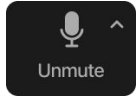
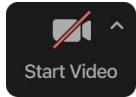


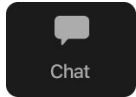
Zoom Meeting Preparation



- 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.



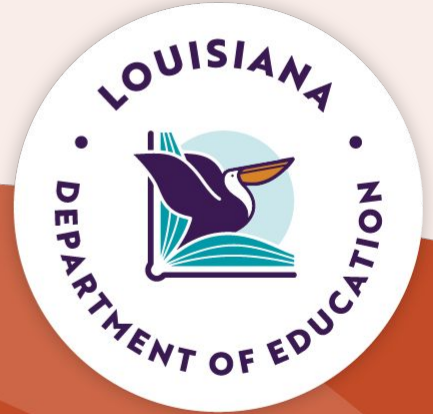
Safe and Healthy Schools Community of Practice Call

March , 27 2024



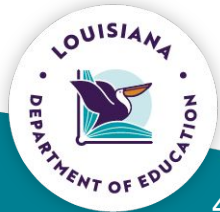
The “How” to Create a Healthy School Environment

Incorporating a Comprehensive School Physical Activity Program

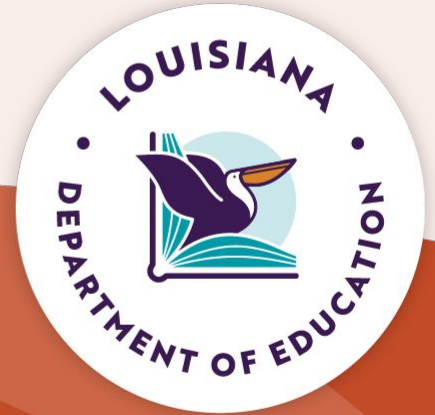


Objectives

- 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

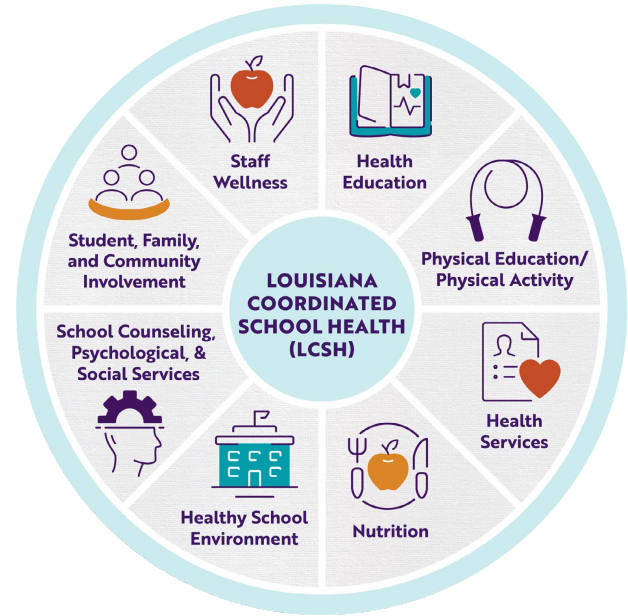


RS: 17:17.6-Targeted Coordinated School Health Program (CSH)

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.

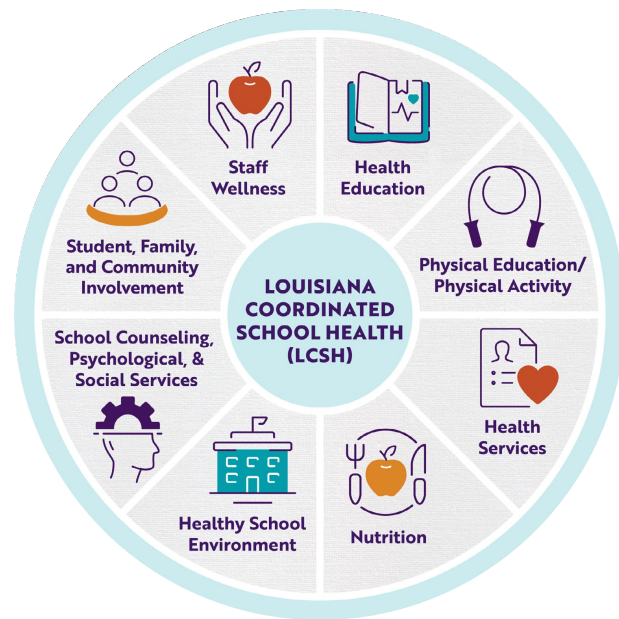
Louisiana Coordinated School Health Webpage

<https://doe.louisiana.gov/school-system-leaders/school-policies/school-health>



Targeted Coordinated School Health Program

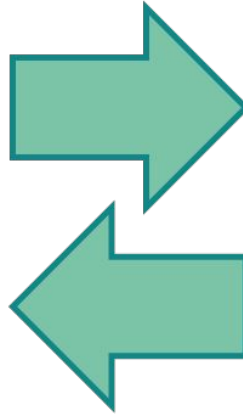
- Places the child at the center
- Takes a comprehensive approach to supporting learning and health
- Calls for greater alignment across sectors



