



St. Joseph's School

Gohpur, Biswanath, Assam, 784168

NOTICE TO PARENTS

Dear Parents/Guardians,

As per the **National School Bag Policy, 2020**, the school is taking necessary steps to reduce the burden of heavy school bags on students. The policy emphasizes that students should bring **only the books and one notebooks required according to the daily timetable**.

Therefore, all parents are requested to:

1. Arrange your child's school bag **strictly according to the day-wise timetable**.
2. Ensure that only the required textbooks and **one out copy/notebook** for the day's classes are kept in the bag.
3. Do not send any extra books, notebook, toys, drawing materials, or unnecessary items unless specifically instructed by the school.
4. **Students should carry only:**
 - Required books as per timetable and no **Tuition Copies**.
 - One out copy/notebook
 - Tiffin Box
 - Water Bottle (Should not Exceed 1 liter.)
5. Kindly check your child's school bag every evening to ensure compliance with the timetable.

Your cooperation is essential in helping us maintain the prescribed bag weight and promote the health and well-being of our students.

A copy of the **School Bag Weight Policy and Parent Contribution Guidelines** is attached herewith for your reference and strict compliance.

We look forward to your wholehearted support in this important initiative.

Principal
St. Joseph's High School
Gohpur, Biswanath (Assam)
Pin-784168



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1.0 PARENTS CONTRIBUTION

The **Government of Assam** has adopted the **National School Bag Policy, 2020** to ensure that students do not carry excessively heavy school bags. The policy aims to protect children from health issues caused by carrying unnecessary weight and encourages schools and parents to work together in reducing the burden of school bags.

PRESCRIBED SCHOOL BAG WEIGHT LIMITS

CLASSES		Weight
CLASS	NURSERY – KG	MINIMAL LOAD
CLASS	I – II	1.5 KG
CLASS	III – V	2 KG – 3 KG
CLASS	VI - VII	4 KG
CLASS	VIII – IX	4.5 KG
CLASS	X	5 KG

1.1.1 Encourage your children to arrange the books on daily basis.

Make it a habit for your children to check and remove extra clutter papers and broken stationaries, etc.

Note: Parents are requested to follow the timetable strictly. **From tomorrow onwards, all school bags will be checked daily.** Kindly ensure that only the required books, one outcopy, tiffin box, and water bottle are sent to school. Thank you for your cooperation.

Principal

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