

Dr. Marta Pérez, Member

SUBJECT: REQUEST THAT THE SCHOOL BOARD OF MIAMI-DADE COUNTY, FLORIDA, DIRECT THE SUPERINTENDENT TO ADDRESS THE ISSUE OF THE EXCESSIVE WEIGHT IN STUDENTS BACKPACKS

REVISÉD

COMMITTEE: SCHOOL SUPPORT ACCOUNTABILITY

In the wake of numerous concerns from parents in the district about the amount of weight students are asked to carry in their backpacks. I am requesting that the board direct the Superintendent to address the issue and report back to the board with recommendations on how we can cut back on the weight students must carry in their backpacks on a daily basis.

REVISÉD

Backpacks filled with heavy textbooks, notebooks, laptop computers, and class projects can cause injury. Researchers around the world have found that the average weight of backpacks worn by students exceeds the weight limits that are recommended for adults! This added strain on the neck, shoulders and back leads to an alarming increase in students complaining of aches and pains in these parts of the body. This concern deserves consideration by the School Board.

**ACTION PROPOSED BY
DR. MARTA PÉREZ:**

That The School Board of Miami-Dade County, Florida, direct the Superintendent to:

1. address the issue of the excessive weight in student backpacks
2. report back to the board with recommendations.

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