

# Success Story

## 4-H Afterschool Program Staff Teach *Let's Go NC!* Curriculum to Students, Ashe County

### The Scoop

Ashe County Cooperative Extension 4-H Afterschool Staff at Blue Ridge, Mountain View and Westwood Elementary Schools taught the *Let's Go NC! A Pedestrian and Bicycle Safety Skills Program for Healthy Active Children* lessons to their Kindergarten through fifth grade students.

The *Let's Go NC!* curriculum provides elementary age children with pedestrian and bicycle safety skills that will give them the essential skills they need to enjoy a healthy and active lifestyle.

### The training resulted in:

- Commitment from 4-H Afterschool Staff to teach the *Let's Go NC!* curriculum to students each spring.
- 1st Annual National Bike to School Day participation at each elementary site.

### The training reached:

- 135 Kindergarten through fifth grade students



### About

Region 3 Active Routes to School trained all Ashe County Cooperative Extension 4-H Afterschool Staff at Blue Ridge, Mountain View and Westwood Elementary Schools on the *Let's Go NC! A Pedestrian and Bicycle Safety Skills Program for Healthy, Active Children* curriculum.

In turn, the 4-H Afterschool Staff taught the pedestrian and bicycle safety skills portions of the curriculum to their students over a four-week period.

After teaching the curriculum, the 4-H Afterschool Staff became more engaged with Active Routes to School and participated in National Bike to School Day. Extension Agent, 4-H, Ashe County School Administration, SafeKids Coordinators and Region 3 Active Routes to School developed a schedule of activities based on the curriculum for students. This provided an opportunity for students who could not bike to school due to undesirable road conditions to participate. At each site 4-H Afterschool Staff and at least two teacher assistants assisted with the activities, including hand signal instruction, a bike safety video, safe bike sessions and helmet fittings. The Extension Agent, 4-H, SafeKids Coordinators, community volunteers and Region 3 Active Routes to School also assisted.

### Partners

Ashe County Cooperative Extension 4-H, Ashe County School Administration and Staff, SafeKids (Watauga, Ashe, Alleghany), Community Volunteers

### For more information contact

Beth Fornadley Johnson, [bethf@apphealth.com](mailto:bethf@apphealth.com)



*"The Let's Go Biking Event held on May 6, 2015 was an awesome event for all of our students! Thanks to Active Routes to School, 135 youth participating in 4-H Afterschool Programming will be safer on bicycles after learning safety tips and taking home a custom fitted bicycle helmet with bike safety information for their parents. We look forward to doing this each year!"*

- Jennifer Miller, Extension Agent, 4-H