



SAFE ROUTE NEWS

Volume 1, Issue 1

October/November 2008

Safe Routes to School

Welcome to the First Issue of the South Dakota Safe Routes to School Newsletter

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What's Happening? Dates to Remember:

- October 7-10
SDML Conference
- October 8
Walk to School Wednesday
- November 17
Round 2 Funding Begins

See page 3 for "What's Happening" details

This newsletter is being e-mailed to educators, municipal officials, health and safety advocates and interested individuals and organizations. This newsletter will contain updates on SRTS programs across the state and be utilized as an informational tool to assist in your SRTS program.

What is Safe Routes to School?

Safe Routes to School (SRTS) provides 100% federal reimbursement of local programs encouraging and enabling children K-8th grade to commute from home to school under their own power. SRTS was established in response to the increase in childhood obe-

sity and in health issues attributed to a decrease in physical activity.

Other benefits of the SRTS program include an increase in safety for children involved in kid powered transportation and a decrease in fuel usage and emissions from vehicles transporting kids to and from school.

For more information about the program see: www.sddot.com/srts/

This program is managed by the South Dakota Department of Transportation (SDDOT) in partnership with the Federal Highway Administration (FHWA).

In Memory of Alan Bender

The SRTS Selection Committee would like to express our condolences to Carol Bender, wife of Alan Bender who unexpectedly passed away on August 27, 2008.

Alan was a member of the Safe Routes to School Selection Committee and was a great resource for the SRTS program here in South Dakota.

We will miss Alan's contribution of ideas and his effort to help make South Dakota SRTS a success-

FY2009 Funding Awards Announced

The Safe Routes to School Selection Committee met on July 10, 2008 and recommended funding for five programs covering 14 schools.

The applicants requested a total of \$1,850,652.90 for this first round of applications. The Selection Committee reviewed the applications and recommended

funding \$86,281.25 for non-infrastructure projects and \$615,976.52 for infrastructure projects for a total of \$702,257.77 to be funded for this first round of applications.

The amount of infrastructure funding was limited due to the federal guideline that 10-30% of Safe Routes to School funding must go

towards non-infrastructure projects. The Committee was able to meet that guideline with 12.29% non-infrastructure funding.

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\$702,257.77 awarded in the first round of Safe Routes to School Funding

FY2009 Funding Recipients *Continued from page 1*

Parker Elementary and Parker High School (grades 7-8) will receive a total of \$206,314.52. The Parker SRTS Plan includes connective paths and path improvements, flashing signals, signage, crossing improvements, bike racks, safety campaigns, walking activities with incentive programs, and classes on safety and health.

Hartford schools involved in the SRTS program include: West Central Hartford Elementary, West Central Humboldt Elementary and West Central Middle School. Hartford will receive a total of \$237,407. The Hartford SRTS Plan includes connective paths to exist- ing infrastructure, signalized cross-

walks, signage, bike racks, school sponsored walk and bike to school activities, incentive programs, safety and health education, Law Enforcement assistance, walking school buses and bicycle trains

Programs covering four schools located in **Sioux Falls** will receive a total of \$148,850 for their SRTS program. The schools are: Anne Sullivan Elementary, Hawthorne Elementary, Laura B. Anderson Elementary and Terry Redlin Elementary

The Sioux Falls SRTS Plan includes pedestrian timers on traffic signals, flashing beacons, permanent driver feedback signs, in-street yield signs, traffic signal controller upgrades, push

button upgrades, crossing safety educational program, walking and biking incentives and a walking school bus program.

Brookings will receive \$93,871.25 for programs at Mickelson Middle School, Camelot Intermediate School, Medary Elementary and Hillcrest Elementary

The Brookings SRTS Plan includes bicycle lane striping and signage, high visibility crosswalks, driver feedback sign, bike racks, educational materials and training, incentive programs, bicycle police training and equipment and motivational guest speakers on walking and biking.

Enemy Swim Day School will receive \$15,815 for their bike trail and connective walking path, school wide bike educational program, safety classes, incentive programs and walking field trips.

Don't Thump Your Melon

Amy Marsh Don't Thump Your Melon Program Coordinator

Nationwide every year, approximately 140 children are killed as bicyclists. Far more children are injured each year, with data showing approximately 275,000 injuries reported. More than 70 percent of children ages 5 to 14 ride a bicycle regularly but only 15 to 25 percent wear a bike helmet on a regular basis.

