

# **DAV PUBLIC SCHOOL, POKHARIPUT, BHUBANESWAR**

## **Guidelines to minimize Heavy School bags**

Heavy school bags are a serious threat to the health and well being of the students. It has a serious adverse physical effects on the growing children, which can cause damage to their vertebral column and knees. It also causes anxiety in them. School bag of students should not exceed 1.5 kg for LKG to Std-II, 2 to 3 kg for Std-III to V , 4 kg for Std VI & VII , 4.5 kg for Std VIII & IX & 5 kg for Std X.

So let's follow the rules to save our children from being victims of heavy bag loads.

Please adhere strictly to the following instructions:

1. Follow the time table strictly . No extra books / copies/ other materials should be carried in the school bag.
2. Only carry required books, note books, school diary & pencil pouch.
3. Pencil pouch should not contain anything other than 1 pencil, eraser, sharpener, small plastic ruler and 2 pens (for Class III-X) .
4. Light weight tiffin box and water bottles should be carried in a separate small bag.

Kindly help us to provide happy schooling to our children.

Expecting whole hearted co-operation from your end.

Team DAV Pokhariput