
LAHPERD Au Courant | Spring 2014

From : LAHPERD Media <lahperd.media@gmail.com>

Tue, Feb 18, 2014 04:09 PM

Sender : lahperd media <lahperd.media@gmail.com>

Subject : LAHPERD Au Courant | Spring 2014

To : dhebert@mcneese.edu

Reply To : lahperd media <lahperd.media@gmail.com>



aucourant
Spring 2014
Vol. 31, No. 1

FROM THE PRESIDENT'S DESK

Wanda Hargroder

From the stately oaks and broad magnolias of Louisiana State University, I bid you a much needed warm hello in hopes you have braved the past few weeks of inclement weather.

A person that has lived 80 years is often grateful and feels blessed despite possible age-related health issues. Dogs that live to be 11 are almost 80, and they too can remain healthy and contribute to family dynamics. When an organization turns 80, that is truly a time for celebration for there must be something worthwhile and meaningful about that organization that keeps it active.

Yes, that's right. LAHPERD will be 80 years old/young this November, and all the while it continues to be at the forefront of helping people live active and healthy lives through physical education, recreation, and/or dance. Therefore, this is why we have chosen the theme for the 2014 Convention

Never do you want to start any message negatively, but it is indeed scary that our state continues to be at the bottom of every category in relation to health issues. According to the [2013 Annual Report from America's Health Rankings](#), Louisiana ranks 48th out of our 50 states in overall health. We rank 48th in diabetes and 50th in obesity. No bragging rights here. But how do we change the culture of the Louisiana population? No one person and no one organization is capable of that challenge. But the members of the Louisiana Association for Health, Physical Education, Recreation, and Dance are committed to trying.

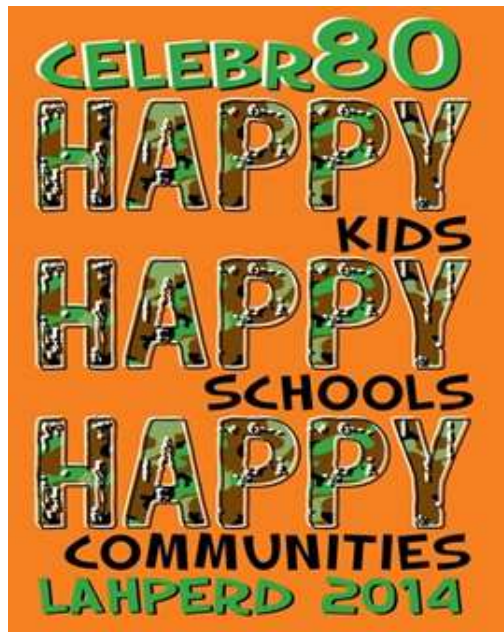
It is the Association's true belief that happy kids do make happy schools, and happy schools do make happy communities. Isn't that where the message should start? If not for our children receiving the message of how important it is to eat right and exercise, would we not be in far worse shape than we currently are? Certainly there are other approaches that have been made and are being made, but LAHPERD tries to keep a pulse on the legislation that mandates what our children are receiving in schools as it relates to exercise and health.



One other issue that is paramount to this association, in my opinion, is diversity. Not cultural diversity, for I believe we are well represented there. The diversity I see necessary is to reach out to the ever-growing field of health professionals who are graduating from our universities. Most institutions that are LAHPERD affiliates report their highest number of undergraduates plan to pursue some type of graduate study in a health related field such as physical therapy, occupational therapy, physician assistant, medicine, dentistry, or pharmacy. I have made a plea with our board to reach out to these students and the established professionals in these areas to better strengthen our membership and to broaden our knowledge of the vastly growing area of allied health.

These are but a few of the issues that LAHPERD plans to address as we prepare for the 2014 Convention, November 5-7. As a board, we are making every effort to have presentations from an array of topics and to make this 80th celebration one to remember. Please make plans to join us as we celebrate 80 years of dedication to making all Louisiana citizens happy and healthy.

Last year, we Jazzed It Up with Technology. This year, we're *Celebr80-ing!*



MINI GRANT RECIPIENTS TAKE HOME \$\$\$

Congratulations to our 2013 LAHPERD grant winners, Eliska Joseph and Gail Tyler!

Eliska Joseph is the recipient of a \$2,496.43 LAHPERD grant for her project, "Fitnessgram Training Boot Camp." Eliska is a health and physical education teacher at Vidrine Elementary School in Evangeline Parish.

Gail Tyler is the recipient of a \$500 LAHPERD grant for her project, "Planning and Implementing A School Health Fair." Gail is a health teacher at Airline High School in Bossier Parish.

