

School Backpacks!



Backpacks can be helpful to students in carrying items such as papers, folders, and small books from school to home and back again. However, in selecting a backpack it is important to remember 3 **S**'s...

Safety

Large, heavy backpacks can strain muscles and joints and cause back pain. Carrying a heavy pack changes the way kids walk and increases the risk of falling, particularly on stairs or other places where the backpack puts the student off balance.

Most doctors and physical therapists recommend that kids carry no more than 10% to 15% of their body weight in their packs - but less is always better. If you don't know what that 10% to 15% feels like, use the bathroom scale (for example, the backpack of a child who weighs 80 pounds shouldn't weigh more than 8 to 12 pounds). In addition, teachers will monitor materials required to go home so as to maintain safety standards.

Security

In an effort to communicate to students the importance of only bringing to school what is truly needed and of not bringing toys, weapons or other unwanted contraband items, mesh or clear book bags offer one measure of security for students.

According to the Kids Safe report, education administrators have reported a vast decrease in the number of toys or contraband items brought in the school due to the mesh or clear backpacks.

Space

Kids who carry large packs often aren't aware of how much space the packs take up and can hit others with their packs when turning around or moving through tight spaces, such as the aisles of the school bus. Students are often injured when they trip over large packs or the packs fall on them.

Make sure kids don't tote unnecessary items which can add extra pounds to a pack..

Based on these characteristics, Lexington Four does not require, but *recommends*, students in grades 1-12 use small, light-weight mesh (or clear) book bags for school.

Here are some *suggestions* for where to purchase **small, light-weight mesh or clear** back packs. Be sure to search for "mesh" or "clear" backpacks or book bags.



www.etsy.com



www.amazon.com



www.jcpenny.com



www.walmart.com

Mesh Book Bags Available for Purchase

Mesh and Clear Book Bags will be available for purchase in the SMS Office during the summer through August 1st.