



Newsletter of the Louisiana Association for Health, Physical Education, Recreation, and Dance

President's Message

Venessa Livingston-Cormier



want to start by saying how excited I am to serve as your president! I want to thank Charity Bryan for the awesome job she did as president last year. Her decisive attitude was instrumental in the involvement

of AAHPERD and Southern District in our LAHPERD convention last year. I would also like to thank convention manager Susan Gremillion and everyone who worked to make the 2012 LAHPERD Convention a success. What an amazing convention! The convention always provides such great opportunities to network with great health and physical education teachers from around the state and some from out of state as well. This interaction affords us the great opportunity of departing with phenomenal ideas to bring back to our classrooms and respective schools.

My theme this year is "Jazzin' It Up With Technology." I believe that in such a tech-savvy society, it is imperative that we incorporate the use of technological tools to grasp the interest of our younger generation, thus leading our students to healthier lifestyles. Social media is one tool that is instrumental for teachers to access new ideas, share ideas, and receive information on Web sites that provide the most up to date information on teaching high quality health and physical education.

My goal is to rejuvenate LAHPERD's Facebook site, stimulate collaboration, and share information about our organization. Think of what an amazing forum for sharing ideas this piece of social media can create! I also have plans to give our Website a facelift and re-stimulate its usefulness.

As LAHPERD members, I challenge each of you to "Geaux the Extra Mile" in working to keep our physical education programs alive. With the recent amendment proposing to allow marching bands, extracurricular sports, cheering, or dance to count as a partial physical education credit, it is imperative that we present our programs as necessary and worthwhile in schools. As you all know, the new Compass evaluation depends

greatly on student performance in a teacher's overall evaluation. Thus, if extracurricular activities taking place outside class settings are allowed as substitutes for physical education graduation requirements, then what happens to the certified physical education teachers? How then will we fit into the Compass model? How necessary will our roles as educators become? If physical education is minimized, how will brain breaks be provided throughout the school day to promote learning? To answer these questions, it is imperative that our physical education programs continue to spark an interest in the school systems, the school administration, the students, the parents, and the community. This, I feel, is necessary for us as health and physical education teachers to survive in public education. Take every opportunity to have what you do in the classroom publicized. Inform your local media, school board members, and legislators of what you do and why it is important. These are the people who are making decisions on local, state, and national level about health and physical education, and our voices need to be heard.

LAHPERD needs elementary, middle, and high school physical education teachers and coaches to be involved in the organization. Your participation will become a voice in our schools and communities. I want to encourage all LAHPERD members and non-members to attend the 2013 LAHPERD Convention in Baton Rouge, LA, on November 6-8. This year's convention will encompass professional development, technology, new and innovative classroom ideas to address Compass components, and opportunities to collaborate with fellow colleagues from within and outside the state.

Each of you is a valued asset to our organization and a true professional. I challenge each of you to continue spreading the news of how valuable health and physical education is to the health and well-being of our children.

Please do not hesitate to contact me or any LAHPERD officer with questions, concerns, or suggestions. As an organization, we stand as advocates of health, physical education, recreation, and dance. We are here to serve YOU!



SAVE THE DATE
NOVEMBER 6-8, 2013
Crowne Plaza, Baton Rouge

Past President's Message

Charity Bryan



As past president, there are many individuals I want and need to thank for their outstanding work during my year serving as your president. First, thank YOU! All our LAHPERD members make up an extraordinary group of physical educators who are

dedicated and passionate and who care deeply about both our field and the students, patients, and clients we serve. So, thank you, thank you, thank you LAHPERD members!

Next, I extend my heartfelt thanks to ALL of our LAHPERD board members who solicited outstanding programs for our 2012 LAHPERD Convention. Thanks to our board, we provided CHES credits and had an outstanding GEALUX! Party, top-notch award winners, and an extremely successful convention. So, thank you, thank you, thank you to the LAHPERD board!

Finally, I would like to thank our awesome LAHPERD Executive Director, Dr. Bill Dickens. Bill was a constant source of support, information, and encouragement. Many of you saw first-hand Bill's tireless work both behind the scenes and "out in front" handling issues and questions as they came up at the convention.

I sincerely hope all of you who attended the convention had an outstanding time and that you left recharged, reenergized, and refocused. I also hope each of you will continue to GEALUX THE EXTRA MILE for your profession and for those you impact through your very important work. It has been my pleasure to serve as your president, and, again, thank you, thank you, thank you!

DANCE DIVISION UPDATE

Bonnie Richardson, Vice President-Dance

We had a wonderful convention with a variety of different dance classes. It was such a treat to have Irene Cucina, the AAHPERD President, present a dance session for us at LAHPERD. Square dancing, cha-cha, zumbatonic, line dances, dances for the classroom, ballroom dancing, Ballet Barre, American Indian dances, kickboxing movements and yoga—all bases were covered. As always, Becky Coxie did a fantastic job with the Dance Kaleidoscope. Start looking at the presentations for Kaleidoscope now, and let Becky or me know if you are interested in having a group perform in the Kaleidoscope.