These recipients will present findings from their projects at the 2014 Convention. The LAHPERD Mini Grant is awarded yearly. For more on this grant opportunity, visit <http://www.lahperd.org>.

GREETING FROM YOUR NEW FUTURE PROFESSIONAL

Kara Deutch



Hi everyone! I would like to use this opportunity to tell you all a little bit about myself and express how happy I am to be the Future Professional-elect. I am very excited about the upcoming year! First, I would like to thank Ricky Richard, the current Future Professional, for taking me under his wing and being such a great mentor. I would also like to thank Dr. Emily Beasley, President-elect, for nominating me for this position and guiding me through my college career!

I am currently a senior at Louisiana State University majoring in kinesiology with a concentration in health and physical education. I am on the club soccer team for LSU, and this is my fourth year as part of the team. I was also lucky enough to coach girls' soccer at Central High School this year because soccer is a huge part of my life! I've been playing since I was three and can't imagine a day without it. I also love volunteering any chance I can, especially when I can work with kids and encourage them to be physically active. I am very passionate about spreading the word about physical education and physical activity, and I enjoy being an active part of the future of physical education programs in Louisiana. I'm honored that I can be a part of a generation that can make a difference! Seeing kids being physically active and enjoying it truly makes me smile, and I love that I can say I am a reason behind it! Right now, I'm very focused on school, so in my spare time I'm either playing soccer or just hanging out with friends. However, like I said, I can't wait for this upcoming year, and I am honored that I will be a part of planning LAHPERD's 2014 and 2015 conventions!



2014 LEADERS PREPARE FOR THE YEAR

Annual Retreat Renamed Leadership Conference

In keeping with Southern District and AAHPERD, what has long been called the LAHPERD retreat was renamed the Leadership Conference. This year the event took place at the Tickfaw State Park near Hammond, LA. One of the goals of the two days "in the woods" was to reunite with old friends and meet new ones. On Thursday the Executive Board met to discuss the agenda for the conference and open up dialogue about the upcoming year. Topics included the convention, diversity, timelines, and social media.

Friday afternoon, the Board of Directors began to arrive, and the Leadership Conference was called to order. Upon arrival, each board member received a packet and a colored bandana, which dictated to which team each was assigned. Teams were given meal assignments Friday night, Saturday morning, and Saturday noon. This concept, although not new, helped people achieve a specific goal while getting to know one another. Interspersed between agenda items, the board played interactive games, which was just one more positive way to bond the members.

An open forum was held following dinner during which board members could propose any topic they felt prudent to the success of LAHPERD. This venue allowed a "safe" place for the board to discuss items that otherwise may have not been put on the agenda. For example, there was great discussion about diversifying LAHPERD to include more students and professionals in healthcare. Trends at the university level have seen an increase in the pre-professional health fields, and many thought it would be in the best interest of LAHPERD to embrace the trend. Another topic was introducing a "New Comers Breakfast" or incorporate something during the convention that recognizes students and professionals attending their first LAHPERD Convention.

Following a well-prepared breakfast by the teams, the board meeting was held and concluded by noon. Goodbyes were said, and, all in all, it appeared the Leadership Conference was advantageous in getting everyone united in an effort to maintain the present level success as we prepare to explore how we can improve an already fine organization.

MEET JOANN. YOUR NEW SPORT & LEISURE VP

Joann Allen

I graduated with a B.S. degree in physical education from the University of Southwestern Louisiana and an additional certification in special education (self-contained). My adapted physical education certification was acquired from the University of Louisiana at Lafayette. Prior to returning to teaching, I spent 20 years in insurance in three states: California, Hawaii, and Louisiana. Although insurance is much more lucrative, it was not as rewarding as teaching. My decision to return to teaching and my certification in APE allowed me to teach special needs students ranging in age from 3 to 22 years of age in Iberia parish. Our parish instituted a community-based leisure/recreation program for students 18-22. With the collaboration efforts of APE teachers throughout the parish, students are taught



leisure activities and skills that will follow them after graduation. Exposure to activities the community has to offer and parental involvement will assist our students in healthier lifestyles in the future. I have concluded that returning to teaching was my best decision ever. Being an active member of LAHPERD, I would encourage all the membership to consider participating in making this organization one of the best in the nation.



PRESIDENT-ELECT REFLECTS BACK AND LOOKS FORWARD

Emily Beasley

I am looking forward to serving as LAHPERD president in 2015, and I am so thankful for such an exciting opportunity! Although I already know many of you, I would like to introduce myself to the entire membership and tell everyone about my goals for my presidential year.

