



Weds 9/21: National School Backpack Awareness Day at KiMS

Did you know that a student's backpack should not weigh more than 10-15% of their bodyweight? That's what the AOTA and APTA tell us, and LWSD agrees! On **Wednesday Sept 21st** we are going to put our kids' packs to the test and see how we measure up. Your child may opt to have their backpack weighed by our team of volunteers before school (7:45-8:15) on the 21st. Children are not being weighed, just the backpacks. We will also have educational materials on how to select, pack and wear a backpack properly, along with Lake WA Physical Therapy professionals to lend support and answer questions.

Our awesome [PTSA Backpack Committee](#) worked all of last year to identify and implement ways to 'lighten the load.' Did you notice the shortened supply list? How about an increased number of materials being stored in class? And even a planner half the size of its former self? We're still methodically working on tackling this issue, so thank you to all parents, staff and students that are passionately committed to making a difference.

Speaking of which...if this could be you...here are some opportunities:

[Join our Backpack Committee!](#) We meet once a month. Power in numbers. We need you.

[Volunteer here](#) to help our Backpack Awareness Day run smoothly.

Questions? Email backpack@kirklandptsa.org