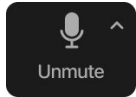
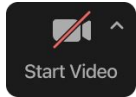


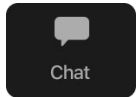
# Zoom Meeting Preparation



- Please make sure your phone or computer is muted to minimize background noise.
  - To do this, hover over the bottom left-hand side of your screen and click “Mute.”



- Please make sure you have turned off your camera to save bandwidth and prevent any connectivity issues.
  - To do this, hover over the bottom left-hand side of your screen and click “Stop Video.”



- Please submit questions during the presentation in the “Chat” function located on the bottom of your screen.

If you require an interpreter or have other accessibility needs for future LDOE meetings, please contact [LDOEcommunications@la.gov](mailto:LDOEcommunications@la.gov).



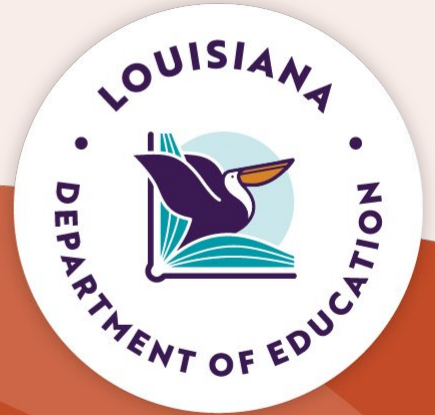
# Safe and Healthy Schools Community of Practice Call

April 23, 2026



# The “How” to Create a Healthy School Environment

Incorporating a Comprehensive School Physical Activity Program



# Objectives

- Describe the connections between Coordinated School Health and a Coordinated School Physical Activity Program (CSPAP)
- Describe the 6-step process in creating a healthy school environment
- Describe a Comprehensive School Physical Activity Program (CSPAP)
- Communicate the importance of coordination in a CSPAP



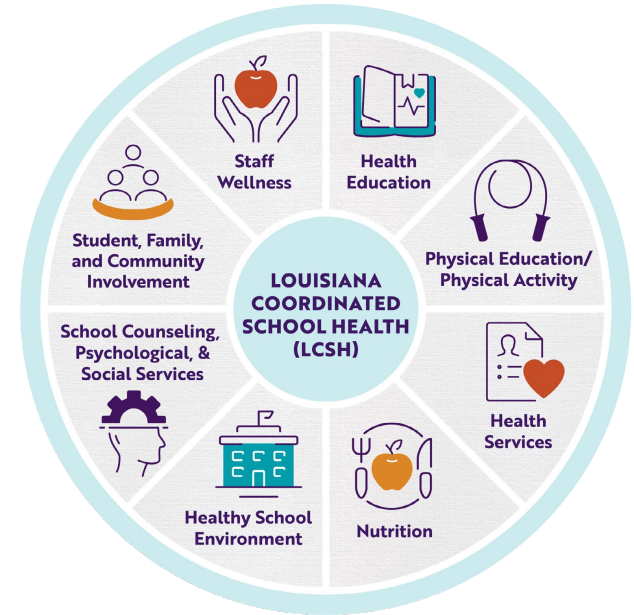
# Coordinated School Health Program



# RS: 17:17.6-Targeted Coordinated School Health Program (CSH)

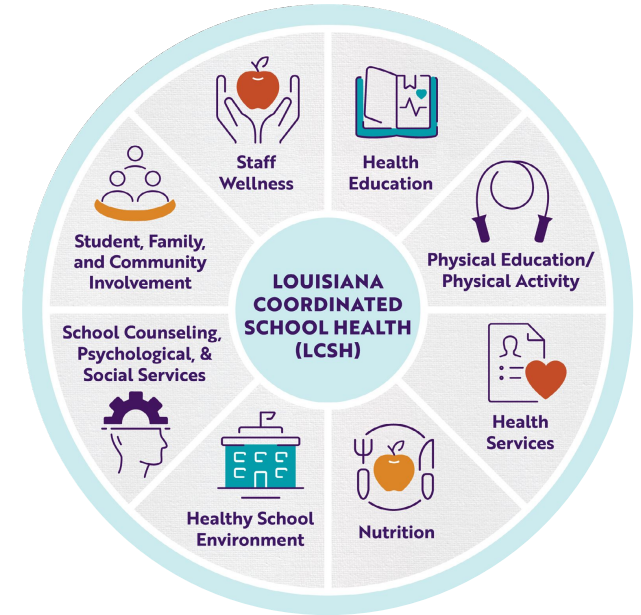
The program shall be established for the purpose of reducing childhood obesity and shall bring together school administrators, teachers, other school employees, students, families and community members to assess health needs, set priorities, and plan, implement, and evaluate school health activities directed toward this purpose.

