


WESTGLADES MIDDLE SCHOOL SCHOOL ADVISORY FORUM (“SAF”) • JOINT SAC/SAF	December 15, 2017
	MEETING AGENDA
	11000 Holmberg Road, Parkland, FL 33076

Attendance: *Please print names and email address below, thank you.*

J Wolfe (jwolfe61@comcast.net)	T Allison (travisallison@me.com)	 <p>TELL ME AND I FORGET TEACH ME AND I REMEMBER INVOLVE ME AND I WILL LEARN Benjamin Franklin</p>
C. James		
<i>[Use a separate page, as necessary.]</i>		

Introduction(s) and Sign In

Principal’s Report

Mr. Matthew J. Bianchi, Principal, Westglades Middle School | 754-322-4800

BCPS Legislative Update

Submitted by Ms. Leslie Caracuel (from District Area Council “DAC”) – refer to attached EXHIBIT “A”

North Area Advisory Council (“NAAC”)

Report from most recent meeting – Ms. Elisha Johnson

Option I School Calendar has been officially selected for 2018/2019 School Year.

The School Board approved its calendar for the 2018-19 school year, which will start Wednesday, Aug. 15 — six days earlier than last year. It’s also the first midweek start in recent years.

Under the new calendar:

- Thanksgiving break runs from Wednesday, Nov. 21 through Friday Nov. 23
- Winter break will start Monday, Dec. 24, 2018 and end on Friday, Jan. 4, 2019
- Spring break is March 25 to March 29
- Schools will be closed on Election Day, Nov. 6
- There are 10 teacher planning days and six early release days
- Holidays include Labor Day, Veteran’s Day, [Martin Luther King Jr. Day](#), President’s Day, Memorial Day and two Jewish holidays
- School will end Tuesday, June 4, 2019.

The calendar also has contingencies for up to five hurricane makeup days, if needed.

The new calendar allows the two semesters at the secondary-school level to have nearly the same number of days. District officials say it also will ensure that students can complete final semester exams before the winter holiday.

Updates & Follow Up | Items from Prior Meeting(s):

Item:	Coral Ridge/Holmberg Intersection Email addresses for City of Coral Springs Mayor and Commissioners for parents to voice concerns on decision not to fund a crossing guard.
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<p>Mayor Skip Campbell - wcampbell@coralsprings.org; Vice Mayor Dan Daley - ddaley@coralsprings.org; Commissioner Larry Vignola - lvignola@coralsprings.org; Commissioner Lou Cimaglia - lcimaglia@coralsprings.org; Commissioner Joy Carter - joycarter@coralsprings.org</p>	
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New Business

Item:	911 Emergency
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On Friday, December 1, 2017 it took three (3) calls to 911 before someone in the 911 Communications Center answered the 911 call for a student having a medical emergency. The issue and concern has been raised with Deputy India – Deputy India was not on campus on 12/01/2017.

Item:	Heavy Book Bags / Backpacks
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**It has been requested that we readdress the issue of heavy backpacks
Refer to EXHIBIT “B”**

In the last several months, members of SAF have invested several hours researching and documenting the issues and impacts of heavy backpacks using a variety of sources that included: (i) US Consumer Product Safety Commission; (ii) American Academy of Orthopedic Surgeons; and (iii) American Chiropractic Associations Pediatrics Council.

The information has been circulated to the school administration, faculty and staff in hopes that there would be more dialogue and better communication with students on the issue and some proactive solutions.

We have received input from parents that previously served on the SAC/SAF at WMS indicating that this concern had been raised in prior years with minimal school support or resolution.

A more aggressive posture from parents may be warranted to avoid the legacy of “kicking the can down the road”. We are proposing a task force be established by Mr. Bianchi or his designate that will develop, implement and monitor a program to reduce the weight of student backpacks. The task force would include representatives from the school administration, faculty, parents and the community. The task force would solicit and engage feedback from health care professionals and establish benchmarks for progress.

What Heavy Backpacks Are Doing To Kids' Bodies

About 5,000 children visit emergency rooms each year because of backpack-related injuries, and at least 14,000 kids are treated for them. While not every kid will go to the hospital because of heavy backpacks, overweight loads can cause neck, back and shoulder pain and more. Below, see what is so dangerous about kids carrying heavy backpacks — and what parents can do about it.

Forward Head Posture vs **Proper Posture**

Neck and Upper Back
Heavy backpacks create a forward trunk lean (rounding of upper back) which causes a forward head posture with extended neck, creating neck and shoulder pain and making it difficult for muscles and ligaments to hold the body up.

Shoulders
Shoulders aren't made to hang things on. When a heavy load is put on kids' shoulders, joints get tight, muscles tighten down, it alters bio-mechanics, and creates potential strain.

Hips
Hips can become sore if a child is bending forward to compensate for the backward pull of their backpack.

Knees
Knee pain is possible because of a change in walking pattern and body posture due to an overweight backpack.

Lower Back
A change in posture by leaning forward to compensate for the weight of the backpack can result in lower and mid back pain and muscle tightness.

