

Measures to reduce weight of school bags in schools

Dear Parents,

Heavier school bags are known to have an adverse effect on the health of the growing children and if such bags are used for a prolonged period of time, the impact may be physiological and irreversible.

HOW PARENTS CAN HELP

- 1. Parents should encourage and guide the children in arranging the books from Heavy at bottom, light at top.**
- 2. Parents can make it a habit for the child to arrange books on a daily basis.**
- 3. No sample books to be carried unless compulsory.**
- 4. The extra clutter, bits of papers, broken pencils, etc can be cleaned out once a week.**

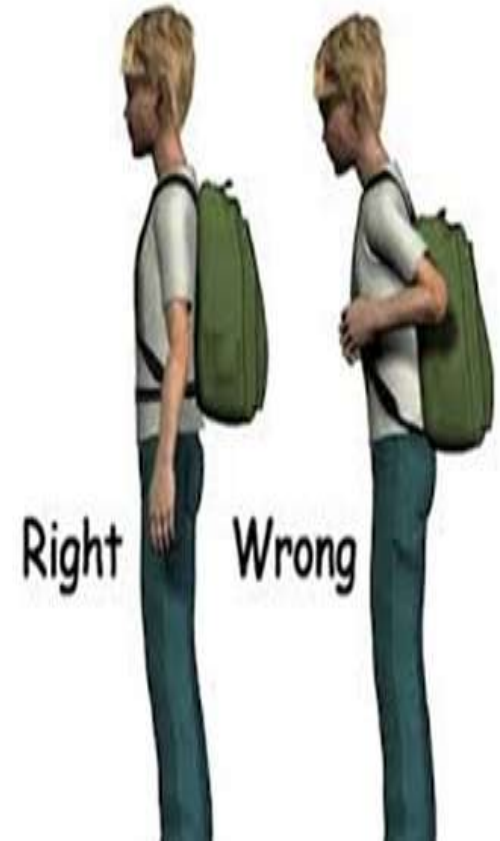
HOW PARENTS CAN HELP

- 5. ZIP POUCHES CAN BE USED instead of Metal Tiffins/bottles for water/ fruits/dry items.**
- 6. Avoid hard-binding the textbooks.**
- 7. Pouches can be used instead of boxes to carry stationery like pens and pencils.**
- 8. Teach the child to put down the bag while waiting for the bus, during assembly and other such situations**

9. Ensure that the child stands straight while carrying the bag.

Double straps and a stomach strap bag may help in maintaining the weight.

10. Weight of the bags should be evenly distributed on shoulders.



**POSTURE
CONSCIOUS**

- 11. The shoulder straps have to be strong and broad. Any strap that is loose should be checked.**
- 12. The bag should be tightly packed and not hanging below the midriff to ensure weight distribution.**
- 13. The heavy items and objects can be carried separately in a small Pouch apart from the bag with books.**

**Such initiatives would help us In
ensuring the health and wellness of our
children.**

Thank You