



# Saupin's School

## Chandigarh

### Notice for Classes Nursery - XII

**CIRCULAR No. SS/CHD/2026/14**

**Date: 22.05.2026**

Dear Parent

This is to inform you that the school is implementing the **School Bag Policy** in strict compliance with the Government advisory regarding the safety and well-being of students. It has been observed that many students are carrying unnecessarily heavy school bags.

Following an inspection, it was noted that in several cases the weight of the school bag was not proportionate to the child's body weight. Carrying excessive weight on a daily basis may adversely affect the health and posture of students.

In view of the above, parents must ensure strict adherence to the following guidelines:

1. Students must bring only the books and notebooks prescribed in the daily timetable.
2. Extra books, notebooks, or unnecessary materials should not be carried to school.
3. Parents are advised to check their ward's school bag daily before sending them to school.
4. Avoid sending heavy lunch boxes and oversized water bottles

The school will conduct regular inspections to monitor compliance with the policy. Students found carrying unnecessary items may be instructed to remove them immediately. Repeated negligence in following the guidelines will be viewed seriously.

**The National Commission for Protection of Child Rights** has mandated strict compliance with **SCHOOL BAG POLICY**

The suggestive table for class-wise range for ratio for school bag as 10 per cent of the body weight is given below.

#### Policy on School Bag

**Table 2: Class wise range of average body weight of children**

S.No.	Class	Average Body Weight Range (in Kg)	Bag Weight Range (Recommended)
1.	Pre-primary	10-16	No bag
2.	Class I	16-22	1.6-2.2
3.	Class II	16-22	1.6-2.2
4.	Class III	17-25	1.7-2.5
5.	Class IV	17-25	1.7-2.5
6.	Class V	17-25	1.7-2.5
7.	Class VI	20-30	2-3
8.	Class VII	20-30	2-3
9.	Class VIII	25-40	2.5-4
10.	Class IX	25-45	2.5-4.5
11.	Class X	25-45	2.5-4.5
12.	Class XI	35-50	3.5-5
13.	Class XII	35-50	3.5-5

**Surita Sharma**  
**(Principal)**