



The Krewe

The Healthy Schools Training Krewe is a statewide network of expert trainers from different organizations that have joined forces to support healthier schools. The Krewe leads workshops and trainings to help schools make healthy changes so children develop the knowledge, skills and attitudes needed to become healthy, successful adults. The Krewe collaborates with the Louisiana Department of Education, content experts, and state associations.

How to Get Involved

-  **Be a leader** in your community and serve as a Trainer for the Healthy Schools Training Krewe.
-  **Spread the word** about the Healthy Schools Training Krewe with schools in your community.
-  **Sponsor a training** for a school in your community.

MISSION

To enhance the knowledge and skills of those working to create healthier schools.

SERVICES

Professional development to schools and school districts.

CONTACT

For more information, visit wellaheadla.com or email wellahead@la.gov.

Available Workshops

These are **examples** of training topics. However, the Healthy Schools Training Krewe is not limited to this list:

- Supporting Play and Physical Activity During Recess
- Integrating Physical Activity into the Classroom
- Increasing Physical Activity Before and After School
- Implementing Nutrition Education in the Classroom
- Healthy Rewards for Positive Behavior
- Healthy Classroom and School Celebrations
- Staff Role Modeling to Promote Healthy Behaviors
- Building Engaged School Wellness Committees
- Implementing a School Health Program
- Using the CDC School Health Index
- The Whole School, Whole Community, Whole Child Framework to Address Health in Schools

Partners

Alliance for a Healthier Generation

- The Health Enrichment Network - EatMoveGrow • Louisiana Association for Health, Physical Education, Recreation and Dance
- The Rapides Foundation • Louisiana Department of Education
- Louisiana Department of Health • Louisiana Farm to School Program
- Fuel Up to Play 60 • Louisiana Fit Kids • Well-Ahead Louisiana