**Can you lift your child’s backpack?**

Me either. Here’s a quick glance at the data we gathered on National School Backpack Awareness Day. More detailed info and a link to join our committee that works on solutions is here:

(URL LINK TO WHERE YOU ARE STORING INFO)

**What We Learned: (CUSTOMIZE WITH YOUR INFO..)**

● 48% of students participated in getting packs weighed on the morning of 9/16 (272 kids)

● Across 6-8th grades the average backpack weight was over ***16 pounds***

● ***96%*** of the students that participated had backpacks that are OUTSIDE of the “Safe Zone”

● The average female 6th grader is carrying almost 20% of her bodyweight on her back. That is equivalent to a 190 lb man carrying around 38 pounds. Which is about 10 bricks, 5 gallons of water, or 6 reams of paper!

