



IIS/CIR/145/2024-2025

26/03/2025

Dear Parents,

“Greetings from IIS Family”

As part of our ongoing efforts to promote student health and well-being, we are introducing a new initiative to reduce the weight of school bags from KG to Grade V for AY 2025-26.

Research has shown that heavy school bags can lead to back and shoulder pain, as well as other health issues. To address this concern, we are asking parents to work with us to reduce the weight of their child's school bag. For primary classes, parents are requested to supervise children in repacking their bags everyday as per the timetable and ensure that their wards do not carry unnecessary items such as story books, playthings etc to school. Children are often in the habit of storing things in their school bags, therefore regular cleaning of the school bag is essential. The bag should be put on tightly to the child's back, rather than hanging off their shoulders. Below are the few guidelines to help you and your child reduce their school bag weight and parents are requested to monitor regularly.

- 1. Pack only essentials:** Encourage your child to pack only the necessary books, notebooks, and materials for each day.
- 2. Use a backpack with multiple compartments:** This can help distribute the weight more evenly and make it easier for your child to carry.
- 3. Avoid packing unnecessary items:** Discourage your child from packing unnecessary items such as toys, games, or excessive clothing.
- 4. Monitor bag weight:** Regularly check your child's school bag weight to ensure it does not exceed the recommended limit.

Important Safety Notice

To ensure the safety of all students and staff, we kindly request that you avoid using trolley bags or luggage with wheels in school, especially when using the stairs.

Safety Concerns

Trolley bags can pose a tripping hazard on stairs, causing accidents and injuries. Additionally, they can also damage school property and cause disruptions.

Alternative Options

Instead of trolley bags, we recommend using: - Backpacks with secure straps

Your cooperation in this regard will be highly appreciated.

Stay safe & healthy!

PRINCIPAL
Ms. Qurat Ul Ain