REAL Physical Education Teachers' Pledge

I solemnly pledge to what I hold most dearly that as a teacher I will practice my profession with honor and integrity. I will abstain from using teaching practices considered inappropriate, and I will follow the standards and guidelines for my profession to the utmost of my power. Always reaching for excellence, I will continue to learn and enhance my teaching skills throughout my career.

I will be a positive role model for children and youth and do all that I can to help them acquire

I have already spoken with presenters from the 2012 convention and have asked several of them to present this year, and a good number of them want to return. If anyone has something new and different, we would love to showcase your dance talent. Just let me know!

We are in need of a Dance Education chair and Dance Education chair-elect. Any middle/high school or university/college dance educators are eligible to serve. Please contact me, and I will be happy to put you in a chair!

FUTURE PROFESSIONAL UPDATE

Kendell Richter,
Future Professional Section Chair

Hello all! I would just like to say how happy I am to be your new Future Professional section chair for the 2012-2013 year, and I am really looking forward to the opportunity to serve our organization and profession!

I am excited about this year's Future Professionals' team, and we are already hard at work preparing for the 2013 Convention. I would like to thank Tiffany Deville for her kind mentorship to me and service to our organization over the past year as our section chair. I would also like to welcome Ricky Richard, Future Professional chair-elect. They are both students at the University of Louisiana at Lafayette and Louisiana State University, respectively, and have already proven to be great assets to and leaders in our organization.

Our biggest upcoming task is preparing for our 2013 convention, November 6-8, at the Crowne Plaza Hotel in Baton Rouge. We are hoping to host as many students as possible, so please mark your calendars now and make sure you go to our Web site and/or Facebook page for updates as they are available.

Convention provides a great opportunity for future professionals to meet students from other schools, make professional connections, and learn best practices from some of the best professionals in our field! Tentatively, we are planning on having several activity sessions, a panel session with first- and second-year teachers, an adapted physical education session, and a health session.

Another great, upcoming professional development opportunity is the joint SDAAPERD/AAAPERD convention in Charlotte, North Carolina, April 23-27. If you are able to attend and are interested in coordinating room and travel with other students, please contact me at krich@tiger.lsu.edu, and I will help you get in touch with others.

Finally, I want to thank those who put so much effort in the planning of the 2012 Convention and to all those who presented and/or attended. I thought it was a great success, and I feel I gained and benefited so much in my own professional development from the experience.

Again, I am very excited to be working with so many passionate people in our field and very much looking forward to the many great opportunities ahead. I hope you all enjoyed the holidays and wish you the best for this year!

About Kendell: I am originally from Baton Rouge and am currently entering my four year at Louisiana State University, finishing my physical education degree with an adapted physical education minor. My favorite hobby is riding horses, and I compete regionally and nationally in many different English style disciplines with my three horses.

PHYSICAL EDUCATION DIVISION UPDATE

the skills, knowledge, and desire they need in order to enjoy a lifetime of physical activity.

Written by Catherine Himberg, Ph.D. (January 2003)
Inspired by the Hippocratic Oath taken by physicians and the Nightingale Pledge for nurses (written by Lystra Gretter in 1893)

HEALTHY BR

Mayor-President "Kip" Holden's Health City Initiative

In September 2012, four schools in Baton Rouge were chosen to receive special physical fitness equipment and educational training as part of the Healthy BR grant and the Mayor's Healthy City Initiative in Baton Rouge. The Mayor's Healthy City Initiative is a \$1 million grant that encompasses traveling food markets, setting up farmer's markets in "food deserts," health and physical activity training, and Project Fit America.

Ryan Elementary, Winbourne Elementary, Buchanan Elementary, and Baton Rouge Foreign Language Academic Immersion Magnet Elementary were selected from certain zip codes to be part of this grant.



The schools received state of the art outdoor in-ground physical fitness equipment designed to improve upper and lower body strength and cardiovascular fitness. These four schools in Baton Rouge were the first schools in Louisiana to receive the equipment. The equipment was provided by Project Fit

America, based in California. There are seven stations which include the pole climb station, step station, parallel bar station, horizontal ladder station, sit-up bench station, pull-up station, and the vault bar station. Project Fit America sent two trainers to in-service the four schools' faculties on the Project Fit America curriculum and philosophy.

