Center is coordinating South Carolina's Saris 5th Grade Bicycle Poster

Follow this [link](#) to the SRTS Scavenger Hunt resource. Using this tool, students will learn about safety, their school surroundings, and pedestrian and biking vocabulary. Once your students have completed the Scavenger Hunt, you can have a classroom discussion encouraging your students to be thoughtful pedestrians.

Grant Opportunity: Champions for Healthy Kids

The General Mills Foundation has helped more than one million kids since 2002 in promoting healthy nutrition and fitness. Each year, through [Champions for Healthy Kids](#), 50 grants are awarded to nonprofit organizations that work to improve nutrition and physical fitness behaviors for youth. Past grant recipients can be found [here](#).

Grant monies could be used to develop your Walking School Bus, organize monthly walking/biking events, or build a walking/running program at your school. Online applications are due on **March 15th**. Winners will be announced on May 15th. [Click here for more information](#).

Spotlight on a Friend: LiveWell Greenville

Join LiveWell Greenville as they present the 2nd annual **Healthy Schools and Out of School Time**

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Contest. Encourage your fifth grade students to enter a contest at your school. The winning poster will then represent your school in the statewide contest. Inspire students by talking about bike safety and the benefits of being active!

To enter, fifth grade students should create a poster with John F. Kennedy's famous quote in mind and included on the poster: "**Nothing compares to the simple pleasure of a bike ride.**" The contest promotes youth riding bicycles as a way to lead a healthy lifestyle. One statewide winner will be selected to receive a **FREE bike, bike light, and helmet.** And there are prizes for 2nd and 3rd place, too!

Mail your school's best poster (only one per school will be accepted) to:

SC SRTS Resource Center
Saris Poster Contest
128 Millport Cir.
Greenville, SC 29607

Entries must be postmarked by **March 7th, 2014**. Download the [Contest Rules](#) and make sure your school's entrant completes the [Permission Slip](#). For more information, and to submit your school's poster, contact your [School Outreach Coordinator](#).

Spotlight on our School Partners: New Success Stories

The South Carolina Safe Routes to School Resource Center is fortunate to have 309 top-notch partners! Each added partner brings great ideas and energy to our program. Recently, we have added Success Stories to our website highlighting some of the best practices in the state.

Expo on Tuesday, March 4 . The Expo will feature vendors with healthy fundraising options and resources to help increase wellness initiatives such as increased physical activity and healthy eating in your school or after school program. **The event has two sessions: one from 10:00 a.m. to 1:00 p.m. and a second from 3:00 p.m. to 7:00 p.m.**

[Click here to register!](#)

LiveWell Greenville is also continuing to recognize Greenville schools that are creating an environment of healthy eating and active living with the **LiveWell at School designation**. All schools that meet the LiveWell criteria will receive a plaque, a banner, a window cling and **\$250 to support wellness activities**. The top scoring schools will receive an additional \$1,000. Schools interested in applying for the LiveWell at School designation should contact Catherine Puckett, LiveWell Schools Specialist, at cpuckett@livewellgreenville.org or call at 864-238-5304.

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 "Outstanding Community Friends" in June 2014!

**Learning Opportunity:
US Play Coalition**

Ebenezer Avenue Elementary, in Rock Hill, worked with the community to pilot a bicycle curriculum with their sixth grade students in the spring and fall of 2013. The City of Rock Hill Parks and Recreation Department loaned Ebenezer Avenue a set of classroom bicycles, so students could apply what they were learning, through practice. Based on feedback and input, this curriculum will be made available to all Rock Hill elementary and middle schools in the spring of 2014.

Leaphart Elementary, in Seven Oaks, successfully worked with SCDOT to repair sidewalks along Piney Grove Road after completing a Walk Audit in February 2012. Prioritizing their students' safety, these improvements have served Leaphart well during their many walking events.

Oakbrook Middle, in Ladson, has made a commitment to emphasizing the importance of good health. Their Wellness Committee has regular Walk to School days every Friday. With unwavering commitment, Oakbrook's student body promotes their Walk to School Days and has created this video to encourage greater participation, <https://vimeo.com/76458873>.

To read the full success stories, please follow this link:

<http://www.scsaferoutes.org/about/success-stories>.

Do you have a SRTS success story? Share it with us. [Contact your SOC.](#)

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

Conference

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

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 on Tuesday, February 18th, at 1:45 p.m. 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](#).

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Keep up with the Resource Center this school year by liking us on [Facebook!](#)

"[Like](#)" us to stay updated on interesting news articles,

such as the very popular glow in the dark silicone bracelets to [Silver and Gold Level Partners](#). As of 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.

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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