

Student Backpack Workshop , Friday 11/4/16 during lunchtime

We had 16 kids from A lunch and 20 kids from B lunch show up - a great turnout for voluntarily spending your lunchtime with the Backpack Committee!

Thank you to Denise, Jana S, Jana K, Hae Sue, and Connie for being super awesome volunteers.

Here is what we covered:

- how to wear a backpack properly
- how to pack properly
- dissected a 'good' and a 'bad' pack, advised on supplies/strategies
- Connie Ballou, OT, explained what this does to their spines and reviewed exercises
- had a student from each lunch w/ a light pack share their secrets with peers
- scales were available for re-weighing
- handed out tips/tricks checklist and exercise sheet
- Asked students if they would like to be part of a Student Backpack Team that helps us when needed

There was also some good discussion around what they are carrying and why.

Here are a few highlights:

- About half said they had backpacks over 15 pounds
- Nobody is carrying textbooks, and most don't carry chargers
- Many carry a hardback binder
- Many said they have a heavy math binder
- Most carry at least one composition book
- About half carry library books, but only on a particular day
- Some thought their backpack itself was too heavy
- Algebra binders are heavy since they have to carry all of their work for the quarter
- About half the kids said they use the rapid water filling stations
- Most use their netbooks for h/w at home, a few use other devices
- Majority of kids (14/18 in B lunch) said they would use a cubby if it was available
- One student still carrying a full set of colored pencils and would like place to store in class
- There has been one backpack cleanout day this year, these depend on the PT teacher
- Tips from students w/light packs: uses OneNote for everything except math and science (eliminates paper)
 - Keep comp books in class except once a week home to study for tests
 - One accordion file can hold all subject except math

Take-Aways from this/VOLUNTEERS needed

- There are some clear areas to eliminate more paper weight in the packs that we can accomplish at a school level: comp books, hard binders, math carry requirements. Perhaps our Backpack Committee can write a letter of recommendation for a few changes that we think might make a difference. Are you willing to help craft this letter on behalf of the committee?

Student Backpack Team- let's make this our group of go-to students to bounce ideas off of and include in shaping future events (edu videos, figuring out a pilot, help w/ BPA Day). Can also ID more kids from leadership class if needed. We forgot to ask the kids in A lunch but had 6 kids from B lunch volunteer. Anyone want to take ownership of heading up this piece