On Wednesday, November 14, 2012, all four schools held their kick-off celebrations with dignitaries from the East Baton Rouge Parish school system, LSU, the Louisiana Department of Education, the Governor's Council on Physical Fitness, Our Lady of the Lake Hospital, Pennington Biomedical Center, Blue Cross-Blue Shield of Louisiana, and the Baton Rouge mayor's office.

During the celebrations, some of the dignitaries spoke about the importance of physical fitness and the impact that good health and fitness have on our children. Students demonstrated movements that were to be done on the different equipment stations for those in attendance. In addition to the equipment, the teachers and principals will be in-serviced with the It's Your Healthy Life curriculum during spring 2013.



CRAWFISH CORNER

Teaching APE Across the Curriculum

Submitted by Val Altazin, East Baton Rouge Parish



I have a severe class of elementary students that I wanted to expose to a variety of activities, so I embraced another teacher's lessons for a week and built on those ideas. The teacher had a letter of the week and guided her activities by that letter; my APE activities followed that same premise. The teacher displays artwork and

projects for the students, and now she has student work from APE to add to the collection. This has been a win-win situation. Listed below are the activities I included.

- A week: colored apples
- B week: played basketball
- C week: identified colors
- D week: beat a drum
- E week: dropped plastic eggs in a basket
- F week: made flowers
- G week: planted a garden
- H week: made Halloween ghosts
- I week: tasted ice cream
- J week: made jack-o-lanterns
- K week: klooked a ball
- L week: made leaves
- M week: made mistletoe
- N week: strung a neoklaow
- O week: opened a box with leavers
- P week: played with a parachute
- Q week: were quiet and read a story about a queen
- R week: ramped bowled

WHEEL OF FITNESS

Venessa Livingston-Cormier

Make exercises fun with this interactive game that can be played in large and small groups. This is a student-led activity aligned with COMPASS requirements. The interactive spinner was created using SMART Notebook Interactive.

Directions:

- Select exercises, or let your students select exercises to add to fill in the blank panels.
- Select a student to spin the wheel. Allow the person who spins the wheel to lead the exercise in front the class.

WHEEL OF FITNESS BRAIN GYM EXERCISES



Mamie Hammock,
Vice President-Physical Education

Happy New Year! I would like to send out an invitation to all members and potential members, especially high school teachers, to take part in your organization. We are here because of you, and we need you! LAHPERD'S aim is to improve the quality of life through health, fitness, and recreational activities; therefore, let's stay involved and help keep health and physical education in our schools.

If you have convention ideas or someone you know anyone interested in presenting at convention, please contact me. We are also accepting nominations for the offices of vice president-elect for physical education, chair-elect for adapted physical education, chair-elect for elementary physical education, and chair-elect for middle/secondary physical education. If you have any nominations or if you are interested in being nominated, please email me at mamie.hammock@yahoo.com.

About Mamie: This is my 36th and final year in teaching, and, presently, I work for the Ouachita parish school system in Monroe as a middle school teacher I have taught all levels but love the middle school the most. My husband, Carl Hammock, and I celebrated our 39th wedding anniversary on January 5, 2013. We have two children and four grandchildren.

This is my second term as vice president of physical education, and I am looking forward once again to assisting and helping LAHPERD move ahead and continue "Jazzin' It Up With Technology."

- When the wheel stops, read the exercise to the students.
- Have them complete the task and count aloud together as they complete the exercises.

Extension: Change exercises as unit changes.



Need to update addresses?

Throughout the year, members change their email or snail mail addresses. If any of your addresses change before you renew your membership, please send your updated information to Rachel Andrus by email at r.andrus@edu.lsu of these changes.

CALLING ALL JUMP ROPE TEAMS!

LAHPERD would like to connect to all of the Louisiana Jump Rope teams. If you know of a team or if your school has a Jump Rope team, please send the team's contact information to Joanna Faerber at jfaerbe@lsu.edu.

NEW BOARD MEMBER RETREAT

Skype Presentation presented by Andrew H. Lewis



LAHPERD held its retreat for new board members January 18-19, 2013, at the University of Louisiana at Lafayette. The highlight of the retreat was a Skype presentation presented by Andrew H. Lewis. Andrew's presentation, "Unlocking Your Leadership Potential: 'Jazzin' It Up'," presented the members with strategies of how to serve as effective leaders.

Andrew H. Lewis is an associate professor in the School of Education, Health, and Human Performance at the College of Charleston in Charleston, South Carolina. Andrew's primary area of interest is sport pedagogy. He feels that fostering the growth of future professionals is one of his most important contributions to the profession.

During his 32 year tenure at the College of Charleston, he has as director of professional development in education, interim assistant dean for undergraduate studies, and chair of the Department of Health and Human Performance. He serves currently as the School's associate dean. In addition to his academic experience, Andrew is past president of both the South Carolina and the Southern District American Alliance for Health, Physical Education, Recreation, and Dance organizations.

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