

# AUCOURANT

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



## October 10 Workshop Nears

LAHPERD's one-day fall workshop, in lieu of a fall convention, will be held Monday, October 10, at Crowne Plaza in Baton Rouge.

Visit [lahperd.org](http://lahperd.org) to register.



## LA to Host Southern District Conference

*From Charity Bryan, SHAPE America Southern District President*

The SHAPE America Southern District is excited to co-host the 2017 conference with the Louisiana AHPERD in Baton Rouge, Louisiana. Our 2017 conference theme is "We are Family!" If you know anything at all about Southern District, you know that we are indeed a huge family of professionals, friends and colleagues from across our 13 states.

Think of the January 2017 conference as one big family reunion! Over 200 program proposals were reviewed for the upcoming conference and several pre-conference workshops will also take place. Jim Deline, Physical Education Teacher at Highland

Park Elementary in Austin, Texas, will present a pre-conference workshop as well as breakout session. Other pre-conference workshops include "Advocacy that Works," "Social Media: What's the Newest and Latest?," and "Implementing a Health or Physical Education Program Effectively."

The General Session speaker will be Dr. Robert Murray from The Ohio State University. Dr. Murray will deliver his remarks on "Nutrition, Activity, the Brain, and Learning." New research has shown that the key factors that shape brain development in childhood are: quality nutrition, regular physical activity, social play, exploration, and emotional support. This session will examine what we know about the role of each in building and maintaining the brain to promote optimal learning. Dr. Murray will also speak on "The Crucial Role of Recess" in a breakout session.

Our Scholar Lecture will be delivered by Dr. Xiaofen Keating from the University of Texas. There are also sessions scheduled for our Future Professionals, including the annual SuperStars Competition. "Louisiana Night" will feature a buffet dinner and Mardi Gras party for all conference goers. Let the good times roll with your friends and family!

I look forward to welcoming you to Southern District at the Crowne Plaza in Baton Rouge, January 9-12, 2017, for our SHAPE America Southern District/Louisiana AHPERD conference. And, as always, remember, We are Family!

[Click here](#) for registration and lodging.

## A Note from Your President

*Bonnie Richardson*

We are family! Yes, it is the phrase of the upcoming Southern District conference in January and so far my "year" as president. This phrase took on a regional meaning in Baton Rouge last month. We saw the rains come in and not leave for what seemed like forever-yes, it was only a few days-but it was constant and unrelenting. Then the bad news. An expected record 1,000-year levels for area rivers. Suddenly Baton Rouge, all of South Louisiana, parts of Mississippi, and parts of Texas were hurled into panic mode.



We saw many people come forward to help with their boats and canoes. Yes-our "Cajun Navy"-a truly selfless bunch of hunters and fishermen with bateaux appeared on the scene. They helped during Katrina evacuations and came forth to help with the Great Flood of 2016 rescuing over 30,000 in the Baton Rouge/Livingston areas. The National Guard with their amphibious trucks met the people rescued by the "Cajun Navy" and brought them to central locations for family or friends to pick them up or to be relocated to evacuation centers.

Suddenly, centers were set up in churches, a movie studio warehouse, and the River Center, and countless people moved in with family or friends. Food and water appeared. Meals for anyone appeared as did countless supplies that families needed like diapers, clothing, and other needed basic items for living. Many people did not have time to pack anything and had only the clothes on their backs.

Yes, the cavalry did come to our rescue. We have had such outpouring of love and help. Our SEC family, especially South Carolina, Alabama, and South Alabama sent us truckloads of supplies. College and high school students as well as some Amish have been helping with the removal of sheet rock and insulation. Our community was so fractured and hurting this summer, and this event, as horrible as it was, has brought us back together. Yes, we are all one big family, one big community.

For those of our LAHPERD family who have seen teaching supplies/equipment vanish in the flood waters or damaged by mold and need help, you can get in touch with Lynn Williamson at [lwilliamson@ebrschools.org](mailto:lwilliamson@ebrschools.org). Lynn is our new co-executive director, and she has volunteered to take on this task of coordinating getting equipment to people who have been affected. Please understand that we cannot replace everything, but we want to help. If you want to make a donation, also send that to Lynn.