I am originally from a small rural town in north Alabama, and I received my undergraduate degree in elementary education from Mississippi State University. After graduating from MSU, I had a wonderful experience teaching fourth grade in Charlotte, NC. However, although I loved teaching in the classroom, it just felt like something was missing! I have always been an athlete and have a life-long love of fitness, sports, and healthy living, so I decided to pursue a Master of Science degree in health education from Mississippi University for Women and an ACSM personal training certification. Little did I know, this route would enable me to discover one of my true passions in life--physical education!

It was the end of summer 2009, and after moving back to Mississippi, I was working part-time personal trainer. I had applied for teaching positions and had several interviews, but it was so close to school starting that there were absolutely zero open positions! As a last-ditch effort, I began personally calling elementary school principals. Thankfully, my second call managed to catch a principal the day after her physical education teacher had notified her that she would be unable to return! Talk about luck; I had no idea I was about to stumble into the best job in the world.

Unfortunately, I had never experienced a quality physical education program during my school years, so the idea of pursuing a degree in physical education had never seemed like a viable career option to me. So, you can imagine my surprise when I was hired as a third and fourth grade physical education teacher! It was not easy, but I had the chance to work with an amazing teacher who truly took the time to mentor me and introduce me to quality physical education.

I loved teaching physical education so much that I decided to continue my education so that I could reach those students who were like me--those who never realized how amazing a career in physical education could be! Now, I get to share my passion for physical education with others on a daily basis as the coordinator for the health and physical education teacher certification program at Louisiana State University. As program coordinator, I am responsible for teaching many of our undergraduate courses, sponsoring student organizations, and supervising student teachers. Recently, I spent a considerable amount of time working with a new group of student teachers to develop and articulate their own personal teaching philosophies. I chose to share my own teaching philosophy with them, which I quickly realized translates to my goals for my presidential year for LAHPERD!

For example, one of my primary goals as an educator is to respect the needs of all learners. I strive to create a student-centered learning environment in the hopes that students in my classes will receive a quality educational experience. I believe the same goal and perspective also applies to LAHPERD. It will be my goal as president to respect the needs of all our members, to promote a member-oriented environment, and to provide all our members with an organization that offers a quality professional experience.

My second goal as a teacher is to create an environment that promotes success for all students. I am a firm believer that as an educator I should not teach only to the high-performing students, but ALL my students. I truly believe that unless students feel safe, welcome, and accepted, they will not be able to achieve their full potential. I plan to apply this same belief to my time as LAHPERD president. It is my wish that each LAHPERD member feels that he or she has a place in our organization. Each and every member plays a vital role in the success of LAHPERD, and, without each person's service and dedication, our organization would not be successful!

My third and final goal as an educator is to promote a culture of life-long learning. I personally LOVE to learn and experience new things, and I encourage my students to do the same. I feel that life-long learning is part of the essence of LAHPERD. Our annual convention and the events we host throughout the year provide excellent opportunities for our membership to get involved and continue to learn and improve their teaching, coaching, and service to local communities throughout Louisiana.

I take great pride in my career as a teacher, and, above all, I work to ensure that my students are not just learning in my classes but that they feel accepted, are actively engaged in the learning process, and have a positive educational experience

that will instill a life-long love for learning. I believe my overall approach to teaching is best reflected by one of my former students' comments on an evaluation: "You can tell she is very passionate about teaching health and PE and teaching in general." I envision this same passion and pride translating to my time as LAHPERD president. I want our members to continue to be life-long learners, to feel welcomed and accepted, to be actively engaged in our organization, and to have a positive experience as a member of LAHPERD!

I plan to continue to develop a unified and cohesive organization where each and every member feels that he or she is a valuable component. I have an "open door" policy, and my students are always welcome to drop by my office. In this same spirit, I would like to have an "open door" policy with the members of LAHPERD, so I encourage you to contact me with any comments, questions, suggestions, or even just to say hello!

MEET YOUR NEW HEALTH VP

Breezy Rourk

Breezy Rourk is a Sulphur, LA, native, living in Lafayette, LA, where she works full-time as a community education program coordinator at the **Woman's Foundation, Inc.** She coordinates and implements the Puberty Outreach Program while contacting public and private schools in the Lafayette area to market the foundation's services. She developed a program curriculum for Kids on the Geaux, a pediatric weight management program, where she assists teaching the 12-week program to children ages 8-14 and their families. Kids on the Geaux is also offered as an outreach program. Breezy coordinates and instructs the nine-week program at public and private schools in Lafayette during the chosen school's PE class. She coordinates and instructs the Tweens/Teens with Life Choices Program to help mentor pre-teen and teenage girls to help make them aware of important decisions and to value their self-worth. She is a certified Safe Sitter Instructor. She has collaborated with other organizations in volunteer efforts, has done numerous television interviews, and has presented at state and local conferences and meetings.