[Louisiana Coordinated School Health Webpage](#)



# Targeted Coordinated School Health Program

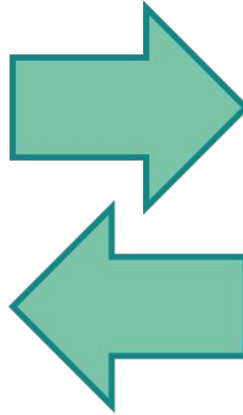
- Places the child at the center
- Takes a comprehensive approach to supporting learning and health
- Calls for greater alignment across sectors



# Learning and Health

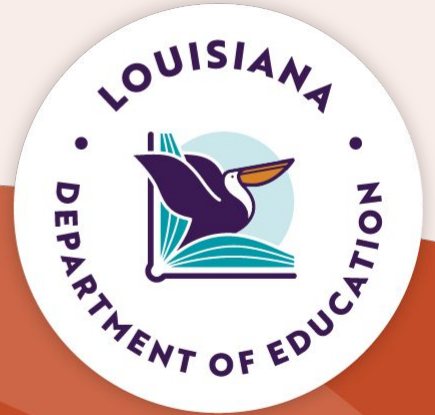


Improved Academic  
Achievement

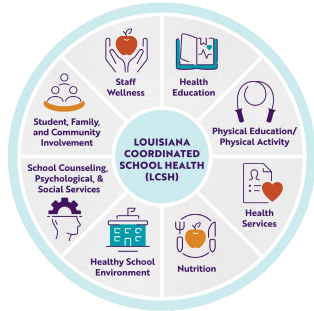


Better Health

# Overview of a Comprehensive School Physical Activity Program

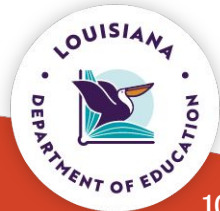


# Aligning Models



**Active Students = Better Learners**

[www.cdc.gov/healthyschools/PEandPA](http://www.cdc.gov/healthyschools/PEandPA)

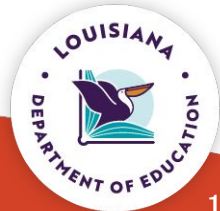


# Comprehensive School Physical Activity Program (CSPAP)



**Active Students = Better Learners**

[www.cdc.gov/healthyschools/PEandPA](http://www.cdc.gov/healthyschools/PEandPA)



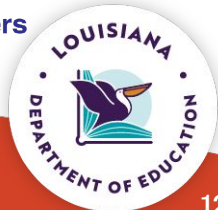
# Coordination is Key

- Holistic approach
- Interaction across all components
- Components complement each other
- Engage key Stakeholders
- Communication

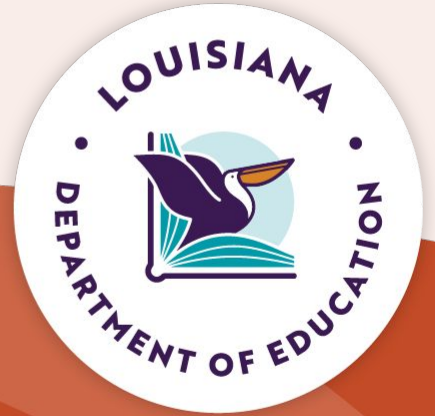


**Active Students = Better Learners**

[www.cdc.gov/healthyschools/PEandPA](http://www.cdc.gov/healthyschools/PEandPA)

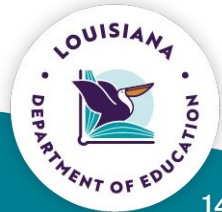


# The Five Components of CSPAP



# Physical Education

- Physical education is designed to develop the knowledge and behaviors for physical activity, physical fitness, and motor skills in students.
- It serves as the foundation for equipping students to be physically active in other areas of the school and beyond.



