

Au Courant | Spring 2016 | Updated

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To:Dustin Hebert <hebertd@nsula.edu>;

AUCOURANT

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*Official newsletter of the Louisiana Association for
Health, Physical Education, Recreation, and Dance*



Southern District needs your help to ensure successful 2016 and 2017 events in Louisiana. [Click here to learn how.](#)

Incoming President Welcomes New Board and New Executive Director

Bonnie Richardson

As I reflect upon the January board retreat at Bogue Chitto State Park, outside of Franklinton, LA, I marvel at the wonderful people in our association who gave a weekend of their busy lives to be at the annual LAHPERD Board of Directors Retreat and Meeting. This group came together to continue the updating and managing of our state organization. We discussed revisions and deletions to the operating codes to reflect our needs and direction at this time. We gave descriptions of offices and committees so



that all of our members would have more clarity about each position associated with the Board of Directors.

Bonnie Richardson

I want to thank Bill Dickens, our Executive Director, for his hard work, dedication, and attention to detail that has kept us moving forward and upward. He applied and got the job when LAHPERD was in less than great shape. Bill picked up the pieces, put them back together, and has made us a stronger, more viable and thriving association. He sets agendas for board meetings/retreats, files taxes, balances the budget, makes reservations for meetings and for board members to travel, and "makes" groceries when needed! When I was elected as Vice-President of the Dance Division, Bill was my President. He has always been there. Well, Bill has decided to retire.

2015 President Emily Beasley appointed an ad hoc search committee to start the process of finding someone to be our next Executive Director. It was advertised, and we received an application for the position. The committee interviewed the candidate, and I am happy to announce that the LAHPERD Board of Directors voted and extended the Executive Director's position to Lynn Williamson. She accepted and will be Co-Executive Director with Bill through the SHAPE America Southern District Convention, which LAHPERD will host, in Baton Rouge January 10-13, 2017. After the convention, LAHPERD will be all Lynn's.

Lynn is dedicated to and involved with LAHPERD. She has been a vice president of most of the different divisions, has been President of LAHPERD, and is currently the Committee Chair of Special Awards. She is currently the Physical Education Supervisor with the East Baton Rouge Parish school system.

On February 10-13, a contingency of LAHPERD Board of Directors and members descended upon Williamsburg, VA, for the 2016 SHAPE America Southern District Convention. It was an opportunity to meet many new people and see old friends. We encouraged as many Southern District attendees as we could to come to the Crowne Plaza in Baton Rouge next year. By the way, did I mention that the President of the United States stayed at the Crowne Plaza while in Baton Rouge? Get ready! We will need a good many of our members to help with this endeavor.

In March, I will travel to Washington, D.C., to attend and participate in SHAPE America's Speak Out Day. This is a day set aside by SHAPE America for representatives from all of the United States to come together to meet our elected officials and advocate for healthy lifestyles, quality physical education, and physical activity. I hope the blizzards are finished for now-or at least until I get back to Baton Rouge. April will have me packing my bags again and boarding an airplane for Minneapolis, MN, for the SHAPE America National Convention. Those of us going there will continue to talk and encourage others to come to Louisiana next January for our Southern District Convention. Finally, the Southern District Leadership Conference will be held in Baton Rouge, July 20-23. We will solidify events, presenters, and different venues.

So...Laissez Les Bon Temps Rouler! Come to Baton Rouge and pass a good time!

SHAPE America Keeps Students Moving to Boost Learning

SHAPE America has just announced the launch of a



new [Back to School Website](#) with numerous resources for K-12 health and physical education teachers.

From a free digital Scope & Sequence chart to all the information needed to develop a comprehensive school physical activity program, the website will help teachers keep students moving to boost learning. Resources include:

- A brand-new Physical Education Program Checklist
 - Guidance documents on The Essential Components of Physical Education and Appropriate Practices in School-Based Health Education
 - Grade-level activity calendars
 - Free podcasts on health and physical education topics
 - Webinars with innovative ideas and tried-and-true teaching strategies
 - A newly designed Legislative Action Center
 - And much more

"No one is better prepared to get kids healthier and more physically active than K-12 health and physical education teachers," says SHAPE America President Stephen Jefferies of Central Washington University. "Collectively as a profession we regularly spend time with students during the most significant developmental years of their lives. We are the first to develop relationships that will lead students to valuing their health and active lifestyles."

To ensure that all of America's students develop the skills, knowledge and confidence to enjoy healthy, meaningful physical activity, SHAPE America recently launched its "[50 Million Strong by 2029](#)" initiative. The organization invites all health and physical education teachers to become part of this national initiative by enhancing health and physical education programs in their schools and providing opportunities for students to meet the recommended 60 minutes of daily physical activity before, during and after school. Teachers who say "[Count Me In](#)" will receive a free digital Scope & Sequence chart. The chart:

- Supports the National Standards and grade-level outcomes for K-12 physical education
- Provides educators with an evaluation scale for K-12 students
- Provides guidance for developing lesson plans for K-12 physical education.

