

PODAR INTERNATIONAL SCHOOL

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Dear Parents,

In our continued effort to support the physical and mental well-being of our students, we are pleased to share a few amendments aimed at reducing the weight of school bags and minimizing the burden on students.

Timetable and Subject Load

- The daily class timetable will include only 2 to 3 main subjects per day.
- Students are expected to carry only those books as per the daily timetable.
- In the updated timetable, specific parts or sub-books of a subject will be mentioned separately to avoid carrying full sets unnecessarily.

School Bag Guidelines

- Parents are advised to buy lightweight, appropriately sized school bags (available on www.shopforschool.in). The bags should be comfortable and easy for children to carry.
- Bulky or oversized bags place undue pressure on children's shoulders and are to be strictly avoided.
- Students must pack their bags as per the timetable only. No extra books or materials should be carried.

Lunch and Water

- Kindly provide your child with a separate small bag for carrying their lunch box and water bottle. This will help distribute weight and keep school materials safe from spills.

Workbooks and Stationery

- All workbooks and frequently used materials will be kept in the classroom to minimize daily load.

We seek your cooperation in ensuring that your child follows these guidelines diligently. With your support, we can make their school experience safer, healthier, and more enjoyable.

Warm regards,
Principal