# Physical activity before and after school

- Provides opportunities for students to be physically active and practice what they have learned in physical education class.
- Activities might include walking or biking to and from school, physical activity clubs, intramural programs (sports organized by the school or community in which any child can participate), interscholastic sports (competitive sports between schools), and physical activity in before-school and after-school extended day programs.



# Family and Community engagement activities

- Parents, school staff, and community members work together to increase physical activity opportunities before, during, and after the school day.
- Family and community members can also work with schools to promote opportunities for physical activities inside and outside of the school building.
- Community organizations can establish shared use agreements with schools that allow them to use school facilities for physical activity opportunities or events.



# Staff Involvement

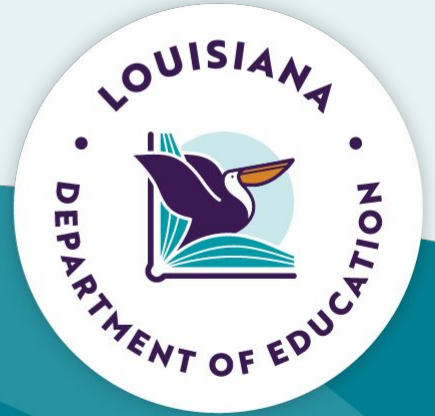
- School staff members serve as positive role models for wellness and integrate physical activity into classroom instruction and breaks.
- It also means that staff members support recess, clubs, intramural programs, and other physical activity offerings.
- Schools can also provide employee wellness programs to encourage physical activity among school staff.



# Bringing it All Together



# 6 -Step Process and Building Your Team





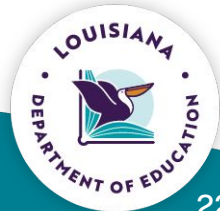
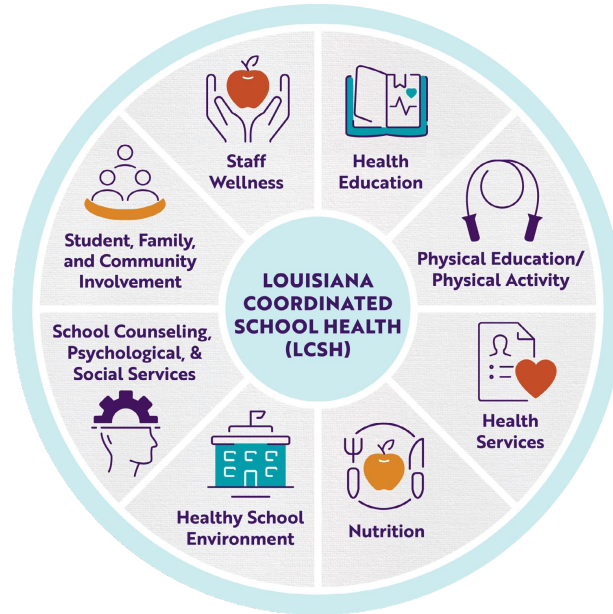
# 17:17:1 - District School Health Advisory Council

*“Each city, parish, and other local public school board shall establish a **school health advisory council** to advise the board on **physical activity for students, physical and health education, nutrition, and overall student health**. The council may advise the board on issues relative to compliance with school vending machine restrictions, use of physical fitness assessment results, and school recess policies. The council members shall be appointed by the school board and shall include parents of students and individuals representing the community”*



# District Level SHAC

Using the LCSH Model, the SHAC best functions when each of the 8 components are represented by someone within the school district.



# District Level SHAC

As stated, Section D of RS 17:17.1 requires each school **district** to establish a **School Health Advisory Council (SHAC)**.

It is best practice that the SHAC meet **four times per year** to create, update and educate their schools and community on the **Local School Wellness Policy**, and establish district goals on development and implementation of their Local School Wellness Policy.

