

A FOCUS ON BACKPACK SAFETY TIPS

by Concentra Urgent Care

WEAR BOTH STRAPS

The use of one strap causes one side of the body to bear the weight of the backpack. By using two shoulder straps, the weight of the backpack is evenly distributed.

WEAR OVER STRONGEST MID-BACK MUSCLES

Pay close attention to the way the backpack is positioned on the back. It should rest evenly in the middle of the back. Shoulder straps should be adjusted to allow the child to put on and take off the backpack without difficulty and allow free movement of the arms. Straps should not be too loose, and the backpack should not extend below the low back.

LIGHTEN THE LOAD

Keep the load at 10%-15% or less of the child's body weight. Carry only those items that are required for the day. Organize the contents of the backpack by placing the heaviest items closest to the back. Some students have two sets of books, so as not to have to carry the heavy books to and from school.

PROPER BACKPACK USAGE

While a backpack is still one of the best ways to tote homework, an overloaded or improperly worn backpack gets a failing grade, according to the American Physical Therapy Association (APTA). Improper backpack use can cause injury, especially to children with young, growing muscles and joints. Injury can occur when a child, in trying to adapt to a heavy load, uses harmful postures such as arching the back, leaning forward or, if only one strap is used, leaning to one side. According to physical therapists, these postural adaptations can cause spinal compression and/or improper alignment, and may hamper the proper functioning of the disks between the vertebrae that provide a shock absorption. A too-heavy load also causes muscles and soft tissues



of the back to work harder, leading to strain and fatigue. This leaves the back more vulnerable to injury. A heavy load may also cause stress or compression to the shoulders and arms. When nerves are compressed, the child may experience tingling or numbness in the arms.

WHAT TO LOOK FOR IN A BACKPACK

Physical therapists recommend the following features when selecting a backpack:

- A padded back to reduce pressure on the back and prevent the pack's contents from digging into the child's back
- A waist belt to help distribute some of the load to the pelvis
- Compression straps on the sides or bottom of the backpack that, when tightened, compress the contents of the backpack and stabilize the articles
- Reflective material so that the child is visible to drivers at night

THE RESULTS

Worn correctly and not overloaded, a backpack is supported by some of the strongest muscles in the body: the back and abdominal muscles. These muscle groups work together to stabilize the trunk and hold the body in proper postural alignment.

HOW A PHYSICAL THERAPIST CAN HELP

A physical therapist can help you choose a proper backpack and fit it specifically to your child. Children come in all shapes and sizes, and some have physical limitations that require special adaptations. Additionally, a physical therapist can help improve posture problems, correct muscle imbalances, and treat pain that can result from improper backpack use. Physical therapists can also design individualized fitness programs to help children get strong and stay strong – and carry their own loads.

For more information on backpack safety, visit the American Physical Therapy Association at www.apta.org.

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 P-4 Constable Dispatch..... 281-376-3472
 Humble ISD Police (Schools)..... 281-641-7900
 Atascocita Volunteer Fire Dept (AVFD)

Non-Emergency Number 281-852-2181
 Harris County Animal Control 281-999-3191
 Texas Poison Control Center 800-222-1222

UTILITIES

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Street Light Outages 713-207-2222

Gas, Centerpoint Energy 713-659-2111
Gas Leaks 713-659-2111
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 Trail fo Lakes MUD 713-405-1750
 Aggressive Waste..... 713-631-1900
 Humble Post Office..... 281-540-1775

SCHOOLS

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 Whispering Pines Elementary..... 281-641-2500
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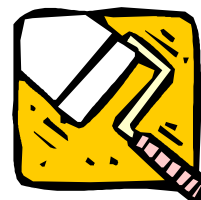
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The wonderful ladies of the Elisha Roberts Chapter, NSDAR, extend an invitation to any female, 18 years or older, who can prove direct lineal descent from someone who either fought in or provided aid during the American Revolution. We are a family oriented group of ladies who promote patriotism, education and historic preservation. Our motto is God, Home and Country. If this sounds like you, please come and join us for a meeting. We meet the third Thursday of each month, September through May, at the Backyard Grill, located at 9453 Jones Road. Our next meeting will be on September 19, 2013 at 7:00 p.m. For more information, please contact the chapter Regent, Cheryl Partney at cpart86@comcast.net or by phone at 832-654-0306.

We look forward to meeting you.

