

## Instructions for parents to reduce the weight of school bag

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.

### **Some of the feasible measures can be taken in this reference:**

1. Parents may exhort students to abide strictly by the timetable and relate the adverse effects of fatigue caused due to heavy bags on their day to day performance in class.
2. Students should be encouraged to repack their bags on daily basis and to avoid carrying unnecessary articles, textbooks, workbooks that are not needed.
3. Students are advised not to bring heavy water bottle to school.

### **Suggestion for Parents:**

1. During PTM, parents may be advised to be mindful of the health concerns of the wards and purchase lighter school backpack with two taut stripes.
2. For primary classes, parents may be told to remind and 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.
3. Children are often in the habit of storing things in their school bags, therefore regular cleaning of the school bag is essential.
4. The bag should be put on tightly to the child's back, rather than hanging off her shoulders.