Additional Roles Include:

- Identify gaps in the district's health policies, programs and processes and locate resources to address gaps.
- Assist schools with challenges and resources to creating a culture of school health, and helping them celebrate the successes they achieve.
- Communicate with the school board on the progress of district and school health improvements.



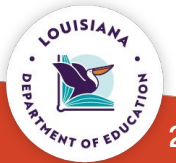
# Local Wellness Policy

- A written document that guides a school district's efforts to create healthy and supportive environments that promote student wellness. Applies to each school under its jurisdiction.
- Required for any school district participating in federal Child Nutrition Programs, including National School Lunch Program or School Breakfast Program (Healthy, Hunger-Free Kids Act of 2010).
- Coordinated school health can be integrated into the local school wellness policy and can help put into action several provisions of the Every Student Success Act (ESSA).



# School Level Health Team

In order to implement sustainable, healthy changes, each school within a school district should develop a school health team/wellness committee whose focus is on implementing programs and activities that meet the needs of their own students and staff.



# School Level Health Team (continued)

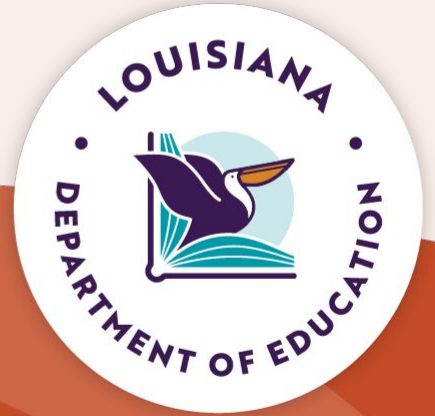
Some roles and responsibilities of an action-oriented School Health Team/Wellness Committee are:

- Support the school in developing a healthier school environment by following the 6 step process
- Create the vision and goals for a healthy school
- Promote student, parent, and community involvement in developing a healthier school environment
- Plan, implement and evaluate program and policy efforts
- Provide feedback to district SHAC regarding progress on implementation of the district's local school wellness policy

\*\*The School Health Team can be combined with existing school committees such as School Improvement Team, School Safety Team, etc – to align efforts and provide additional support and resources for their school community.



# Physical Activity Classroom Examples



# Physical Activity in the Classroom

Classroom Energizers:

Activity: Over, Under, Around and Through

Teacher decides on a pattern where students go

Example: over a sea of sticky peanut butter, under a cherry tree, around an ice cream cone, and through a sea of Jell-O



# Physical Activity: Fit Sticks

- Jump rope
- Hula hoop
- Hop
- Jump
- Paddle a kayak
- Shoot baskets
- Tennis serve
- Baseball swing
- Baseball pitch
- Squat
- Lunge



- Half Jack
- Triceps stretch
- Biceps curls
- Punch
- Shoulder stretch
- Elbow to knee
- March
- Backstroke
- Breaststroke
- High Knees

# Physical Activity in the Classroom

Soccer Sprint with MLS Star Brad Evans



One-on-One Fitness Break with WNBA Star Jewell Loyd



The Mirror Challenge w/ Jason & Jarron Collins



# Statewide Recognition

Louisiana School Physical Activity Award



# School Physical Activity Award

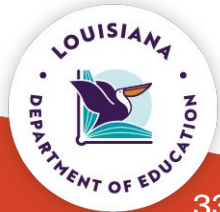
- The Louisiana Department of Education recognizes healthy and physically active students tend to have better grades, school attendance, cognitive performance, and classroom behaviors.
- Additionally, schools play a vital role in allowing students the opportunity for regular physical activity before, during and after school.
- To recognize outstanding public elementary and secondary schools that are implementing an outstanding physical activity program, the Department will be recognizing and honoring exemplary schools through the School Physical Activity Award program.



