

**SALWAN PUBLIC SCHOOL
RAJENDRA NAGAR
Classes I-VIII
Subject: Guideline on Heavy School Bag**

2nd May 2017

SPS/ /

Dear Parent,

Heavy school bags are known to have adverse effects on health of growing children and if such bags are used for a prolonged period, the impact may well be irreversible. Young children whose spine is at a crucial stage of growth are the most susceptible ones to hazards such as back pain, muscle pain, shoulder pain, fatigue due to heavy school bags.

Steps School Has Taken

- School is regularly announcing/demonstrating in the class and in assemblies regarding reducing the weight of the school bag by following the regular time table.
- In case of languages it is very clearly mentioned in the timetable regarding grammar/literature books to be brought on a particular day. In junior classes where it is not mentioned, the grammar text books are kept in the class cupboard.
- In junior classes (classes I-III) Worksheet Spirals, Art files, Computer Books and G.K books are being kept in the class cupboard.
- Random check of bags is being conducted and the child is being guided if the bag is too heavy
- School is encouraging the students to drink from the school water coolers and carry a small light weight bottle for refilling.

The following are some suggested measures to help students reduce the weight of their school bags:

1. Kindly purchase lighter school backpack with two taut stripes. The bag should be put on tightly to the child's back, rather than hanging off her shoulders.
 2. Do remind the child and supervise the habit of packing school bags every day as per the timetable, so that students bring to school only those textbooks, exercise books and stationery items which are definitely required.
 3. Kindly buy school bags, pencil cases, tiffin box and other stationery items which are made of durable but light-weight materials.
 4. Ensure that your ward does not carry unnecessary items such as story books, reference books, playthings etc. to school. Children are often in the habit of storing things in their school bags, therefore regular cleaning of the school bag is essential.
 5. Kindly monitor your child's packing of bag daily, and do not pack more than 2 pencils/pens.
- Parents may consider other practical and effective ways to reduce the weight of the school bag.

Regards

**Dr. (Mrs.) InduKhetarpal
Principal**

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