Learning and Health



Improved Academic
Achievement

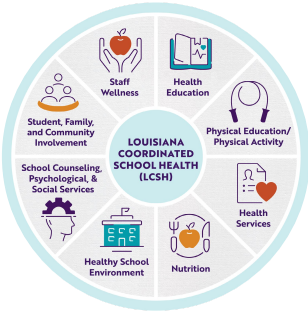


Better Health

Overview of a Comprehensive School Physical Activity Program

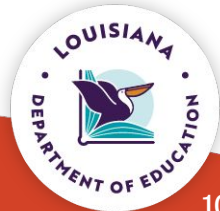


Aligning Models



Active Students = Better Learners

www.cdc.gov/healthyschools/PEandPA

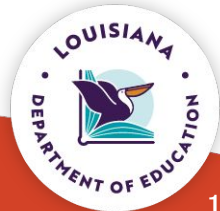


Comprehensive School Physical Activity Program (CSPAP)



Active Students = Better Learners

www.cdc.gov/healthyschools/PEandPA



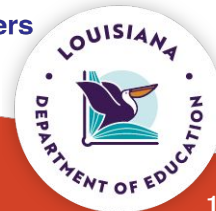
Coordination is Key

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

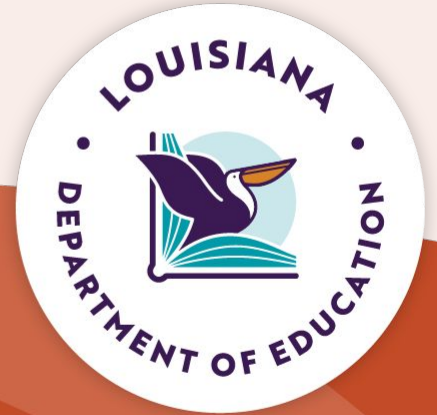


Active Students = Better Learners

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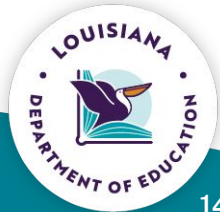


The Five Components of CSPAP



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.



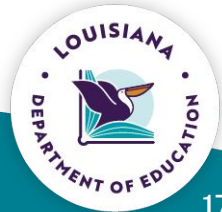
Family and Community engagement activities

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

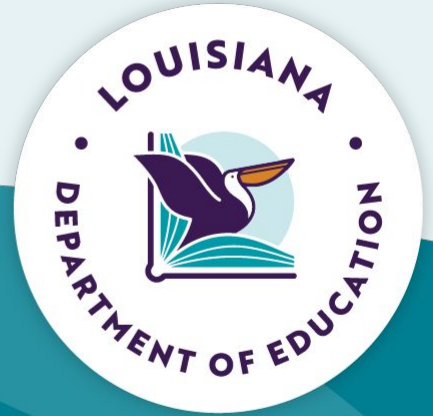
School staff members serve as positive role models for wellness and integrate physical activity into classroom instruction and breaks. It also means that staff members support recess, clubs, intramural programs, and other physical activity offerings. Schools can also provide employee wellness programs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



Bringing it All Together



6 Step Process and Building Your Team



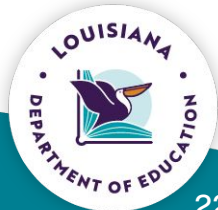


CSPAP Process: Understanding the Steps



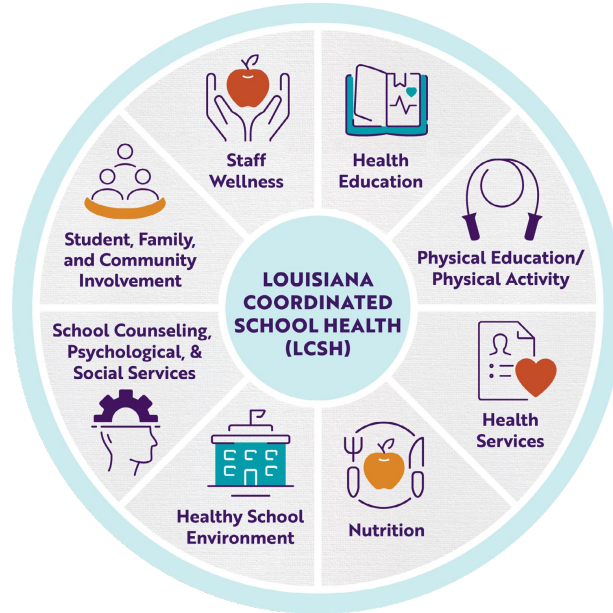
17:17:1 - District School Health Advisory Council

*“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.





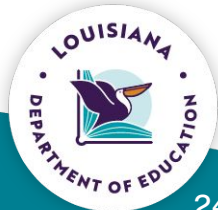
District Level SHAC

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

It is of 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.

