



PAL Works with Schools to Improve Community Health

School's out for summer, but Partners for Active Living's focus on health and wellness in schools continues year round.

The evidence for focusing healthy eating and active living efforts at children is overwhelming: when students eat well, sleep well, and get enough activity in their day, they perform better on tests and assignments. And we've seen before that children are often the best advocates for family health, and teaching them to understand the needs and importance of healthy eating and active living often results in healthier families.

PAL's work with schools goes back to the start of the organization. Since 2003, PAL has supported several schools in their applications to the Safe Routes to School grant program focusing on physical and other changes to make it easier and safer for children to walk and bike to and from school. That work continues, and PAL staff



helped two Spartanburg County schools apply for \$400,000 each in grant funding to improve intersections, add walking paths and devise creative ways to encourage more kids to walk and bike.

Partnering with the South Carolina Department of Health and Environmental Control (DHEC) Region II Community Health team, PAL

also trains school staff to gather the necessary information for the fourth annual Spartanburg Body Mass Index report. The 2013 report, issued in April, showed some stabilization of obesity rates. This important data helps schools and others determine the best practices for working to reverse the trends.

This past year, PAL worked with three schools to develop wellness plans for their school communities. Work with teams of faculty and staff focused on increasing physical activity in the classroom, snack and celebration food policies, nutrition education, and staff wellness. PAL worked with Spartanburg School District 7 to develop a district-wide wellness to meet current USDA guidelines (see page 2). PAL will work with five new schools this year (see page 2).



To share the lessons those three schools learned, PAL staff hosted the Healthy Schools Summit this June (see page 3 for photos and more details). The Summit was attended by nearly 100 administrators, non-profit personnel, physical education and recreation leaders and even parent representatives. National and regional level speakers shared experiences from other areas, and local schools shared the knowledge they gained by going through this process.

All of these efforts are important in PAL's mission to transform Spartanburg into a vibrant, healthy and connected community. When schools emphasize the importance of health and wellness for student achievement, community health improves in general.

About Partners for Active Living (PAL):

Partners for Active Living transforms Spartanburg County into a vibrant, healthy, connected community where we live and grow. Visit our website: www.active-living.org.

Staff

Ned Barrett

Trails Coordinator

Randy Cooksey

Bicycle Mechanic

Rebecca Parrish

Healthy Kids Coordinator

Laura Ringo

Executive Director

Audrey Sperry

Active Lifestyles Coordinator

Board of Directors

Laura Stille

Chair

Steve Stravolo

Vice Chair

Natalia Swanson

Secretary/Treasurer

Mike Baird

Jennifer Cash

Muffet Chapman

Sally Hammond

Rick Hennecey

Jarvis Jones

Matt Lyden

Mary Mathes

Ned Morris

John Nichols

David Proctor

Page Rogers

Allison Skinner

Phillip Stone

Mailing Address

226 South Spring Street

P.O. Box 6728

Spartanburg, SC 29304

(864)598-9638

Website

www.active-living.org

Five New Schools to Become “Healthy Schools”

Partners for Active Living is pleased to announce the schools chosen as this year’s Healthy School Pilots. Each school will set goals for policy and environment changes, and be granted \$500 to achieve a healthier school environment.

These schools will work with a national model designed by the Alliance for a Healthier Generation to form wellness committees and look their school’s policies and systems, school meals, foods and beverages sold outside of the cafeteria, health education, employee wellness, student wellness, and physical education.

District One: New Prospect Elementary, nominated by Coordinator of Special Services/ Preschool Education, Dr. Trish Beason

District Two: Oakland Elementary, nominated by PE teacher Carolina Cabe

District Five: Reidville Elementary, nominated by school nurse, Amy Nunnery and Principal Elizabeth Sima

District Six: Lone Oak Elementary, nominated by PE teacher Kari Walker, and school nurse, Cheryl Neff

District Seven: Jesse Boyd Elementary, nominated by Principal Meredith Rose and PE Teacher Kevin Brahbam.

Congratulations to these five schools!

District Seven Schools Develop Wellness Policy

PAL is thrilled by the example set by Spartanburg’s School District Seven. With PAL staff support, District 7 has developed and adopted a new district wide wellness policy with a goal “For all students in Spartanburg School District Seven to possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in Spartanburg School District Seven is encouraged to model healthful eating and physical activity as a valuable part of daily life.”

According to the policy statement, “The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Schools have a responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. Staff wellness also is an integral part of a healthy school environment.”

The policy covers snack policies that set nutritional requirements for outside snacks, and for foods used for celebrations, fund-raising and field trips. Staff are encouraged to model good habits and to improve their own physical health.

PAL continues to work with other schools and other school districts to develop healthy nutritional standards. For more information, contact Healthy Kids Coordinator Rebecca Parrish at rparrish@active-living.org.

First Healthy Schools Summit

Nearly one hundred teachers, school nurses, administrators and interested community members attended the Healthy Schools Summit, a workshop conference designed to highlight the work of the three Healthy School pilot members, announce the next round of Healthy School partners, and to provide resources for other schools interested in improving their school environments.

With fifteen workshops in three sessions, participants heard from local, regional and national experts about ways to increase physical activity in the classroom, ideas for ensuring healthy snacks and meals, and policies designed to improve the health of faculty, staff, students and families.

PAL could not have hosted this important summit without the support of donors and other community partners.

Outdoor yoga, hula-hooping, a walking tour around campus led by PAL Board Member and Wofford College archivist Dr. Phillip Stone, and a B-cycle ride to the Healthy Food Hub were active break sessions.



"Outdoor yoga was awesome! I loved the active break and wanted to do all of them!"

Page Rogers of the DHEC Upstate Region Community Health Team reported on Spartanburg County's current childhood obesity data. Visit our website at www.active-living.org to download the report.



"Great energy, lots of passion, great conference!"



Partners for Active Living has long enjoyed the partnership of Allegra Printing in Spartanburg.

Since 1980 Allegra Marketing Print Mail has enjoyed strong relationships with many non-profits in the Upstate region. Every February Allegra awards non-profit applicants up to \$1000 through our Footprint Fund. Allegra are proud to support the groups that make the Upstate a great place to live and do business.



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Post Office Box 6728
Spartanburg, SC 29304

CHANGE SERVICE REQUESTED

-Some of our Initiatives-



By the Numbers

Spartanburg Student Body Mass Index Report 2014

Students measured:

89.8%

Overweight and Obese:

1st grade: 31.5%

3rd grade: 34.4%

5th Grade: 37.8%

Want to Get Involved?

Opportunities to get active with PAL and our partners!

Fridays at noon: Friday Lunchtime Rides

Meet at the MBF Rail Trail B-cycle station

**July 8, 15, 22, 29 at 6:30 pm: Hot Tuesday Night
Trail Runs/Hub City Co-op Walks**

Run or walk a different trail each week.

**July 10, 17, 24, 31 at 6:30 pm: Spartanburg Running Club
June Series (5K) continues at Duncan Park ball field.**

See our website for more details on these and other events,
www.active-living.org, or call 864-598-9638.

In order to continue promoting active living and healthy lifestyles in
Spartanburg County, we need **YOUR** help.

Please consider joining Partners for Active Living.

You can now donate online by visiting our website, www.active-living.org,

or send your tax deductible gift to:

Partners for Active Living

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