



A Focus on Backpack Safety Tips for Your family

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 THE BACKPACK OVER THE 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.

THE COMPASS

IMPORTANT NUMBERS

Villages of Northpointe Security Director
Andy Elmore hit02@scbglobal.net
Waste Management (*garbage – paid through MUD #281*).....
..... 281-376-8802
Centerpoint Energy (*street lights – get 6 digit # off lamp post*).....
..... 713-207-2222
Tomball Post Office..... 281-516-0513
Harris County MUD #281 (water and recycling)..... 281-376-8802
Harris County Constable Precinct #4.....
24-hour Dispatch 281-376-3472
Villages of Northpointe Patrol Officer
Deputy Miller..... 281-370-9106

SCHOOLS

Tomball Independent School District..... www.tomballisd.net
Canyon Pointe Elementary 281-357-3122
NorthPointe Intermediate..... 281-357-3020
Willow Wood Junior High..... 281-357-3030
Tomball High School..... 281-357-3220
Tomball Memorial High School 281-357-3230

TAX ENTITIES:

Tomball ISD Tax Office..... 281-357-3100
www.tomballisd.net and follow the link to the Tax Office
MUD #281 & NorthPointe WCID 713-462-8906
..... www.wheelerassoc.com
Harris County Appraisal District 713-957-7800
..... www.hcad.org
Electric Company Choices..... 866-7974839
..... www.powertochoose.org

MANAGEMENT

Chaparral Management (*Villages HOA Issues*)..... 281-537-0957
Please direct all questions, comments, and concerns about the
landscape along NorthPointe Blvd. to:
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<http://www.teakwoodlandscaping.com>
marisa@teakwoodlandscaping.com

WEBSITE

www.villagesofnorthpointecai.com

Contact Brian at bformear@mail.com to request information
postings on the website.

NEWSLETTER INFO

EDITOR

Jessica Rushing..... 281-320-0051
..... vnpcompasseditor@gmail.com

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5th Annual Running for Greater Things

Saturday November 8, 2014

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8:10am – START 1K Run/Walk

8:30am – START 10K Run

8:45am – START 5K Run/Walk

One Community, One Purpose

We invite area churches and orphan/adoption ministries to join with us as we share with our community opportunities to get involved with caring for the orphan. Join us race day as a runner, volunteer, and/or share your Orphan Care ministry booth on campus. For more info please visit: runningforgreaterthings.com

REGISTRATION OPENS AUGUST 9TH!

Our Goal

The goal of this event is to raise money for the HOPE Project in Kigali, Rwanda. The HOPE Project is led by Ten Talents International, and stands for Housing, Opportunity, Purpose, and Education. Orphaned boys and girls in Kigali, Rwanda are in need of a safe home where they can have the opportunity to go to school, receive medical care, and have basic needs met. Property has already been purchased and work has begun to build a girls' home and boys' home to give these children a safe place to live and learn. This project will be completed in three phases and this year we are supporting Phase 1.



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THE COMPASS

Kids' Running Team's Cross Country Season Starts September 8th

The Northwest Flyers Track Club Youth Cross Country Team kicks off the fall season with registration and a mandatory orientation for parents and athletes on Monday, September 8, 2014, at 7:00 p.m. Registration will be held at Cypress Creek High School, 9815 Grant Rd., Houston, TX. The first practice will be held at the Cypress Creek YMCA on Thursday, September 11.

The Northwest Flyers Track Club is a member program of USA Track and Field (USATF), the national governing body for track and cross country. The club is in its 27th year in the northwest Houston area. Ages 6 - 18 may participate in the team, and both beginners and experienced runners are welcome. Middle school and high school cross country athletes can also register, but should compete after their cross country season is over.

Contact Coach Donnell Carter at dcarter.nwflyers@yahoo.com or 281-467-4727, for more information. Email Coach Carter to get on the email list and you will receive a free running training video. Visit www.northwestflyers.org to get updates and learn more about the team.



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Network Texas Ready to Party With a Purpose

Family Fun Event to Benefit Shield Bearer Counseling Centers

If you are looking for a great night out as a family with live music, fun family games and a chance to win prizes, check out this year's Party With Purpose event. "We are planning to have a great time raising money for a great cause", says David Bamberg, Network Texas Co-Founder.

The 2014 Party With Purpose event is scheduled September 4th from 6:00 PM - 9:30 PM at historic Tin Hall (14800 Tin Hall Rd., Cypress, TX 77410). Tickets are on sale for \$20 each online at www.ShieldBearer.org/Party and include heavy hors d'oeuvres, live entertainment provided by Cool Freddie E & The Crew, door prizes, raffle and live auctions, family photo booth and lots of games for cowboys and cowgirls of all ages. A cash bar will be provided by Tin Hall.

The purpose of the event is to support the services to women rescued from human trafficking, victims of horrendous crimes, military personnel/veterans and their families and those who are turned away from other providers. "We rely heavily on the

donations of individuals, businesses and churches in order to continue to provide quality counseling services," said Paula Burns, Event Chair. "I'm looking forward to everyone having fun while making a difference for their neighbors and community."

Paula Burns shared that the event is only possible with the support of key sponsors, including, "Halford Busby Construction Consultants as our Trail Boss Sponsor, Insurance One of The Woodlands as our Chuck Wagon Sponsor, and Burke Carpet Cleaning Services as our Watering Hole Sponsor." There is still time to join in the western themed fun and become a sponsor or provide an auction item or door prize. Interested parties can find all the details at www.ShieldBearer.org/Party.

Shield Bearer, a Cy Fair born 501c3 charitable nonprofit since 2005, served over 12,800 people last year with professional counseling services in their four Northwest and West Houston offices. Learn more about Shield Bearer at www.ShieldBearer.org or call 281-894-7222.



Jacquie Kendrick

Broker Associate, ABR, CRS, GRI, CNS, CHMS

713.826.1097

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Think Pink Fashion Show

Business women in Northwest Houston seeking to network with other professional women are invited join the Northwest Houston Business & Professional Women (BPW). We are HIP – Healthy, Inspiring, Powerful. Join us on Sept. 15 at Northgate Country Club, 17110 Northgate Forest Dr, Houston, Tx 77068 for the Think Pink Fashion Show and Silent Auction benefiting Breast Cancer. Register by Sept 15 at <http://nwHoustonbpw.com/>. Hope to see you. Contact Goldie Roberts, Publicity Chair with any questions. 832-722-5064.



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For more information, please contact the chapter Regent, Melinda Sims at melinda@mazzaroth.net.

We look forward to meeting you.

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