Please make plans to attend our October 10 workshop with Brian Devore. Join us and get new and wonderful resources for your classes. Please put on your calendar the Southern District conference, which we are hosting in Baton Rouge, January 9-12, 2017. It is shaping up to be a wonderful and exciting conference.

Hope to see you all in October at the workshop and in January for Southern District conference. In the meantime, stay safe, stay dry, and remember that we are all family.



### **LAHPERD Prepares to Bid Farewell to Executive Director**

Bill Dickens, LAHPERD's executive director and professor at Northwestern State University, retires this year after a total of 49 years of service. Dickens concluded his service at Northwestern in May and will retain his position in LAHPERD through the Southern District conference in January 2017.

*From Leah Jackson, Northwestern State University Public Affairs*

Northwestern State University (NSU) honored Dr. Bill Dickens, who is retiring after a 49-year career as an educator, scholar, researcher and coach, by naming him Professor Emeritus of the NSU's Department of Health and Human Performance. Dickens' colleagues voted unanimously to bestow upon him the title in thanks for contributions to the department, to the university and to the profession at large.

"This is an honor conferred by the university to show respect for a distinguished career," said Dr. Vickie Gentry, dean of the Gallaspy Family College of Education and Human Development. "It says even though you are no longer a full-time employee of this department, you have shown such merit that we claim you as a continuing part of our professional group."

Dickens has been on faculty at Northwestern State for 28 years during which time he twice served as department head, as well as on numerous administrative committees.

Dickens earned numerous honors from the Association for Health, Physical Education, Recreation and Dance (APHERD) during his career for his advancement of professions related to health and human performance. He was involved in numerous youth, athletic, civic and service organizations. Among his many other noteworthy services, Dickens was the manager of the American Red Cross Disaster Shelter set up in NSU's Health and Human Performance Building that housed more than 1,200 evacuees for several weeks following Hurricane Katrina.

Dickens' colleagues lauded him as an encourager, a scholar, and a teacher passionate about the field of physical education.

"I like to see our kids outside the classroom competing, coaching or working at their internships," said Dickens, who plans to enjoy retirement with his wife Sandra. "I've taught a little over 9,400 students at four institutions. What they get out of education, what they get out of life is what's important to me."



Dickens (center) shown here being presented professor emeritus recognition by NSU. Joining Dickens were his wife, Sandra (front row, third from right); John Dollar (center, rear), NSU health and human performance department chair; Vickie Gentry (front row, second from right), NSU dean of education and human development; and other members of the health and human development faculty.



### Jonas Recognized by Alma Mater

Jiji Jonas was presented the Johnnie Armstrong Award by the Alumni Association of Blue Mountain College for the work she has done to promote physical education as well as the other volunteer work she has done for the community. Jiji is pictured (at left) with her major professor and award namesake, Johnnie Armstrong. Jiji was one



LSU Track and Field, and the American Association of University Women. This award is presented to women over the age of 70.

of three in 1965 to receive the first degrees in physical education from Blue Mountain College. Jiji was also named a "Silver Magnolia" in Baton Rouge for the work she has done with LAHPERD,



## LAHPERD's Bonnie Richardson Named National Award Winner

Our LAHPERD President, Bonnie Richardson, was named a Let's Move Active Schools 2016 National Award Winner for the work she has done to help her students achieve 60 minutes of physical activity a day. This is only one of the many awards Bonnie has won while helping her students understand the importance of being physically active every day.