Head injuries are the leading cause of death in bicycle crashes and a major determinant of permanent disability. Wearing a helmet that fits correctly can

reduce the risk of serious head and brain injury by as much as 85%

In 1994, a collaboration of many partners across South Dakota

started an initiative to increase the use of bike helmets. Along with providing helmets to numerous communities across the state, educational materials were also provided. A unique feature of the pro-

For more information about the program and how it can assist your community in promoting bicycle safety, please visit the website at www.sdemsc.org and select the DTYM Bike Safety button.

gram is the availability to provide t-shirts, with the Don't Thump Your Melon logo, to local public safety offi-

cials. The t-shirts are awarded to children as an incentive for wearing their bike helmet.

Currently the Don't Thump Your Melon Program is managed by South Dakota EMS for Children at the

Sanford School of Medicine at The University of South Dakota. Between 2006 and 2007 over 1,500 bike helmets were provided to children across South Dakota.

Help Kids Exercise Their Rights

Mary Michaels, South Dakota Grassroots Advocacy Director, American Heart Association

Nearly one out of every three children and adolescents in South Dakota are overweight or obese, making childhood obesity one of our nation's leading health threats. Parents, teachers and other adult role models must help kids *exercise* their rights to a healthy life.

Childhood obesity is an epidemic causing an increase in conditions and diseases in kids that are typically associated with adults, such as high blood pressure and elevated cholesterol. The

U.S. Centers for Disease Control and Prevention predicts that one in three children born in the year 2000 will develop type 2 diabetes in their lifetime. In African Americans, Hispanics and American Indians, who are more vulnerable to diabetes and obesity, that number increases to one in two.

If obesity among children continues to increase, our current generation of young people could become the first in American history to live shorter lives

than their parents.

Parental involvement at home is critical to help children, tweens and teens attain and maintain a healthy weight. There are simple, affordable ways to create a healthier home that encourages physical activity and nutritious eating. Kids like to feel in charge.

Help them take responsibility for their health by offering guidance and praise when they make good choices. Inspire your children by setting a good example. *Continued on page 3*

Childhood Obesity~
One of our Nation's Leading Health Threats

Help Kids Exercise Their Rights Cont. from page 2

Mary Michaels, South Dakota Grassroots Advocacy Director, American Heart Association



Work together as a family to set realistic, healthy goals — such as eating more fruits and vegetables — and be their role model by eating healthy with them. Walking or biking to school together is a great way to add more activity — and quality family time — to your day.

Schools are a powerful place to shape the health, education and well-being of its students, teachers and staff.

The American Heart Association promotes health in schools through its *Jump Rope For Heart* and *Hoops For Heart* programs. It also advocates at the local, state and federal level for increased quality physical education and coordinated

school health programs.

Physical education (PE) isn't offered in many schools anymore, so children aren't getting the daily physical activity they need. In addition, there are schools that still do not provide enough healthy food options. You can advocate for quality PE programs, school nutrition standards and policies regarding beverages and snack foods in schools by joining the *You're The Cure* grassroots network. Visit the <http://www.CapitolConnect.com> website.

There are a number of other online resources for parents and others to help kids develop healthy lifestyles:

Online, downloadable activities teach kids about heart health at <http://www.americanheart.org/>. Click on Children's Health, then For Kids.

The Alliance for a Healthier Generation, a partnership of the American Heart Association and the William J. Clinton Foundation: <http://www.healthiergeneration.org/> and <http://www.igohugo.org/> (special area for kids)

Top 10 ways to help your kids be healthy at <http://www.americanheart.org/>. Click on Children's Health, then For Kids. Wishing you and your family good health!

More Movement, Smarter Kids by Rae Pica

Most people can understand how physical activity can impact not only their child's physical development but also his social/emotional development. But intellectual development?

What could movement possibly have to do with learning?

To learn more about the power of movement and learning, see the rest of her "More Movement, Smarter Kids" article located at:

<http://movingandlearning.com>

Rae Pica is a children's physical activity specialist and the author of "A Running Start: How Play, Physical Activity and Free Time Create a Successful Child".

Rae is also co-creator and host of "Body, Mind, and Child" <http://www.bodymindandchild.com>, a radio program in which she interviews experts in the fields of education, child development, play research, the neurosciences, and more.

