



# M.M. PUBLIC SCHOOL

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MMPS/Circular/34/2019

Dated: 25.10.2019

## Reducing the Weight of School Bags in Primary and Secondary School For Parents of K.G to Grade X

Dear Parents,

With reference to DOE circular no. F.DE.23 (548)Sch.Br./2019/886 regarding reducing the weight of school bags in primary and secondary school. It has been observed that inspite of child friendly time – table, children have to bear the burden of heavy school bags. Carrying a larger bag than required bag develops stress on child's back affecting his musculoskeletal adversely. 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.

We wish these steps will help in making school bags lighter and learning burden free.

PRINCIPAL