



Circular No. 12/2025-26

Date: 04/08/2025

REDUCING THE WEIGHT OF SCHOOL BAGS
(CLASS VI)

Dear Parents

Greetings!

The well-being and holistic development of our students is of utmost importance to us. It has been observed that many students, including those of Class VI, are carrying excessively heavy school bags, which can lead to health issues such as back pain, poor posture, fatigue, and muscle strain.

In alignment with the guidelines issued by the Department of School Education & Literacy, Ministry of Education, and as part of our commitment to student welfare, we are implementing the following measures to help reduce the weight of school bags:

Recommendations for Parents:

We request your support in ensuring the following:

1. Your child should carry only the books and notebooks required for the day's timetable.
2. Textbooks for subjects like Maths and Science, can be bifurcated into two term-wise volumes. Students will bring the required volume as per the teacher's instructions.
 - Maths :- Part-I (Chapter 1 to 5)
Part-II (Chapter 6 to 10)
 - Science :- Part-I (Chapter 1 to 6)
Part-II (Chapter 7 to 12)
3. Avoid sending extra books, toys, bulky tiffin boxes, or non-essential items to school.
4. Only one water bottle is sufficient. The school provides clean drinking water.
5. Monitor your child's bag regularly to ensure unnecessary items are not being carried.
6. Label all books and notebooks clearly for easy identification.
7. Choose lightweight bags with broad, padded shoulder straps.
8. Items like sports gear, extra shoes, or accessories should only be brought on designated days, as informed by the teachers.

Initiatives Taken by the School:

- The daily timetable has been designed to limit the number of books needed each day. Students have only 4–5 core subjects per day, along with lighter subjects such as Arts, Music, or Physical Education. This timetable was shared with the students on the first day of the session.
- Art files will be stored in the class cupboards and used during art periods. Students will carry them home on the last Friday of every month to complete pending work. This practice avoids daily handling and helps protect the materials and artwork.

Looking forward to your cooperation to implement these measures and promote the physical well-being of our students.



Amita Ganjoo
Principal

