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### In this issue

Resource Center News: Saris 5th Grade Bicycle Poster Contest

Upcoming Event: Get Ready for SC Walk to School Day!

Spotlight on a Partner: Simpsonville Elementary, Greenville

From our State Coordinator

Grant Opportunity: Rite Aid Foundation Grant

Spotlight on a Friend: LiveWell Greenville Healthy Fundraisers

Like us on Facebook!

Training Opportunity: School Fitness Trail Workshop

## Resource Center News: Saris 5th Grade Bicycle Poster Contest

The Resource Center is partnering with Saris Cycling Group (SCG), a manufacturer of bicycle racks and cycling training products, to launch a poster contest to encourage fifth graders to think about the benefits of bicycling. To enter, fifth grade students should create a poster around the theme "**Bicycling makes life better.**" The contest promotes youth riding bicycles as a way to lead a healthy lifestyle.

One winner will be selected from each state to receive a **FREE bike, bike light, and helmet**. And there are prizes for the 2<sup>nd</sup> and 3<sup>rd</sup> place too!

Entries are due by **April 1, 2013**. Download the [Contest Rules](#) and make sure your school's entry completes the [Permission Slip](#). For more information, and to submit your school's poster,



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 disease 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 heart health. The American Heart Association even offers **free** lesson plans

contact your [School Outreach Coordinator](#).

## Upcoming Event: Get Ready for SC Walk to School Day

So far over 100 schools have registered for South Carolina Walk to School Day on March 6<sup>th</sup>\*. It is not too late to register! Click [here](#) to register your school's event.

Here are a few resources and ideas to get students and parents excited for SC Walk to School Day. Please contact your [School Outreach Coordinator](#) if you would like more information.

- Start promoting your school's event with parent letters, permission forms, flyers and signs. Download these customizable materials [here](#).
- Allow students to make their own signs for the event that display safety messages. Also send home pedestrian and bicycle safety [tip sheets](#) to parents to discuss with their children.
- Make morning and afternoon announcements and send home event details in parent newsletters. Check out some examples [here](#).
- Start hosting monthly walks either to school, at school, or from school to get students excited for SC Walk to School Day. Check out the NEW [monthly walk theme flyers](#)- this month hold a Heart Walk!
- Designate an area for parents to [Park and Walk](#) or Park and Bike Ride so that children who live further away can participate.
- Set up a [walking school bus](#) to get parents and teachers involved in the event.
- Invite a local mascot, athlete, or dignitary to your school's event!
- Emphasize pedestrian safety by utilizing the [NHTSA Child Pedestrian Safety Curriculum](#). Choose at least one of the five lessons to incorporate into your curriculum leading up to your school's event.
- Invite local law enforcement to assist with your school's event or speak to students about safety. Check out our

for [elementary school](#) and [middle school](#) students.

Use Heart Month to introduce the idea of walking or riding a bicycle to school as a way to lead a healthy life. Get students excited for these activities by promoting [SC Walk to School Day](#) and the [Saris Bicycle Contest](#)!

## Grant Opportunity: Rite Aid Foundation Grant

The Rite Aid Foundation is a not-for-profit foundation dedicated to helping people lead happier, healthier lives. The Rite Aid Foundation is offering funding to programs that focus on health and wellness in the communities in which Rite Aid operates. If you are a non-profit organization please visit [this link](#) for guidelines on how to apply. The deadline for applications is **April 1, 2013**, and award amounts vary.

## Spotlight on a Friend: LiveWell Greenville Healthy Fundraisers

Cookie dough, pizza, chocolate bars, fried chicken biscuits...these can be decent fundraisers for schools but are they sending an inconsistent message about healthy choices? LiveWell launched their LiveWell

NEW [Enforcement Resources](#) for more ideas.

- Hold a mileage contest or frequent walker contest between classrooms to see which class has the most students participate. Click [here](#) for a mileage log and walker punch card.
- Give the "Golden Shoe" award to the classroom or grade that has the most participants in the event.
- Encourage students to Walk Across America or South Carolina and keep track of their progress. Check out our NEW [guide](#).
- Hold a contest to design a poster or video for the event. Make and display posters promoting the event along the route(s). This can also tie in with your school's [Saris Bicycle Poster Contest](#).

To ensure the receipt of incentive items by the date of your school's event, please register by **February 27<sup>th</sup>**. This date will be the **last call for incentive items**. Supplies are limited. The incentives will be delivered on a first come, first served basis to registered [SRTS Partner Schools](#).

\* Schools can hold walk events anytime during March. Make yours count by [registering](#)!

## Spotlight on a Partner: Simpsonville Elementary, Greenville

The focus on health and wellness is so strong at Greenville County's Simpsonville Elementary School (SES) that it is even part of their motto: Academics + Fitness "Seal" Our Success. With the strong leadership of Principal Jan James and PE Teacher Christine Amond, SES won a grant from the Bon Secours St. Francis Health System to bring Project Fit America to the school two years ago. This included equipment for a great new fitness area, as well as curriculum assistance, teacher training, and health education for the classroom.

Christine Amond says that the results are incredible. Last year only eight students were able to climb up and down the Pole Climb three times without their feet touching the ground. This year

Schools program on January 28<sup>th</sup> with an Expo featuring healthy raising options. More than 100 principals, parents, and teachers mixed with vendors offering healthier fundraising options, including:

- Boosterthon
- Earth Fare
- Thirty-One Gifts
- Whole Foods
- Funachos
- Marvin's Produce

For a complete list of vendors and other great ideas, visit LiveWell Greenville's [website](#).

For more information about LiveWell Greenville's Healthy Schools program, visit their [Healthy Schools Checklist](#).

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33 students did it, and 11 students went up and down the pole eight times without their feet ever touching the ground. Not only have the students improved in muscular strength, but also abdominal strength. Just this past week, more than 40 second through fifth grade students hula hooped without stopping for three minutes using a three pound hoop. Amond says, "If you build it, they will come. Yes, they come and they keep coming, asking for more!"

At SES, Project Fit America and CATCH work hand in hand. Both programs involve the students, teachers, parents and community.

Simpsonville Elementary participates in International Walk to School Day and South Carolina Walk to School Day with walk at school events involving the whole community. Their theme for this year is **March in the Month of March**, and will be from March 4 - 15. Classes and parents will document laps on the track, and the class with the most laps will win an extra recess and a little toe charm to wear on their shoes. Parents' laps count for their child's class - it's a great opportunity for families to utilize the track and support the children!

Visit [Project Fit America](#) for more information, including upcoming grant deadlines.

## Training Opportunity: York County Hosts School Fitness Trail Workshop, February 20<sup>th</sup> in Rock Hill

With funding from their Healthy South Carolina Initiative grant, Eat Smart Move More of York County will host a workshop to help schools design and build a fitness or nature trail. York County schools that send a representative can apply for free trail design services from Woody Keen of Trail Wisdom, LLC, who will be leading the workshop. Space is limited at this free workshop; for details, contact [Danielle Center](#).



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

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