

# St.Paul's Sr. Sec.School,Katni

## Solutions for Heavy School Bags

Maximum weight of a school bag with textbooks and notebooks should not exceed :

- 1.6 - 2.2 kg for Class 1 and II;
- 1.7 - 2.5 kg for Classes III to V;
- 2 - 3kg for Classes VI and VII;
- 2.5 - 4 kg for Classes VIII and
- 2.5 - 4.5 kg for Classes IX and X

In compliance with the 'School bag policy 2020' guided by NEP, the state education department has issued instructions via its Order dated 29/8/2022 . In accordance with the above mentioned order our school is implementing the following :

**These guidelines will be strictly enforced from 1<sup>st</sup> October 2022**

### **I. Parent's contribution towards reducing bag weight**

#### **1. Get the right bag**

- A backpack made of **light-weight material with two straps**, rather than a shoulder bag. Get the Smallest Size possible
- **Do not buy bags which are fancy but heavy weight**
- **The straps of the backpack have to be thick**
- **The height of the backpack** should not exceed 4 inches below the child's waistline.

- A **waist-clip in the bag** can help position the bag close to the child's back.
2. **Send Half-Emptied Bottles of Water** for the way: The students can then fill the bottle from water filters which are available in the school.
  3. Parents can **make it a habit for the child to ARRANGE BOOKS ON A DAILY** basis.
  4. The **extra clutter**, bits of papers, broken pencils, etc can be cleaned **out once a week**.
  5. **Avoid hard-binding** the textbooks.
  6. **Pouches can be used** instead of boxes to carry stationary like pens and pencils.

## **II. School's contribution to reduce bag weight**

1. For **KG only one Term textbook is to be brought each day**. All notebooks will be kept in class.
2. **Handwriting work will be done in the class** only upto class I. Hence handwriting notebooks to be kept in class .
3. For classes **II to IV only 3 subject notebooks to be brought daily**. Other notebooks can be kept in the school.
4. For classes V to X **textbooks of GK, M.SC, COMPUTER, DRAWING, ENG LIT, HINDI LIT, SANSKRIT, will be kept in the school cupboard under custody of class teacher**.
5. **NO BAG DAYS** : On this day cultural/literary/Sports/Competitions/Practice/Remedial class activities will be held. That day only tiffin box and water bottles half filled with water need to be brought.

**I to IV : Wednesday**

**V to X : Thursday**

6. **Notebooks to be made term wise** strictly from next session.
7. For kindergarten and primary the **notebooks** can have around **50 pages**. For middle section and higher sections, the notebooks can be of around **100 pages**.
8. **Homework: No Home work upto class II.** All work will be completed in the school.

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