

DAV PUBLIC SCHOOL, UNIT-VIII, BHUBANESWAR-12

DAV No. 1645 /2019

Date: 05.08.19

NOTICE FOR LKG - STD. X

Dear Parent

Kindly refer to the issue of reduction of weight of school bags which is a serious matter of concern for all stakeholders. As such heavier school bags are known to have adverse effects on health of growing children resulting in serious spine problems and students often complain of backache at young age. The ideal weights of school bags are detailed below:

Class	Std. I & II	Std. III to V	Std. VI & VII	Std. VIII & IX	Std. X
Weight of School Bags	1.5 kg	2 - 3 kg	4 kg	4.5 kg	5 kg

Suggestive Measures for Parents :

- Lighter school backpack with two taut and thick straps to be used.
- School bag to be repacked on daily basis in accordance with the time table, avoiding carrying of unnecessary articles.
- School bags to be regularly cleaned at home.
- Bag to be put tightly on child's back, rather than hanging off on one side of the shoulder.
- Rough copies, extra pair of sports shoes, any kind of sports equipments not to be brought by the students to school.
- Small, light weight water bottle to be carried in hand and the same can be refilled from the water points available nearest to the classrooms.
- When it comes to choosing the right backpack for children, function, form and comfort; take over fashion and glamour.

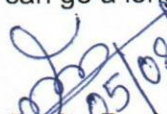
Advisory:

- Parents may divide the textbooks, unit wise so that the child can carry the book of the specific unit as and when the same is taught in the school.
- Excess number of pens or pencils or any other writing materials not to put inside the school bag.
- Students of LKG to Std. II need not carry any extra dress/uniform in bag. Need there be, it shall be taken care of by the school.
- Students of LKG and UKG have to carry only their light weight tiffin box and water bottle.
- Bags to be put down while waiting for the bus at the bus stop.
- In case of students travelling in two wheelers with parents, the bag can be placed on the seat instead of hanging on the shoulders.
- Instead of heavy weight pencil box, light weight pouch can be utilised for carrying of writing materials like pen, pencil, eraser, sharpener, scale, etc.
- Any extra reference books / story books / coaching materials not to be brought to the school.
- Only workbooks to be brought by the students and other textbooks may be shared as the students are sitting in pairs.
- Any other prohibited materials are not to be brought to school.
- Heavier books are to be put inside the bags closer to the back.

Steps adopted by the School:

- Random weighing of school bags followed by issue of necessary advisory to the parent concerned.
- Retention of Scrap Books / Practical Records / Activity Records / Worksheets etc. in school.
- Provision of Adequate Potable Water Facilities in each floor.

With a combination of ideas and suggestions, along with cooperation between parents and school, we can go a long way in reducing the burden of one of the most serious health hazards of recent times.


(Ipsita Das)
PRINCIPAL