What's Happening

SD Schools Walk October 8, 2008

To register for this yearly event and for more information go to:

<http://www.healthysd.gov>

Registration and information covering iwalk events can be found at:

<http://www.walktoschool-usa.org/>

Those interested in applying for Safe Routes to School are encouraged to participate in SD Schools Walk and iwalk events

SRTS Funding Round 2 November 17th

Applications will be available November 17th, 2008 for FY2010 funding by contacting Angela at: 605-773-2402 or by email: angela.olson@state.sd.us.

All applications must be postmarked by April 8, 2009

The SRTS "Getting Started" toolkit can be downloaded by visiting the SRTS website at:

<http://www.sddot.com/srts/>

SDML Conference October 7-10, 2008

Of special interest to the SRTS program is presenter Dan Burden's "Building Livable Communities" on Thursday October 9th 11 a.m. in Pierre.

Mr. Burden is an internationally recognized authority on walkability and received the Association of Pedestrian and Bicycle Professionals "Lifetime Achievement Award".

Registration information is found at: <http://www.sdmunicipalleague.org/>

Safe Routes to School

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We are on the Web

www.sddot.com/srts/

Where it's safe, get kids
walking and biking. Where
it's not safe, make it safe.



December/January Newsletter Will Include:

Steps to a Successful Safe Routes to School Application

No Cost to Low Cost Safe Routes to School Activities
That You Can Start Now

New School Location Issues and Safe Routes

Please send pictures and news articles of your Safe Routes to
School activities to: angela.olson@state.sd.us

Article ideas, comments and questions are also welcomed

Round 2 Funding Cycle to Begin in November

South Dakota communities will have a second opportunity to apply for federal financial assistance to encourage school children to safely walk and bicycle to school. Round 2 application cycle for the South Dakota Safe Routes to School program will start November 17, 2008.

Planning Process Successful applicants for funding follow the “5Es” in making it possible for children in kindergarten through eighth grade, including those with disabilities, to walk and ride bicycles to school. The 5Es are: **E**valuation, **E**ducation, **E**ncouragement, **E**nforcement and **E**ngineering

SRTS is not a “sidewalk program” it’s much more than that. Although “engineering” or infrastructure projects are an important part of making safe walking and cycling to school possible, non infrastructure programs are necessary to complete the objectives of the program.

At the community level, SRTS efforts are organized by a **local SRTS Team** that bring together school and municipal leaders, parents, children, representatives of community organizations and anyone else interested in the program. Their task is to assess local conditions and find ways to make improvements.

In the **evaluation** phase, the local SRTS Team identifies residential neighborhoods within two miles of a school and determines existing and potential walking and cycling routes. Surveys of parents and students gauge attitudes about walking and biking.

The **education** and **encouragement** part of the program teaches safe pedestrian and cyclist behavior and promotes the health effects of physical activity in a fun way.

Fear of crime, bullying and traffic hazards prompts parents to load kids into private vehicles for the commute from home to school. Organizing escort programs such as “walking school buses” and “rolling bike trains” provide adult supervision and safety in numbers

Enforcement efforts by local police can help reduce dangerous driving practices in school zones.

A comprehensive program incorporating the “5 Es” is described in what is known as a **school travel plan***. Applications for funding that does not include such a plan are at a significant disadvantage when programs are selected for reimbursement funding.

Applications for the 2009 SRTS program will be available November 17th 2008

Applications may be obtained by emailing or calling Angela Olson. This application process requires significant city, school, and community involvement. Participation in the **SD Schools Walk** program <http://www.healthysd.gov> is strongly encouraged for those that plan to apply for the 2009 funding.

Outreach Continues SDDOT invites all elementary and middle schools (public, parochial and private) and their communities to participate in SRTS.

The South Dakota SRTS Coordinator, will travel to meet with local leaders, explain the program, provide advice on getting SRTS Teams organized, help local participants find ways to increase walking and bicycling, answer questions and initiate a discussion about local conditions.

To schedule a meeting with Angela Olson or to receive the application please call 605-773-2402.

Please check the SD SRTS website www.sddot.com/srts/ for more details about the program, for Round 2 Application information and timelines.

***Information about creating your own School Travel Plan can be found at: www.sddot.com/srts/apply.aspx**