

Tender Heart High School, Sector 33-B, Chandigarh
NOTICE regarding reduction in the Load of School Bags
for Class Nursery to Class X

13.10.2025

Dear Parent/s,

As per the advisory issued by the *Directorate of School Education, Chandigarh Administration* regarding the reduction in the load of school bags, parents are requested to ensure that their ward carries only the required books and notebooks as per the day's timetable. Carrying unnecessary items increases the weight of the school bag and may affect your ward's health.

Please follow the guidelines given below:

1. Ensure that your ward brings only the books and notebooks as per the day's timetable.
2. Help your ward keep the school bag neat and well-organized.
3. Avoid sending extra storybooks, toys, or stationery items unless instructed by the teacher.
4. Avoid sending heavy water bottles from home. Students may refill their bottles in school as clean and safe drinking water is provided.
5. Encourage the use of lightweight school bags with wide, padded straps. Students should always use both straps and avoid carrying the bag on one shoulder.
6. Instruct your ward to keep the school bag down while waiting for conveyance.
7. Ensure that the total weight of the school bag remains within the prescribed limits mentioned below:

Class	Permissible Bag Weight
I & II	up to 1.5–2.0 kg
III–V	up to 2.0–3.0 kg
VI–VII	up to 4.0 kg
VIII–IX	up to 4.5 kg
X	up to 5.0 kg

Your cooperation in implementing these measures will go a long way in ensuring the health, comfort, and well-being of students.

Principal