SUDOKU

View answers online at www.peelinc.com

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4					6		7	
3			7					8
					9			5
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	2			6				
8				3		1		2
			9				4	

The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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September 8: 5th annual Colin's Hope Kids Tri, and All Star Burger Fundraiser (10% of sales donated).
October 19: Sharkfest Austin Swim benefiting Colin's Hope. Volunteers needed.
November: Underwater Holiday Photos (multiple days and locations).
February 16: Austin Marathon. Runners, walkers, and water stop volunteers needed.

Be a Water Guardian and Watch Kids around Water. Drowning is preventable!

Thank you to all who supported our efforts this year to raise water safety awareness to prevent children from drowning!

LAYERS OF PROTECTION



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WEAR LIFE
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ALL POOLS & HOTTUBS



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BATHROOMS SAFE



LEARN CPR

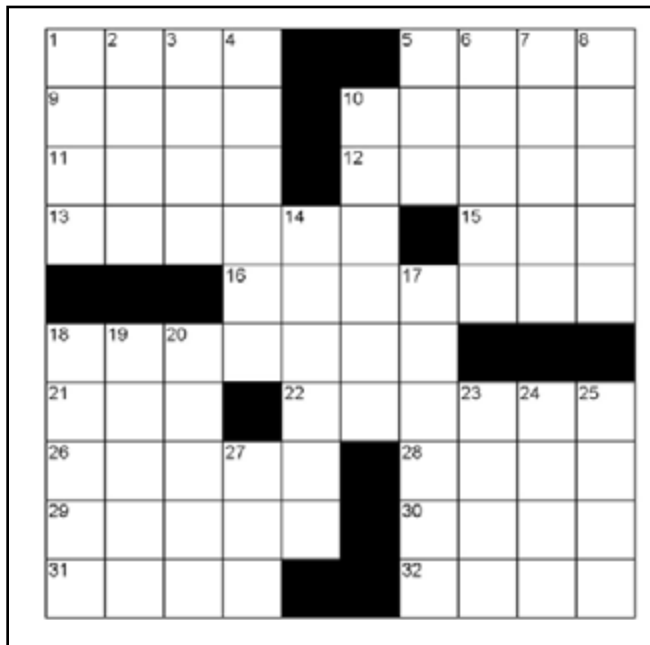


CHECK POOLS/HOTTUBS
1ST FOR MISSING CHILDREN



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CROSSWORD PUZZLE



ACROSS

1. Blow
5. Green Gables dweller
9. Not there
10. Ask for legally
11. Smooth
12. Island nation
13. Fertilized cell
15. Ex-serviceman
16. Rovers
18. Covered in coarse hair
21. Single
22. Sacred songs
26. Scrimmage
28. Prophet who built the arc
29. Remove
30. Canal
31. Eye infection
32. Tear

DOWN

1. Virtuoso
2. Airy
3. "Ribbit" animal
4. Singing voices
5. Wing
6. Innocent
7. Meat curing ingredient
8. Gives off
10. Sharks
14. Man's wig
17. Less nice
18. Houses
19. Sluggish
20. Electrical device
23. Tenet
24. Water pipe
25. Cote
27. East southeast

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NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

nwhcaggiemoms.org

GOT A STORY FOR YA AGS!

The Northwest Harris Aggie Moms Club will host Texas A&M University's former Yell Leaders on Tuesday, September 10, 2013 at 7:00 p.m. at the Houston Distributing Company, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road. Be prepared to be entertained as the yell leaders teach us the Aggie yells and traditions! Enjoy light refreshments while you shop our Boutique for that one-of-a-kind hand-crafted Aggie treasure or our new Tradition Beads!

Aggie Moms as an organization, encourages parents to become familiar with A&M during their student's freshman year. Aggie Moms has been here for 25 years and we're committed to helping your student and you enjoy the TAMU experience through graduation.



COMING SOON!

Shop Till You Drop, September 14 from 9-5 at the Berry Center. Check out the NWHC Aggie Mom's Club booth for one-of-a-kind Aggie gifts and jewelry.

Hullabaloo Huddle, October 12, Bareback Bar and Ice House, 19940 Kuykendahl, Spring, Texas 77379. NWHC Aggie Mom's Watch Party-Texas A&M vs. Ole Miss. Tickets are \$12 each /No one under 21/Cash Bar/Food Trucks

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at 7100 High Life Drive. All meetings are open to Aggies, future, present or past. You will enjoy hearing from dynamic speakers throughout the year! For more information on monthly speakers or upcoming events visit our website at www.nwhcaggiemoms.org or contact Shannon Eberle, Club President at clubpres2012@gmail.com. We are looking forward to meeting all our Aggie Moms!

SEND US YOUR *Event Pictures!!*

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to AFCAnewsletter@gmail.com.

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