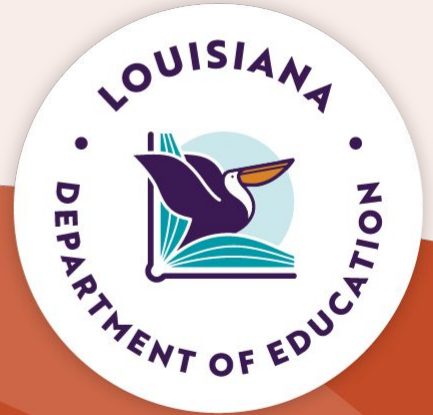
Some roles and responsibilities of an action-oriented School Health Team/Wellness Committee are:

- 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

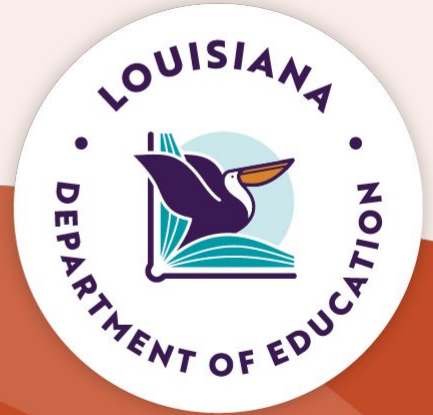


The Mirror Challenge w/Jason & Jarron Collins



Statewide Recognition

Louisiana School Physical Activity Award



School Physical Activity Award

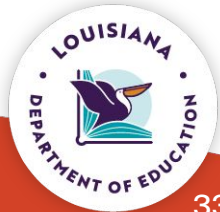
- The Louisiana Department of Education recognizes healthy and physically active students tend to have better grades, school attendance, cognitive performance, and classroom behaviors.
- Additionally, schools play a vital role in allowing students the opportunity for regular physical activity before, 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.



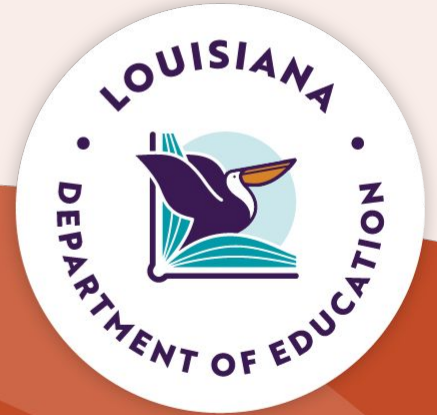
Questions and/or Information

Stephen Guccione, M.A.
Louisiana Department of Education

stephen.guccione@la.gov or
Healthyschools@la.gov



Safe and Healthy School Reminders



Special Transportation Training Opportunity

Register for Child Passenger Safety on School Bus Training

- School systems may register 4 participants for a session.
- School systems are asked to send one transportation administrator, special education administration, occupational therapist and physical therapist.
- Sessions are limited to 20 registrants per session and will be closed when maximum capacity is reached.
- All sessions will be held from 8 a.m. - 4 p.m.

Contact healthyschools@la.gov for more information



Louisiana School Nurse Organization (LSNO)

The Louisiana School Nurse Organization will hold its 55th annual conference at the Doubletree Hotel in Lafayette, LA on April 1-4. For more information on how to register, visit the LSNO website at:

[LSNO 55th Annual Conference](#)

Contact Susan.Dupont@la.gov for more information



School Dental Sealant Program

Louisiana Seals Smiles (LaSS) is a statewide oral health school-based and school-linked program aimed at improving the dental hygiene and health of children 6-14 years old by connecting with key providers throughout the state. Services can be offered onsite at your school for dental sealants, fluoride varnish applications and oral health education to eligible children free of charge. For more information visit:

[Louisiana Seals Smiles](#)

Contact Susan.Dupont@la.gov for more information



Safe and Healthy Schools Team

<u>michael.comeaux@la.gov</u>	Safe and Healthy Schools: School Safety, School Health, Transportation, Suicide Prevention
<u>stephen.guccione@la.gov</u>	Health/Physical Education, Coordinated School Health Program, Professional Development and Technical Assistance Support
<u>levillia.moore@la.gov</u>	AWARE 2 and Louisiana School Social Work Expansion Grant
<u>healthyschools@la.gov</u>	School-based Medicaid, Occupational and Physical Therapy
<u>susan.dupont@la.gov</u>	Louisiana Healthy Schools Initiative, School Nursing
<u>erica.gilliam@la.gov</u>	School Health Advisory Councils





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





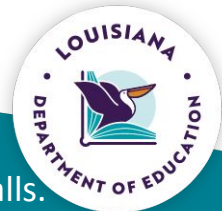
Next Safe & Healthy Schools Community of Practice Call:

Next call

April 24, 2025 at 2:00 p.m.

**Topic: Behavioral Threat
Assessment — Recommendations and
Resources**

Contact healthyschools@la.gov for questions regarding our community of practice calls.





Questions?