



DELHI PUBLIC SCHOOL, CHANDIGARH

Tips to make School Bags Lighter

Get the right bag!

- Pick a backpack made of light weight material.
- The straps of the backpack should be wide and padded. They should be adjusted in such a way that the wide part coincides with the shoulder.
- The height of the backpack should not exceed 4 inches below the child's waistline.
- A waist-clip in the bag can help position the bag close to the child's back.
- The straps of the backpack should be evenly spaced so that they do not dig into the child's shoulders.
- Avoid a school bag with wheels as it is heavy.
- Remember, when it comes to choosing the right backpack for kids, function, form and comfort take priority over brand, fashion and glamour.

Pack it right!

- Talk to your child about ways to cut back on what's to be carried. Kids tend to get into the habit of keeping all their books in the bag, whether they need them or not.
- Place the heavier books closer to your back. This way, the weight will not be focused on the shoulders.
- Make use of the various compartments to put in books, notebooks, stationery and lunch boxes. This will not only help you find things easily, but also distribute the weight more evenly.
- Avoid hard-binding the textbooks and notebooks. Soft-binding helps maintain the book and also does not contribute to the weight of the bag.
- Pouches can be used instead of boxes to carry stationery like pens and pencils.
- Get the smallest bag size possible. Extra space in a backpack may tempt your kid to stuff unneeded items into the backpack.
- Rather than bringing a full bottle of water to school, bring a half-full or empty bottle and fill it up at school.
- Clean out the backpack often to get rid of unneeded papers and other odds and ends.

Suggested bag size

Classes	Prescribed Weight	Prescribed Size
Nursery & Prep	Up to 1.0 kg	Length 13" x Breadth 10" x Depth 5"
I and II	Up to 1.5 kg	Length 15" x Breadth 12" x Depth 7"
III to V	2 to 3 kg	
VI and VII	Up to 4 kg	
VIII and IX	Up to 4.5 kg	
X	Up to 5 kg	

Remember, we the parent and school community can together manage to contain the harmful effects that this health hazard may bring along.