

INSTITUTIONAL SCHOOL BAG POLICY

Effective from Academic Year 2026–2027

Policy Objective: To promote ergonomic health, physical well-being, and safe spinal development in students by preventing musculoskeletal strain caused by heavy school bags, in strict adherence to national and state regulatory standards.

1. Weight Limits and Permissible Bag Ratios

In accordance with statutory policy directives, the total weight of the loaded school bag (including textbooks, notebooks, water bottle, and lunchbox) must **never exceed 10% of the student's body weight**.

Grade / Class Level	Average Age Range	Maximum Permissible Bag Weight
Balvatikas	3 – 5 years	Bag with waterbottle & lunch box
Classes I & II	6 – 7 years	1.5 kg – 2.0 kg max
Classes III, IV & V	8 – 10 years	2.0 kg – 3.0 kg max
Classes VI & VII	11 – 12 years	3.0 kg – 4.0 kg max
Classes VIII, IX & X	13 – 15 years	4.0 kg – 4.5 kg max

2. Directives for Teachers & Academic Staff

- **Timetable Restructuring:** Limit daily schedules to a maximum of 4 core subjects per day to minimize the number of books required.
- **Notebook Regulations:** Enforce single, thin (100-page) notebooks per subject
- **Textbook Usage:** Utilize semester-wise / term-wise split textbooks.
- **Staggered Homework:** Coordinate across subject faculties to stagger homework assignments, preventing the need to carry all textbooks home simultaneously.

3. Directives for Parents & Guardians

- **Ergonomic Bag Selection:** Ensure bags are lightweight with broad, padded shoulder straps. Heavy trolley bags and single-strap shoulder bags are strictly prohibited.
- **Daily Packing Discipline:** Supervise daily packing strictly according to the timetable; remove extra storybooks, toys, or duplicate stationery.
- **Water Bottle Management:** Send lightweight bottles; the school provides clean drinking water on every floor to avoid carrying heavy water loads.

4. School Infrastructure & Support

- **Classroom Storage:** Provide designated cubbies/lockers in classrooms for heavy workbooks, art materials, and sports gear.
- **Hydration Units:** Maintain RO water dispensers across all corridors.

5. Monitoring & Compliance Mechanism

- **Weekly Audits:** Unannounced spot checks will be conducted weekly by the School Bag Monitoring Committee using digital scales to be done by all the class teachers and PE teachers to document it and keep it for record purpose.
- **Non-Compliance Advisories:** Parents of students carrying bags above the 10% limit will receive an advisory slip for correction.