

國民學校  
KWOK MAN SCHOOL

Phone : 29810432

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Add: 30 Kwok Man Road Cheung Chau

10<sup>th</sup> March, 2023

**Reducing the weight of schoolbags**

Dear Parents,

The Department of Health recommends that, as a precautionary measure, students should avoid carrying school bags which exceed 10% of their body weight for long periods of time. Students should pack their schoolbags and prepare the required textbooks every day, and should not bring too many unnecessary items to school. Reducing the weight of students' schoolbags effectively depends on cooperation between parents and the school to teach children to pack schoolbags according to daily schedule.

In order for parents to clearly understand the school's suggestions and arrangements for reducing the weight of school bags, please refer to the following to reduce the weight of school bags. We have included some suggestions below to help parents reduce the weight of their children's bags:

Items	Suggestions for reducing the weight of schoolbags
Schoolbag	<ol style="list-style-type: none"> <li>1. It is advisable to choose a light and durable school bag.</li> <li>2. It is advisable to adopt the double-shoulder style, with wide and padded shoulder straps.</li> <li>3. If a schoolbag is still too heavy after packing it according to the daily schedule, it is advisable to carry a small handbag.</li> </ol>
Each subject	<ol style="list-style-type: none"> <li>1. Choose the books, books and supplies that need to be brought to school according to the schedule each day.</li> </ol>
Stationery	<ol style="list-style-type: none"> <li>1. It is advisable to choose a lighter cloth or soft rubber pencil case.</li> <li>2. The number of stationery items should be below ten. (Suggestions: three pencils, one eraser, one ruler, one highlighter, and one red and blue ballpoint pen)</li> </ol>
Daily necessities	One pack of tissues and two masks.
Drinking water	Bring a bottle of water, which can be replenished at the drinking fountain during breaks.

Visual Art supplies	Visual Art supplies are stored in art boxes and placed in classrooms, so children do not need to carry them every day.
Readers	When borrowing books, pay attention to the thickness of the books, and do not borrow three books that are too thick at one time.

In addition, the school will also weigh schoolbags for students from 20<sup>th</sup> March (Monday) to 24<sup>th</sup> March (Friday). If a student's schoolbag is found to be too heavy, the parents will be notified about the situation for follow-up.



Mr Yung Chi Ming (Supervisor)  
Ms Kwok Yuen Ki (Principal)

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**Reply Slip**

Circular NO. 183E/22

I have read the School Notice about “Reducing the weight of schoolbags”, and I will encourage my child to pack his/her schoolbag according to the daily schedule.

Name of Student : \_\_\_\_\_ Class : \_\_\_\_\_ Class No : \_\_\_\_\_  
Signature of Parent : \_\_\_\_\_ Date : \_\_\_\_\_