## LA Schools Named National Award Winners

*From Let's Move! Active Schools*

The Let's Move! Active Schools National Award is the nation's top physical education and physical activity distinction for K-12 schools. The award celebrates a school's commitment to providing students with at least 60 minutes of physical activity before, during and after school each day. [Read more.](#)

Bossier Parish School District

- Curtis Elementary School

Caddo Parish Public Schools

- Alexander Learning Center
- Shreve Island Elementary School

East Baton Rouge Parish School District

- Baton Rouge Foreign Language Academic Immersion Magnet School

Lafayette Parish School District

- Ernest Gallet Elementary School

Monroe City School District

- Barkdull Faulk Elementary School

## Why Join Let's Move! Active Schools?

*JiJi Jonas, LAHPERD's Let's Move! Active Schools Coordinator, jonas1134@cox.net*

Do you remember when the best thing about being a kid was recess - running around, playing ball, chasing your friends? Unfortunately, our children don't play enough anymore. Only one in three kids is active every day. Only 20% of school districts require recess.

Research shows that active kids do better in school and in life. Physical activity not only helps kids stay healthy, but also it can lead to higher test scores, improved attendance, and better behavior in class.

It is really easy to register for Let's Move! Active Schools. You simply go online and answer a few questions about your program. You will not have to spend hours of additional work to be a Let's Move! Active Schools' member. Activities that you probably already do such as field day, Jump Rope or Hoops for Heart, or anything that you do in addition to your regular program will count. See, you may already be an "Active School" and didn't know it!

Grant opportunities are coming soon to Let's Move! Active Schools' members. You will be guided every step of the way to apply for resources that will help you turn your school into an active school. So, you see, it is a "win-win" activity for you. Details will be provided to you soon.

We may not always be able to get out and exercise, but we can set up a way for our kids to play like we used to. Your school is the best place to start!

You can learn more and register your school at [letsmoveschools.org](http://letsmoveschools.org).

## A Few Activities to Get You Started

1. Ask your principal about having an in-service to show classroom teachers about mini breaks such as Go Noodle and other activities in the classroom.
2. Talk with your principal about the latest research connecting physical activity/fitness to better grades. This is especially important if the principal has done away with recess.
3. Set up before/after school activities.
4. Make a physical activity calendar for students to take home.
5. Provide an equipment bag for each classroom for use at recess.
6. Talk with your PTO/PTA about Let's Move! Active Schools.
7. If any parents are aerobics, etc. instructors, have them come to your class and

- teach a session. Students then can do this at home.
8. Teach students recreational games they can do at home.



## CRAWISH CORNER

### Relay 4

*Submitted by Christina Courtney, LSU Laboratory School*

#### Equipment

2 Large Connect 4 mats (made from a shower curtain and tape)

4 different color spots with at least 25 of each color (25 red, 25 yellow, 25 green, 25 blue)

Locomotor signs to hand in various spaces around the gymnasium or playing area (hop, skip, jump, slide, run, walk, gallop, leap)

#### Setup

Have the two large Connect 4 mats in the middle of the gymnasium/playing area with two teams starting down at one end, and the other two teams playing on the other end. Place the various locomotor signs around the gym with 3-5 spots at each location.

Remind students that when playing Connect 4, they must start at the bottom of the board and build up. At no time may they just place a piece in the middle of the board.

#### Description

On 'go' command, two students will run from each team toward different signs. Once the student runs to the sign, he/she must then switch to that locomotor movement. He/she may pick up a spot, using the locomotor movement, and go to the Connect 4 mat in the middle.

Once in the middle, he/she places the spot wherever he/she likes, and then goes back to his/her team, gives high 5 the next person in line, and then that student may go.

First team to get Connect 4 wins. Remember that you have two different games, and because students are constantly moving and changing, it might be wise to station yourself somewhere toward center so that you can assess students during game time.

#### Assessment

This can be an assessment tool for locomotor skills, allowing you time to assess your

students while they are involved in activity. If there is a certain locomotor skill that you are focused on, then make more of those signs or place more of the teams' color spots at that one sign.

### Variations

Jump rope, fitness, or sports' skill signs at various stations.

*Have a Crawfish Corner idea? Submit it to JiJi Jonas at [jonas1134@cox.net](mailto:jonas1134@cox.net) or Joanna Faerber at [jfaerbe@lsu.edu](mailto:jfaerbe@lsu.edu).*

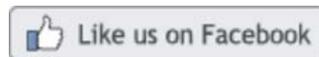


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