

| YES please | No thank you |
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| <p data-bbox="203 136 738 168">Your Back-to-School Shopping CHEAT SHEET!</p>  <p data-bbox="203 315 803 588">Select a backpack that is lightweight and has wide straps and a cross-body clip and a laptop compartment to keep that heavy cargo closest to your back. If you're going to splurge on something, here's where you do it. Make sure your student tries it on for proper fit, it's a personal choice, and everyone's body type is different.</p> |  <p data-bbox="836 352 1453 588">Basic backpacks are great for basic things. Carrying school cargo around all day is NOT basic. And neither are our students' developing musculoskeletal systems. This doesn't have proper back support or straps to help distribute the weight and encourage better posture and a proper fit.</p> |
|  <p data-bbox="203 808 787 976">Lightweight plastic pocketed folders are a great replacement for binders and notebooks. This eliminates carrying around a lot of unused paper and unnecessary weight. Just empty old papers and fill with new sheets when needed.</p> |  <p data-bbox="836 808 1453 976">At first glance these 'Trapper Keepers' are super pretty and multi-functional. But they weigh as much as a small rhinoceros! AVOID! Composition books force kids to carry around a lot of unused paper, keep these to a minimum too.</p> |
|  <p data-bbox="203 1176 803 1344">Drinking water all day is a great habit! Find a lightweight water bottle and only fill it with halfway w/ice (it's lighter) and a little water in the morning. Refill it at school with our new filtered water stations that are being installed.</p> |  <p data-bbox="836 1176 1453 1281">This guy is way too big. You will not get stranded in the desert during the school day. We promise. Water=heavy. Only carry what you need.</p> |
|  <p data-bbox="203 1522 812 1659">These neoprene bags are lightweight and can change shape to fit in your backpack. These super skinny ice packs are a lighter alternative to keeping your lunch fresh.</p> |  <p data-bbox="836 1522 1453 1627">Freezable lunch boxes are a clever concept but are exceptionally heavy (and that's before you even put food in them!)</p> |
|  <p data-bbox="203 1879 812 2037">You don't need the giant mondo-size packs with every color of the rainbow. But the kids always do, right? This will get the job done. Ask you teacher if supplies like these can be kept in the classroom or at home for when they are needed.</p> |  <p data-bbox="836 1879 1453 1974">Budding Picassos, keep these colorful arrays at home so you can work on your magnificent creations there.</p> |