

# ATS VALLEY SCHOOL

## Tips to make School Bags Lighter

### Pack it Right!

- Engage in a conversation with your child about strategies to reduce the load they carry. Children often tend to pack all their books, whether necessary or not, out of habit.
- Position the heavier books closer to the back to distribute weight more evenly and alleviate strain on the shoulders.
- Utilize the different compartments to organize books, notebooks, stationery, and lunch boxes. This not only facilitates easier access but also ensures a more balanced distribution of weight.
- Opt for soft binding instead of hard-binding for textbooks and notebooks. Soft binding helps preserve the books and reduces the overall weight of the bag.
- Consider using pouches instead of boxes for carrying stationery items like pens and pencils.
- Choose the smallest bag size possible to discourage overpacking and unnecessary items.
- Instead of carrying a full water bottle, bring a half-full bottle and refill it in the school.
- Regularly clean out the backpack to eliminate unnecessary papers and miscellaneous items.

### Choose the appropriate Bag!

- Opt for a backpack crafted from lightweight materials.
- Ensure the backpack's straps are wide and padded, and adjust them so that the wider part aligns with the shoulders.
- Keep the height of the backpack no more than 4 inches below the waistline.
- Consider a backpack with a waist clip to help keep it close to the child's back.
- Ensure the backpack's straps are evenly spaced to prevent them from digging into the child's shoulders.
- Avoid backpacks with wheels, as they tend to be heavier.
- Prioritize function, form, and comfort over brand, fashion, and glamour when selecting a backpack for kids.

### Suggested bag size

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