

# Backpack Update:KiMS

October 2017

# Backpack Awareness Day : 9/20/17

- 300+ students
- 15 PTSA volunteers
  - New scales!
- PTSA VP of Advocacy
- LW Director of School Support
- Parents from other schools
  - Rose Hill, ICS



# BPA Day Results

## YTY Comparisons

2017		2016		2015	
Row Labels	Average Backpack weight (lb) ('17)	Row Labels	Average Backpack weight (lb) ('16)	Row Labels	Average Backpack weight (lb) ('15)
f	15.04	f	14.54	f	16.56
6	14.46	6	13.64	6	16.07
7	15.14	7	14.94	7	16.96
8	16.33	8	15.85	8	16.46
m	13.65	m	14.38	m	15.69
6	13.46	6	13.91	6	15.12
7	13.94	7	15.29	7	16.11
8	13.53	8	14.17	8	16.05
Average Wt	14.48	Average Wt	14.46	Average Wt	16.13

# Gender/Grade Breakdown

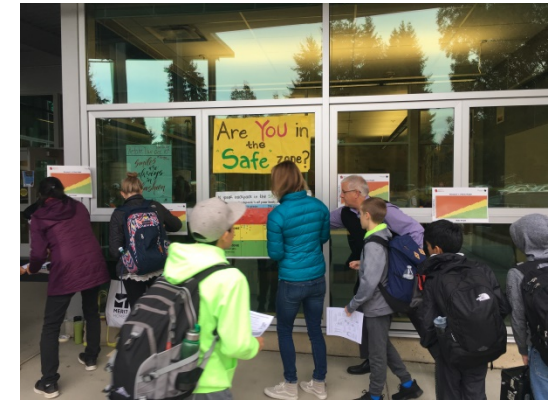
## Female

Female Students 2016				
Grade	Avg. BP Weight	Avg. Fem. Weight	#measured	%body Weight
6	13.64	81.5	44	16.73
7	14.94	91.5	60	16.32
8	15.85	101	33	15.8
Female Students 2017				
Grade	Avg. BP Weight	Avg. Fem. Weight	#measured	%body Weight
6	14.46	81.5	58	18
7	15.14	91.5	34	16
8	16.05	101	23	16
AVG.2016	14.81	#measured	137	
AVG.2017	<b>15.21</b>	#measured	115	

## Male

Male Students 2016				
Grade	Avg. BP Weight	Avg. Male Weight	#measured	%body Weight
6	13.91	78.5	53	17.71
7	15.29	88	30	17.37
8	14.17	100	51	14.17
Male Students 2017				
Grade	Avg. BP Weight	Avg. Male Weight	#measured	%body Weight
6	13.46	78.5	40	17.14
7	13.94	88	31	15.84
8	13.53	100	9	13.53
AVG.2016	14.46	#measured	134	
AVG.2017	<b>13.64</b>	#measured	80	

# Observations



- Girls packs are consistently heavier
- Boys improve overall each year
- 96% NOT in the “safe zone”
- 6<sup>th</sup> graders always have the lightest packs
- Have we hit a plateau?

