**C-8/RIS/19-20 DATE: 16.04.19**

Dear Parents

The heavy weight bag is resulting in serious spine problems among kids as they have complaints of backache at young age, so we have planned to have a “Well Maintained Bag Day” every month. On this day, class teachers will check every student’s bag if it’s according to the time table or not. It can be checked randomly on any day and the student with “Well Maintained Bag” from each section will be certified.

**Criteria for a light weight bag:**

* Packing of bags should be according to the time table.
* Carry light weight water bottles/lunch box.
* The extra clutter, bits of papers, broken pencils, etc can be cleaned out once a week.

**Get the right size bag**- A backpack, rather than a shoulder bag, is ideal for school as it helps in distributing the weight evenly. It should be made of light-weight material. Backpack with two straps is more preferable and should be adjusted in such a way that the thick part coincides with the shoulder giving a cushioning effect.

* The height of the backpack should not exceed 4 inches below the child’s waistline.

**Regards**

**Preeti Lamba**

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