

Backpack Workshop AGENDA

11/4/16, Lunchtime, Catch-Up Café

Intro

Review Agenda
Backpack Committee/Team Effort
Who has a heavy backpack? Why are they so heavy?

While Kids Eat

How to wear
How to pack
Things to Avoid

Connie Ballou, Occupational Therapist

Exercises for backpack-related pains (neck/shoulder/back)
*handout

Discussion

Regular Cleanouts
Tips/Tricks Checklist, *handout
(leadership kids with light packs if available)
You can go through your pack and ask questions
Scales available for items and backpacks

Questions for Kids:

What grade are you in?

Is your BP is too heavy?

Do your parents think it is too heavy?

On BPA Day, was your pack 10-15lbs, 16-20 or over 20?

Are you carrying...textbooks? Comp books? Binders?

What classes do you use your netbook in at school vs not?

Do you use your netbook at home?

Would you use a cubby?

What are your ideas to lighten the backpack weight?

Are you willing to be on a Student Backpack Team that helps our committee?