# Backpack Workshop 10/11/17

Voluntary student session during lunchtime

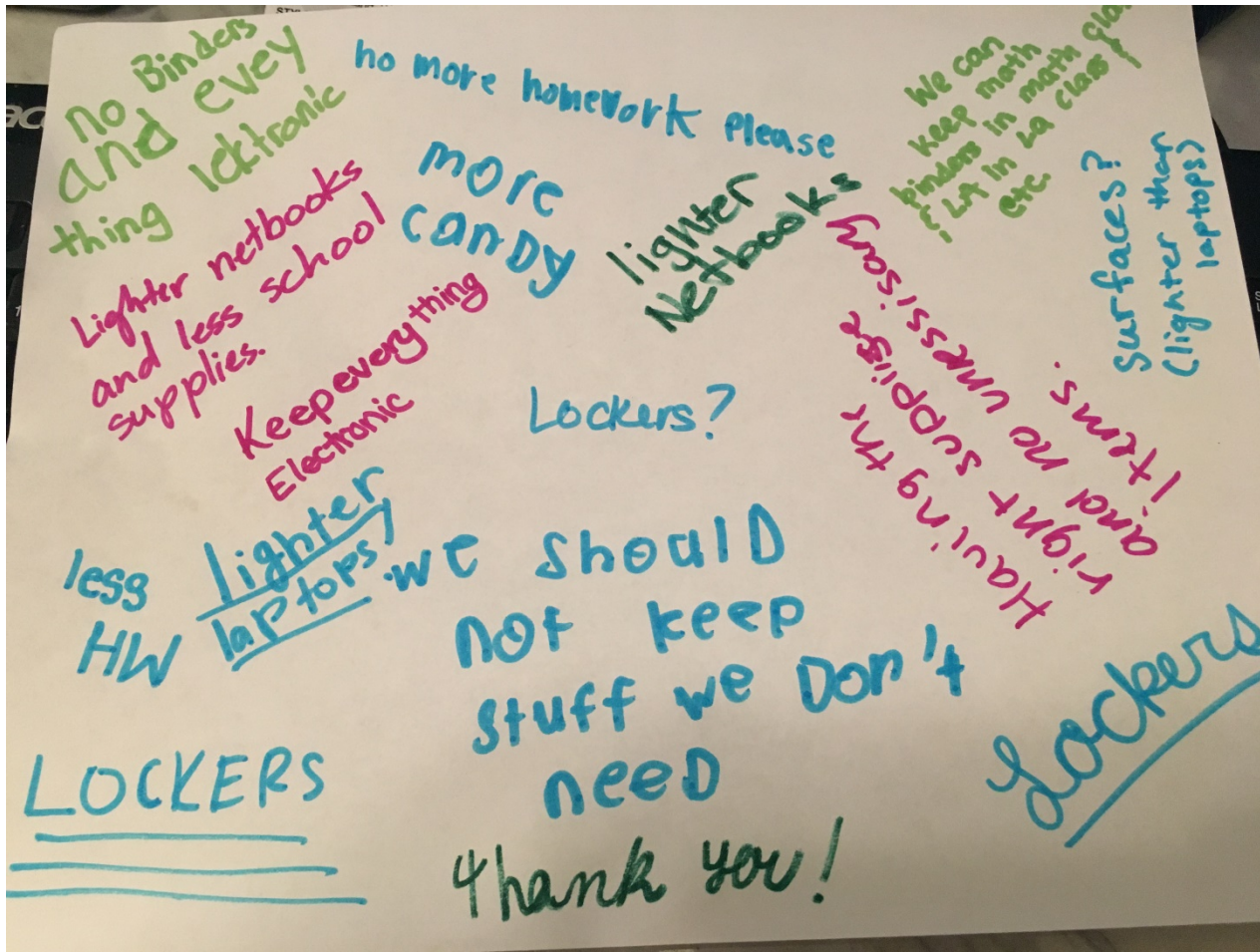
'A' lunch: 21 students/ 'B' lunch: 13 students

- Agenda

- BPA Day results (scales available to re-check)
- Occupational Therapist presents 'why' and exercises
- Leadership Students share their tips/tricks
- Discussion
  - Textbooks: most were 1
  - Binders: most were 2
  - Comp Books- most 1, some 2 (one 4)
  - Majority walk to school, bring lunch and have experienced shoulder/neck/knee or back pain.



# A note from them to you...



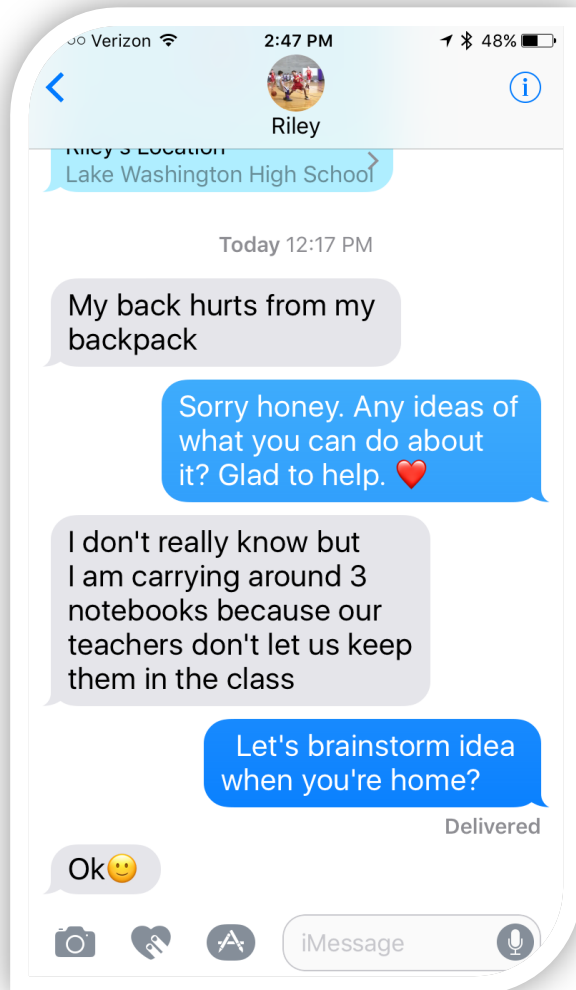
# Recommendations for '17-18



- **Continue EDU efforts**
  - staff/students/families
  - Cleanouts, video, materials,
- **Find ways to minimize paper**
  - Leverage OneDrive/grade electronically/scan
  - Planner, comp books/binders
- **Look at the netbooks again**
  - Survey on usage/satisfaction
  - Target 2.5-3 lbs (4lbs 4oz now)
  - Cloud Services/DaaS solutions
  - Create parent workgroup to weigh in on hw tech decisions
- **Outreach to other schools**



# Other Schools Can Learn from Us.



This effort is an ongoing commitment.

# Next Steps

- How can we each commit to support backpack safety in 2017-2018?

