



Bal Bharati PUBLIC SCHOOL

Sector – 21, Noida

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REDUCTION OF THE WEIGHT OF SCHOOL BAG

Dear Parents,

Heavier 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 and in extreme cases the distortion of spinal cord or shoulders that may most plausibly be attributed to heavy school bags.

Suggestions for parents

- Parents are hereby advised to be mindful of the health concerns of their wards and purchase lighter school backpack with two taut stripes.
- For primary classes, parents must supervise children in repacking their bags everyday as per the timetable and ensure that their wards do not carry unnecessary items such as story books, playthings etc. to school.
- Children are often in the habit of storing things in their school bags, therefore regular cleaning / washing of the school bag is essential.
- The bag should be put on tightly to the child's back, rather than hanging off his/her shoulders.
- The bag weight for Classes I – III students should not be more than 3.5 kg and for Classes IV & V not more than 4.5 kg.

It is expected that all the parents will take necessary measures to keep the weight of school bag under control.

Asha Prabhakar
(Principal)

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