



## **BAG WEIGHT POLICY (CLASSES - I TO V)**

*"The Welfare of our children is our main concern and their best interests are our first priority."*

Dear Parents,

The Ministry of Education (MoE) has recommended that the school bags should not exceed 10 percent of a student's body weight for Classes I to V. We at Bal Bharati Public School, Noida, have implemented School Bag Weight Policy for students of Classes I to V. As a daily practice, Selected books are to be kept in the school with prior intimation and as a practice 'Bag for next day' information is also shared by the class teachers regularly.

To ensure compliance to bag weight standards, the school conducts random monthly checks on the weight of the school bags of students in Classes I to V. The weight of the bags is recorded, and average is calculated to monitor adherence to the policy.

Following is the data for the month of January, 2025.

S.NO.	CLASS	AVERAGE (kg)	RECOMMENDED
1.	I-A	1.32	1.6 – 2.2 kg
2.	I-B	1.6	
3.	I-C	1.3	
4.	I-D	1.26	
5.	I-E	0.9	
6.	I-F	1.09	
7.	II-A	1.92	1.6 – 2.2 kg
8.	II-B	1.81	
9.	II-C	1.91	
10.	II-D	1.47	
11.	II-E	1.8	
12.	II-F	1.76	
13.	III-A	2.2	2.5 – 3.65 kg
14.	III-B	2.1	
15.	III-C	2.5	
16.	III-D	2.2	
17.	III-E	2.2	
18.	III-F	2.6	
19.	IV-A	3.8	2.5 – 3.65 kg
20.	IV-B	3.3	
21.	IV-C	3.4	
22.	IV-D	3.0	
23.	IV-E	2.8	
24.	IV-F	3.9	
25.	V-A	2.5	2.5 – 3.65 kg
26.	V-B	2.9	
27.	V-C	3.3	
28.	V-D	2.8	
29.	V-E	3.5	

Based on the random checks exercise, following observations have been made.

- Most of the students are carrying disproportionate bags to the school. The bag height exceeds the required size and causes awkward walking.

## Detailed description of items included in the bag weight process

S. No	Class	Ideal weight of the bag (As per the recommended weight)	Details of items			
			Bag 0.3- 0.4 Kgs	Pencil Box 0.1-0.2 Kgs	Books/ Notebooks (Recommended weight)	Books/ Notebooks
1	Class I	1.2	0.3	0.1	1.078 Kgs	0.6
2	Class II	1.7	0.4	0.1	1.08 Kgs	1.1
3	Class III	2.3	0.3	0.2	1.572 Kgs	1.4
4	Class IV	3.3	0.5	0.1	1.804 Kgs	2.4
5	Class V	3.0	0.8	0.2	1.916 Kgs	2.0



A chart has been attached below for reference:

- Daily bag sent to the school is not adhered to as per the communication regarding 'Next Day Bag' in some cases, leading to heavier bags carried by the students.
  - It has also been observed that some students are carrying heavy pencil boxes (in the shape of bus on wheel), Fancy lunch boxes weighing 600 g and portable electronic fans to our surprise.
  - In some cases, the Notebooks and the Textbooks that are to be submitted in school as per the information shared in the beginning of the session are not submitted as per the schedule. Students end up carrying them to school in their bag when reminded there by increasing weight of the bag.
- Following the observation few suggestions have been listed below to help students carry lighter bags to school.
- Choose lightweight materials for stationery boxes and lunch containers.
  - Ensure the size of the school bag aligns with the guidelines outlined in the chart given above.
  - Avoid using trolley bags, as they tend to be bulky and impractical. Bags with padded shoulder straps and back support are suggested.
  - Schedule of submission of books is to be followed.
  - Students must follow Daily Bag communication and carry only the books and notebooks that are asked for.

Kindly take note of the observations and suggestions shared. Together we can lighten the load our students are carrying. By packing lighter essentials, we can significantly improve their physical and mental well-being and help young learners carry lighter bags and bigger dreams on their shoulders.

*Asha Prabhakar*

Asha Prabhakar  
(Principal)

Kindness, Resilience, Respect



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