

## DAV Public School, Chandrasekharpur

Dear Parents,

It is a matter of great concern for all of us to see growing number of children developing serious back problem and deformities like back pain, bent bodies, and stooping posture due to coming to school carrying school bags, made unwittingly and unnecessarily heavy. It is time that besides the class teacher, the parents have now to take initiative in this regard to resolve the problem as below:

- The parents should make the children aware of the adverse effects of carrying heavy school bags to school and make them understand and realize that it is neither necessary nor required at all.
- Parents are requested to motivate and encourage to get into the habit of arranging their books and notebooks everyday as required for a particular period.
- The students should avoid hard binding of text books which unnecessarily makes the bag heavier.
- Children should be taught to make it a habit to put down the school bag while waiting for the school bus or van as this will greatly relieve them from the weight of the bag.
- The children should get into the habit not to lean forward or backward while carrying the bag and also maintain a straight body posture which helps in not developing a bent body.
- Backpacks with two wide padded shoulder straps are more preferable. A one-side backpack can cause a lot of strain on the side it is habitually carried. The backpack has to be made of light-weight material so that it does not contribute to the total weight of the bag.
- The straps of the backpack have to be thick and padded. It must have a waist belt. They have to be adjusted in such a way that the thick part coincides with the shoulder. This gives a cushioning effect on the shoulder for the weight it bears.
- Before coming to school bags should be checked that if any unnecessary items are there in the bag or not.

With your kind cooperation we can go a long way in reducing the burden of one of the most serious hazards of recent times.

Sanjita Sahu  
10.8.17  
Team DAV

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17/8/17