



G.D.GOENKA PUBLIC SCHOOL

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>> CIRCULAR
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ADVISORY FOR PARENTS TO REDUCE THE WEIGHT OF SCHOOL BAGS

Heavy school bags have adverse effects on the health of growing children. It results into serious back pain, shoulder pain and stature problems at young age.

1. We exhort parents to buy lighter school back pack with two taut straps and discourage trolley bags.
2. For Primary classes - Parents must supervise children to avoid carrying unnecessary articles, textbooks, workbooks that are not needed. We encourage students to carry only language text books to school.
3. Please ensure that weight of the school bag shall not exceed:

Class	Weight of the bag
I - II	1.5 Kg
III - V	2-3 Kg
VI - VII	4 Kg
VIII - IX	4.5 Kg
X	5 kg

4. Children are often in the habit of storing things in their school bags, therefore regular cleaning and checking of bags is essential.
5. School adequately supplies safe drinking water and ensures regular quality check of water supplied. Students need not carry heavy water bottles to school.

Regards,

Anita Khosla

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Principal

17.5.19.