Fit and Sizing
Material. Choose backpacks made for kids, which are made of more lightweight fabric than backpacks for adults.
Close to the body. The backpack should be close to the body with minimal space between the back and the pack itself.
Length. It should be the length of the torso and the bottom should be two inches below the waist.

Extra Support
Use both shoulders. The backpack should always be worn on two shoulders so that there isn't too much stress on one side of the spine.
Waist strap. Kids should always use the waist strap (preferably a thick one) to help distribute the weight.

Weight
Distribution. Use backpacks with multiple compartments to help distribute the weight of contents. Pack the heavier things low and towards the back, closer to the body.
Ratio. Backpacks should be 10-15 percent of a kid's weight.

Sources: Dr. Rob Danoff, an osteopathic family physician, U.S. Consumer Product Safety Commission, American Academy of Orthopaedic Surgeons, Elise G. Hewitt, Board Certified Pediatric Chiropractor

THE HUFFINGTON POST

Item:

Announcements | Wrap – Up Items

Thank you for your time and energy in serving Westglades SAF – 2017/2018 Edition.

Email agenda items for upcoming meeting to www.jwolfe61@comcast.net

EXHIBIT "A"

BCPS Legislative Update: It is very important that we stay informed of proposed Federal & State Education issues that impact our public schools.

This week in Tallahassee the legislature met for the final round of pre-committee meetings. The House PreK-12 Innovation subcommittee discussed the Tax Credit Scholarship along with school voucher programs across the nation.

The legislature has received presentations on the Governor's education budget and the House has already said that they will pass a "simplified" version of the budget. The Houses' main concern with the Governor's education budget is its reliance on the local required effort to fund additional student funding. The Senate was more receptive.

Proposals to term limit school board members and to end the election of district superintendents has passed the Constitution Review Commission Education Committee. These proposals now head to the commission's Local Government committee.

In Washington, Congress has failed to reauthorize funding for the Children's Health Insurance Program. Congress has extended funding for CHIP by attaching a rule to the continuing resolution spending bill that averts a government shutdown until December 22. This rule would allow the Centers for Medicare and Medicaid Services to provide reserve CHIP funds to the states most in-need. As of last week, the Government had given \$1.2 billion of the \$3 billion in reserve CHIP funds to 15 states and Washington, DC. The House has passed a bill to continue the program, however the Senate has not due to disagreement on how to pay for it.

Reports from MACPAC project that Florida will run out of CHIP funding sometime in January. More than 27,000 children in Broward County and approximately 2.5 million statewide are insured through CHIP subsidized programs including Healthy Kids, MediKids, and Children's Medical Services Managed Care Plan.

The Senate narrowly passed a tax bill on Saturday, December 2 that would provide incentives to private school parents through tax-free school savings accounts while curtailing the deduction for state and local taxes that fund public schools. The Senate Tax bill would bar school districts from using cost-effective, tax-free "advance refund bonds" to refinance school bond debt. The two versions (the House passed a tax bill on November 16) now head to conference where select lawmakers from both chambers will work to unify the bill.

Provisions regarding the DREAM Act have yet to pass the legislature. If they are not included in the year-end spending bill, the chances of legislation that allows children protection from deportation will have a slim chance of passing as a standalone bill. Broward County has approximately 19,500 DACA eligible immigrants.

The Dangers Of Heavy Backpacks — And How Kids Can Wear Them Safely

By **Jessica Samakow**

Between studying, homework and extracurricular activities, going [back to school](#) may make kids feel like they have the weight of the world on their shoulders. And sometimes, they literally do. After you pile a lunch, school supplies, binders and textbooks — which typically weigh 3.5 lbs each — into your child's backpack, the load he or she is lugging around could be huge ... and potentially dangerous. [According to the U.S. Consumer Product Safety Commission](#), at least 14,000 children are treated for backpack-related injuries every year.

[The American Academy of Orthopedic Surgeons](#) recommends that the weight of a backpack should be less than 10-15 percent of a child's body weight, but that isn't always the case. Too often, children don't wear their packs correctly, increasing risk of injury. "Improperly used backpacks may injure muscles and joints and can lead to severe back, neck, and shoulder pain, as well as posture problems," orthopedic surgeon and AAOS spokesperson Daniel Green, MD, told The Huffington Post. (Though, backpacks will *not* cause scoliosis, Dr. Green stressed.)

It's easy to spot symptoms of a load that's too hefty for your child, adds Dr. Rob Dan off, an osteopathic family physician. If kids grunt when putting on or taking off the backpack, have red marks on their shoulders from the straps, or if they complain that their shoulders, arms or fingers are "falling asleep," those packs might just be too heavy.

But don't fret, injury is preventable and it *is* possible for kids to carry backpacks comfortably. First thing's first: Dr. Elise G. Hewitt, president of the American Chiropractic Association's (ACA) Pediatrics Council, recommends shopping at a sporting goods store because employees know how to fit backpacks.

And though kids might object, Dr. Hewitt stresses the importance of using waist straps. "Shoulders are not designed to hang things from," Dr. Hewitt told The Huffington Post, pointing out the reason indigenous people carry things on their heads. By using the strap, the bulk of the weight can be carried on the hip bones, rather than on the shoulders.