Breezy is also a part-time health promotion and wellness program assistant for the University of Louisiana at Lafayette Kinesiology Department. She assists with the coordination of the health promotion and wellness internship program, consistently updates the status on the program's Facebook page, maintains the Moodle and departmental Web sites, and creates the Spotlight of the Month page.

She is a graduate of UL-Lafayette with a B.S. in kinesiology with a concentration in health promotion and wellness. Her goal is to earn a Master of Science in kinesiology with a concentration in health promotion, recreation, and sport management. Breezy is a committee member for the Lafayette Parish School System Community Task Force and the Louisiana Healthy Community Coalition for Region 4, and she is also a proud Phi Mu alumnae.



HELP LAHPERD'S FUTURE. NOMINATE A CANDIDATE FOR OFFICE TODAY!

LAHPERD is seeking candidates for next year's officers. Do you know someone? Submit a **nomination form** today! Please use one form per nomination.



SOUTHERN DISTRICT'S 2014 AWARD WINNERS ANNOUNCED

[Click here for list of winners.](#)



CRAWFISH CORNER

Jiji Jonas and Joanna Faerber



The Name Game

Equipment needed: A soft plastic stick or Styrofoam noodle (1.5 ft. in length)

The Name Game is an interactive game that involves fast speaking, memorization, and speed.

To start the game, all the participants must form a circle. There will be one person in the middle of the circle holding the stick or noodle. After the circle is formed, the group can decide on what they want the theme for the game to be. If the group members are not familiar with each other's names, the theme should be names.

Each participant in the circle, including the person in the middle of the circle, will say his/her name for everyone to hear. The person in the middle will be the first to call on someone in the circle. That person must now call on someone else in the circle. If the person in the middle hits the "called person" before he/she says someone else's name, that person is now in the middle of the circle, replacing the last hitter, and the last hitter finds a place in the circle. Another great theme, once names are known, is to have everyone name a country or a favorite candy! It is sure to get your participants off of their feet!

Submitted by Ricky Richard
Southern District AAHPERD Future Professional Award Winner

PE VEEP SAYS LAHPERD NEEDS YOU!

Kristi Long

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 our organization. We are here because of you, and we need all professionals to take part in the organization. LAHPERD's goal 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 any ideas for presentations for the convention or know of anyone that would be interested in presenting, please contact me at kristidou@yahoo.com. We are accepting nominations for chair-elects in elementary physical education, adapted physical education, and middle/secondary physical education. If you have anyone to nominate for these elected positions, feel free to contact me. As members of the organization, we also encouraged to nominate professionals for Elementary Teacher of the Year (TOY), Middle School TOY, Secondary TOY, and Ellen Guillentine (APE) TOY.

About Kristi

This is my 13th year teaching physical education in Louisiana. I have taught in high school, middle school, and APE settings. I currently work for the Vermilion Parish School System in Abbeville, LA, as an APE teacher. I have a four-year old son who keeps me very busy outside the job. In addition to being a public school teacher and full-time mom, I am currently teaching online health promotion courses for UL-Lafayette. This is my first time serving as vice president of physical education, and I am looking forward to serving the association and assisting LAHPERD in moving ahead and promoting high quality physical education programs throughout the state of Louisiana.

Dates to remember...

2014 Southern District AHPERD/KYAHPERD

February 19-22, 2014 | Lexington, KY

2014 AAHPERD National Convention & Expo

April 1-5, 2014 | St. Louis, MO

2014 LAHPERD Convention

November 5-7, 2014 | Baton Rouge, LA

2015 AAHPERD National Convention & Expo

March 17-21, 2015 | Seattle, WA

Don't miss out on these opportunities. Start planning - and saving - today!

OUR PARTNERS



American Alliance for
Health, Physical Education,
Recreation and Dance



Au Courant is the official newsletter of the
**Louisiana Association for Health, Physical
Education, Recreation, and Dance.**

Dustin Hebert and Dan Denson, Editors



[Forward this email](#)



This email was sent to dhebert@mcneese.edu by lahperd.media@gmail.com |
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Louisiana Association for Health, Physical Education, Recreation, and Dance | info@lahperd.org | Natchitoches | LA | 71497