

DAV PUBLIC SCHOOL
BRS NAGAR, LUDHIANA

Guidelines regarding “No Bag & Bag Weight Management”

Dear Parents,
Greetings!

We congratulate you on the successful promotion of your ward to the next class and wish her/him great learning experiences ahead.

In alignment with the recent health directives issued by SCERT Punjab (March 2026), DAV Public School is committed to ensuring the physical well-being and spinal health of our young learners. To successfully implement the "NO BAG" and "LIGHTWEIGHT BAGS" mandates, we request your active cooperation in following the specific guidelines:

1. **For Pre-Primary Parents (Nursery, LKG, UKG)**

- **Zero-Bag Policy:** Please do not send any school bags with your child. All educational materials, workbooks, and stationery are safely managed and stored in the classroom.
- **Essential Carriers:** Children should only carry a small, lightweight bag containing:
 - A nutritious Tiffin and fruit box.
 - A leak-proof Water Bottle.
 - Handkerchief/light-weight towel
- **No Extra Items:** Please ensure no books/notebooks, toys, heavy pencil boxes etc. are placed in the bag.

2. **For Primary Parents (Classes I & II)**

- **Weight Check:** The total weight of the school bag must not exceed 10% of the body weight of the child. Please weigh your child's bag at home once a week to ensure it remains within this limit.

- **Strict Time-Table Adherence:** Pack the bag strictly according to the daily schedule. **“Carrying all books every day” is strictly prohibited.**
- **Stationery Control:** Encourage the use of a slim pouch instead of heavy metal pencil boxes. Limit the number of pencils and crayons to only what is necessary for the day.

3. **General Health & Safety Guidelines (All Foundational Parents)**

- **Bag Selection:** If your child is in Class I or II, choose a bag made of lightweight fabric with wide, padded straps. Please DO NOT buy heavy trolley bags.
- **The “Two-Strap” Rule:** Please train your child to always wear the bag using both shoulder straps. Carrying a bag on one shoulder causes spinal misalignment.
- **Water Bottle Choice:** Use BPA-free plastic or lightweight stainless-steel bottles. Avoid heavy glass or thick-walled thermos bottles.
- **Proper Packing:** Heavier items (like the main textbook) should be placed closest to the child's back to distribute the weight evenly.

4. **School Monitoring**

All the class teachers will conduct “Bag Weight Audits” periodically. Students found carrying unnecessary weight will be guided on how to declutter their bags.

We thank you for partnering with us to keep our children healthy, energetic, and burden-free.

Educationally yours

(J.K. Sidhu)
Principal