About SHAPE America

SHAPE America - Society of Health and Physical Educators is committed to ensuring all children have the opportunity to lead healthy, physically active lives. As the nation's largest membership organization of health and physical education professionals, SHAPE America works with its 50 state affiliates and is a founding partner of national initiatives including the Presidential Youth Fitness Program, Let's Move! Active Schools and the Jump Rope For Heart/Hoops For Heart programs.

Since its founding in 1885, the organization has defined excellence in physical education, and our resources provide the leadership, professional development and advocacy that support health and physical educators at every level - from preschool to university graduate programs. For more information, visit www.shapeamerica.org.

STAY CONNECTED WITH SHAPE AMERICA:



Teresa Guillot

P.E. Division Is Ready!

Teresa Guillot

Hello LAHPERD members! We are off and running to a great start. The Physical Education Division is working on preparing some fun, informative, and adventurous sessions for our next LAHPERD convention. Meanwhile, with Southern District coming to Louisiana, WE ARE READY to share some Louisiana hospitality with our fellow members. On another note, good luck to all schools and teachers preparing teams to compete in local and state Physical Fitness Meets. Also, congratulations to Louisiana archers going to state competition in March. ALAS (Archery in Louisiana Schools) is really growing and has put Louisiana in a top position nationally.

\$17,000 will be given to winners. This money will go to post secondary education upon graduation for the recipients. The northern and southern schools will meet for competition March 4-5 in Alexandria. Good luck to all. Also, best of luck to all with their Jump and Hoops for Heart events this year. Many schools are currently in their campaign. LAHPERD ROCKS!

If any member has come across something to share with all at convention, please notify me at teresa.guillot@rpsb.us. Hope to see you at Southern District!



Let's Move, LAHPERD!

SHAPE America is proud and excited to be a part of First Lady Michelle Obama's newly released Let's Move! Active Schools - an unprecedented collaboration to bring physical activity back to American schools. The program provides simple steps and tools, including monetary support and training, to help schools create active environments where students get 60 minutes of

daily physical activity through quality physical education and physical activity before, during and after the school day.

Let's Move! Active Schools mobilizes "School Champions" - Physical Education teachers, classroom teachers, administrators, staff, and even parents - who are ready and willing to be leaders for their school community. Champions can go to www.LetsMoveSchools.org and follow a simple, six-step process that includes building

a team, conducting a basic school assessment, and creating a customized action plan.

Participating schools will have access to: free tools and resources, in-person training, and personal assistance from certified professionals. Most important is participating schools will have opportunities to apply for grants for equipment and other items to help improve their program.

Participating schools can also benefit from discounts. Once your school is signed up, login to your school's account then choose the EVALUATE tab to complete a short assessment on your school. Once complete, you will be provided with details on discounts and special offers reserved for partners only. You will either be redirected to the discounts/special offers, or you might need to select DISCOUNTS AND SPECIAL OFFERS from your account dashboard.

JiJi Jonas

Let's Move! Active Schools Rep for Louisiana for Southern District

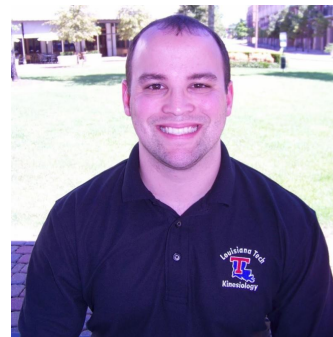
jonas1134@cox.net

Already signed up? Be sure to complete your end-of-year evaluation to keep your school's status current.

Future Professional Chair Begins Graduate Studies

Joshua Guillory

Joshua Guillory is LAHPERD's Future Professional Chair. He recently began graduate studies at [Louisiana Tech University](#) in Ruston, LA, during the fall 2015 quarter. He is currently studying for a Master of Science degree in [Sports Performance](#) in the [Department of Kinesiology](#). Joshua's graduate mentor and thesis committee chair is [David Szymanski, Ph.D., CSCS *D, RSCC *E, FNCSA](#).



Joshua Guillory

Joshua is currently a Graduate Teaching Assistant in the [Department of Kinesiology](#) and an Assistant Powerlifting Coach for the [Louisiana Tech Powerlifting Team](#). He taught KINE 133 (Racquetball) and KINE 144 (Weight Training) the fall 2015 quarter, is teaching KINE 212 (Advanced Weight Training) and KINE 409 (Measurement of Physiological Variables) during the winter 2015-2016 quarter, and will be teaching KINE 120 (Aerobic Conditioning) and KINE 144 (Weight Training) in the spring 2016 quarter. The [Louisiana Tech Powerlifting Team](#) competed on December 5, 2015, at the 2015 USAPL LA Tech Fall Rookie Meet in Ruston, LA. The [Louisiana Tech Powerlifting Team](#) is currently preparing for the 2016 USAPL Aggie Showdown in College Station, TX on February 20, 2016, and the [2016 USAPL Collegiate National Championships](#) in Providence, RI, on April 14-17, 2016.