# Questions and/or Information

Stephen Guccione, M.A.  
Executive Director, Safe and Healthy  
School Division  
Louisiana Department of Education

[stephen.guccione@la.gov](mailto:stephen.guccione@la.gov)



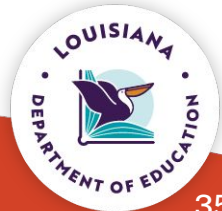
# Safe and Healthy School Reminders



# Emergency Stock Medications

- Forms for standing orders can be found on the LDH website
- Current orders expire on April 1, 2026
- Medications covered are Naloxone, Albuterol, and Epinephrine

For more information contact: [Susan.Dupont@la.gov](mailto:Susan.Dupont@la.gov)



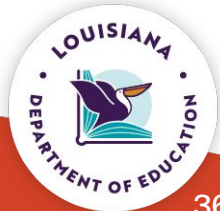
# Teacher Leader Summit 2026

[Teacher Leader Summit 2026](#) will take place May 26-28, 2026 at the New Orleans Ernest N. Morial Convention Center.

- Registration must be completed on the [TLS 2026 event site](#).

For more information, visit the Department of Education website at [Teacher Leader Summit 2026](#).

For more information contact: [healthyschools@la.gov](mailto:healthyschools@la.gov)

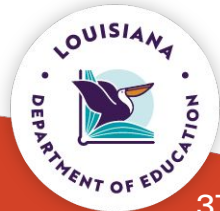


# 2026-2027 Behavioral Health Screening annual report

Act 324 of the 2024 Regular Legislative Session requires school systems to report annually to the state Department of Education, the number of students having behavioral or emotional challenges, the number of students for whom a conference was scheduled, and the number of students referred for supportive services.

Each School Systems Superintendents, please complete the survey by June 30, 2026.

For more information contact: [Healthyschools@la.gov](mailto:Healthyschools@la.gov)

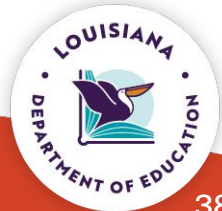


# 2026-2027 Mental Health Screening annual report

Act 504 of the 2025 Regular Legislative Session requires that each public schools to offer a mental health assessment to certain students as the beginning of each school year. Each public school shall annually report at the end of the school year to the state Department of Education, the number of screenings administered to students, by grade level, including grades 3 through 12, under its jurisdiction.

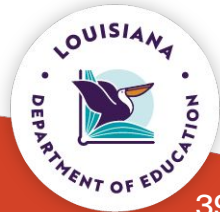
Each public school principal or designee, please complete the survey by June 30, 2026.

For more information contact: [Healthyschools@la.gov](mailto:Healthyschools@la.gov)



# Save the Date: Louisiana School Safety Summit

- **Date:** July 7–8, 2026
- **Location:** Lake Charles Event Center 900 Lakeshore Drive, Lake Charles, LA
- **Registration: Free**
  - [2026 School Safety Summit](#)
- The Safety Summit is designed for school professionals and stakeholders involved in emergency response, including Emergency Response Coordinators, Administrators, Mental Health Professionals, and School Resource Officers.



# Safe and Healthy Schools Team

<a href="mailto:stephen.guccione@la.gov">stephen.guccione@la.gov</a>	Safe and Healthy Schools: School Safety, School Health, Transportation, Coordinated School Health Program, Professional Development and Technical Assistance Support
<a href="mailto:levillia.moore@la.gov">levillia.moore@la.gov</a>	AWARE, School-Based Mental Health and Behavioral Health, Suicide Prevention
<a href="mailto:susan.dupont@la.gov">susan.dupont@la.gov</a>	Louisiana Healthy Schools Initiative, School Nursing, School-based Medicaid, Occupational and Physical Therapy
<a href="mailto:healthyschools@la.gov">healthyschools@la.gov</a>	Safe and Healthy Schools questions





# Monthly Call Slides

Monthly call presentations are available in the [School System Planning Library](#).

- Office of Career and College Readiness
  - Healthy Communities
    - Healthy Schools Community of Practice

Schedules, access links and information for the Department's webinars can be found in the [LDOE Weekly Newsletter](#) and [School System Support Calendar](#).

Please contact [healthyschools@la.gov](mailto:healthyschools@la.gov) with questions





# Next Safe & Healthy Schools Community of Practice Call:

**Next call:**

**No call May and June 2026**

Contact [healthyschools@la.gov](mailto:healthyschools@la.gov) for questions regarding our community of practice calls.





**Questions?**