



To:

All Heads of Schools Affiliated to CBSE

18th April 2016

NOTIFICATION

THE BURDEN OF LEARNING- HEAVY BAGS !



The CBSE has issued advisories from time to time, vide circulars nos. 07/2006, dated 4.5.2006, 21/2007, dated 17.4.2007, and 43/08 dated 27.10. 2008, that have directed schools to restrict the number of textbooks students carry to school in an effort to reduce the weight of school bags. Indeed, CCE recommends that a variety of learning experiences that **focus on knowledge -creation and problem -solving** which are **in class /in school, interdisciplinary in nature, and group work-based**, will help reduce the burden of heavy school bags that most students are required to carry every day. Schools may adopt some of the suggestions given below, or come up with their own :

Suggestions:

- ✓ Parents/teachers to ensure that students carry books only according to the time -table.
- ✓ School heads and teachers should ensure that senior students bring books according to the time-table, and discourage them from carrying heavy 'reference' books or other such materials to school.
- ✓ Ensure that the school curriculum supports more activity-based, ICT- supported learning for all the main subjects in all classes, as far as possible.
- ✓ Homework is to be '**staggered**' to prevent overload. Academic co-ordinators/supervisors may monitor this.
- ✓ Explore the possibility of block scheduling of subject classes in the class time -table.
- ✓ Co-curricular activities should be conducted every day, and scheduled in the time-table accordingly, to ensure the **balance of bag weight throughout the academic session**.
- ✓ School Heads should counsel parents and teachers about developmental issues rising out of children carrying heavy bags to school.
- ✓ Restrict the number of text books to the prescribed norms [NCERT], particularly at the primary and upper primary levels.
- ✓ Books should not be covered with non-biodegradable plastic sheet.
- ✓ Schools may continue the practice of maintaining and keeping books of students up to class II in the school.
- ✓ Schools may provide racks with locks in all classrooms, where reference books, sports equipment/uniforms etc can be safely stored without needing to be carried to school
- ✓ Set up class libraries in order to promote reading habit.
- ✓ **Students are to be advised as a part of Health Education, to carry well -designed backpacks correctly, to promote good posture.**

The Board recognises that, maintaining a healthy body for later life, and promoting a balanced approach to life and learning for our students is the top priority. *The collaborative effort of all stakeholders will achieve this important goal. Please note that, a large number of activities included in the revised course books closely inter-link learning of concepts with reflective thinking, and students' taking responsibility for learning inside and outside the classroom. Thus, these textbooks provide freedom to both the teacher and learner to improvise, innovate, create and think beyond the prescribed curricula.*

Therefore, all School Heads are requested to discuss the issues and alternatives given in the notification with all their stakeholders in order to ensure their effective implementation, without imposing any financial burden on the parents. For clarification, if any, please write to: rajeswary.cbse@gmail.com

Sd/-

Additional Director (Research & Innovation)