



# City International School

Wanowrie

## Circular for Bag weight

Dear Parents / Guardians,

Research has proven that overweight school bags cause additional stress and fatigue to the students. The School along with your cooperation would like to suggest the following steps to ensure that students do not have to carry overweight school bags:

- The backpack has to be made of light-weight material so that it does not contribute to the total weight of the bag. Remember, when it comes to choosing the right backpack for kids, function, form and comfort take over fashion and glamour.
- Parents should ensure that their ward carries course books strictly in accordance with the prescribed time- table of their respective class.
- School has issued the timetable for each class ensuring books are evenly distributed over the week (clubbing the periods); and all teachers have been instructed to give clear instructions to students and ask them to carry the specific books as per the time-table.
- No books will be allotted as homework for class I and class II students.
- School will keep the material for the subjects like art and craft.
- Avoid buying / using heavy school bag, tiffin boxes and water – bottles. School has a provision for clean drinking water and encourages students to use the same instead of carrying heavy water bottles. The School encourages students to carry healthy homemade snacks in light weight tiffin boxes.
- Supervise and help with the packing of your wards school bag the previous night as per the next day's timetable to ensure that your child carries only those books / material; which are necessary and not any additional books / material. Parents too can conduct random bag checks at home.
- A combination of approaches, ideas and suggestions, along with co-operation between parents and school, will help to reduce the weight of school bags.

Regards,  
CIS team