Joshua holds multiple certifications in personal fitness training, strength and conditioning, and corrective exercise through the [National Strength and Conditioning Association](#) and [National Academy of Sports Medicine](#). He is a member of the NSCA Louisiana State

Advisory Board as the student representative as well as the LAHPERD Board of Directors as the Future Professional Chair. Joshua's research interests include resistance training, periodization, autoregulation, velocity-based training, sports nutrition, and ergogenic aids. Upon graduation, he plans to pursue a doctoral degree in Sport Physiology to become a university professor and academic researcher.

Every Student Succeeds Act (ESSA) Becomes Law

JiJi Jonas, LAHPERD Advocacy Chair



President Obama Signs ESSA into Law - December 2015

The U.S. Congress passed the Every Student Succeeds Act (ESSA) in December 2015, reauthorizing the Elementary and Secondary Education Act.

This bipartisan legislation replaces No Child Left Behind as the federal education legislation that funds and provides the framework for elementary and secondary education in the United States.

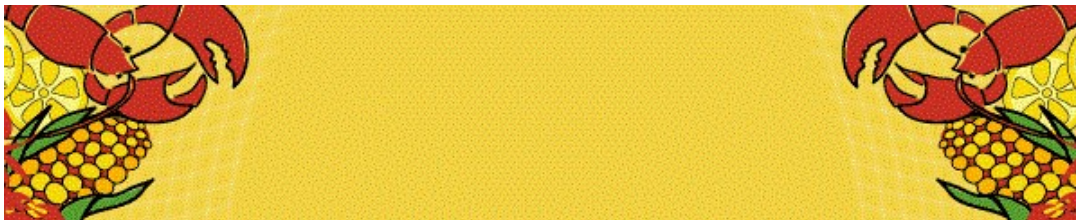
ESSA Quick Facts:

- School health and physical education are identified as part of a student's "well-rounded" education.
- School districts will be able to access funding from Title I, Title II and Title IV through

their state department of education.

- Funding previously allocated to school districts through the Carol M. White Physical Education Program from the U.S. Department of Education will no longer exist. The funding available in the block grants through Title IV will replace the PEP grant funding.
- ESSA funding for Titles I, II and IV will begin to flow to states on July 1, 2016. The regulatory and implementation process for accessing funding will be developed throughout the first half of 2016 by the U.S. Department of Education and Congress. SHAPE America will keep members updated as this process progresses.

This act means that physical educators are now entitled to funds for programs, so please go to the [SHAPE America Website for ESSA details](#). Act quickly before funds are used in other areas.



CRAWISH CORNER

From JiJi Jonas and Joanna Faerber: We just attended a really good Southern District SHAPE America Conference in Williamsburg, VA. There were so many great sessions, and we wish all of you all could have attended. Since no one submitted an activity for this newsletter, we will use two of the activities from our Southern District presentation. We hope your students will enjoy and improve their fitness with these activities.

Rainbow Run

Suggested grade level: K-5

Equipment: Six different color wrist bands: Red, yellow, orange, green, purple, blue. Open space. If you do not have wrist bands, use ponytail holders.

Safety considerations: Students should be aware of others while moving through open space.

Skill focus: Locomotor skills, aerobic fitness, and cooperation. With K-1, you may also be working on color identification.

Objectives: Students are working to get all six colors before signaled to stop.

Description: Students each begin with one wristband. On the signal, everyone is "it" and may tag anyone else. If tagged, the wristband is given to the tagger. Each person may only have one of each color at any given time.

Dash for Cash (From *Physical Best Activity Guide*, 3rd ed.)

Suggested grade level: 3+

Equipment: Basket or box for bank, play money, jump ropes, beanbags, free choice equipment, informational signs, and stop watches or timers, appropriate face-paced music, and iPod

Objectives: All students are active and make healthy and personally meaningful fitness choices while learning the values of money and honesty.

Directions: Place health-related fitness signs and equipment in the center of the activity area. Students begin on the perimeter of the activity area on the boundary lines. The banker--this could be you--stands at one end of the activity area with money in the banker's box. Students walk, jog, skips, or use scooter boards around the perimeter of the activity at a pace that is good for them. Each time students complete one lap, they receive \$1 each from the banker. After the students complete three laps, they can choose either to keep moving or to pay the banker and go to one of the health-related fitness stations to exercise. The object of the activity is for students to participate in all the health-related fitness stations before the allotted time is up. Participation at each station costs \$3 (similar to monthly fitness clubs). Students pay the banker each time they go to a new fitness station. Students can choose various strategies for participation. They can move aerobically and receive lots of money before spending it to participate in the fitness stations, or they can move, exercise, move, exercise, until they are finished. If time remains after some students are done with the fitness stations, add a few free choice stations that might cost more money (like \$5) and allow students to choose a favorite motor skill or piece of equipment to use.

Health-related fitness stations:

1. Aerobic Fitness
2. Flexibility
3. Muscular strength and endurance
4. Body composition

Have a Crawfish Corner idea? Submit it to JiJi Jonas at jonas1134@cox.net or Joanna Faerber at jfaerbe@lsu.edu.



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