



M.M. PUBLIC SCHOOL

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Reducing the Weight of School Bags

Dear Parents,

Heavy school bags are a serious threat to the health and wellbeing of students. It can adversely affect physical and mental health of students. It is observed that children bring extra load in their bag by bringing extra text books, guides, rough work notebook and extra stationary items.

Children should bring bag according to the timetable given and carry only the prescribed books to school.

In light of this, guidelines from the DOE are attached herein for your perusal:

- Please remind and guide your child to pack the school bag daily according to the time – table and carry only the prescribed books.
- Discourage your ward from carrying unnecessary articles to the school.
- Please buy a child friendly bag which is comfortable to use, light in weight and which have broad straps for symmetrical distribution of weight.
- Sensitize your ward to potential problems of heavy school bags.
- The students should always use both straps for carrying the school bag and should not sling the bag over one shoulder.
- The students should keep the bag down while waiting for the school conveyance or in the school assembly.
- The school provides sufficient safe drinking water therefore small light weight tumblers can be brought that can be refilled.

Parents must frequently check the school bag to ensure that their ward is not carrying heavy bag with unnecessary material to school.

PRINCIPAL