

Backpack Awareness Day: Results are IN

On Weds 9/21, over half of our KiMS students (311 of them) had their backpacks weighed on their way into school. Overall, the backpacks were **1 ½** pounds lighter than they were last year! While this is great news, we are still faced with the fact that they are way too heavy for the size and weight of their middle-school owners.

Here's what we discovered:

- Average backpack weight: **14.6 pounds**
- **92%** of students are NOT in the 'safe zone' (per AOTA guidelines)
- 6th graders pack the lightest
- Boys pack heaviest in 6th/7th grades, Girls in 8th grade
- Wide Range of backpacks measured: 7-27 pounds



While we are working at the school and district level to tackle this issue, we also want to be sure to address those kids carrying the heaviest packs now. Our Backpack Committee is working on scheduling a **"Backpack Workshop"** during a Friday lunchtime in the library for students that would like to learn some tricks to lightening their load. If your student has a pack over 15 pounds or is outside of the 'safe zone' please encourage them to sign up.

More detailed results from our Backpack Awareness Day and info on how to join our committee can be found on the [Backpack Committee Webpage](#).

Wellness Committee Tip

Did you know you can restrict lunch accounts to "lunch only" – eliminating the temptation for your child to buy packaged treats and salty snacks from the 'a la carte' station? If complete restriction seems too extreme, you can also place a cap on the account, limiting spending to whatever amount you deem reasonable. Unfortunately, most of the snacks offered at the bar are high in salt, sugar and/or artificial ingredients and low in nutritional value for growing middle schoolers. To restrict or limit your child's account, email FoodService@lwsd.org and make your request.

Are you interested in wellness topics – and promoting a healthy and safe school environment for your middle schooler? Then join the PTSA Wellness Committee! This is a new committee with an open slate for wellness projects and improvements at KiMS. For information, contact Shannon Jones at shannon@papiliocoaching.com .