



دي بي اس - المدرسة الهندية الحديثة
DPS - MODERN INDIAN SCHOOL

Doha-Qatar

Celebrating 25 Years of Excellence in Education



DPS MODERN INDIAN SCHOOL – MEDICAL TEAM NEWSLETTER

SEPTEMBER 2025

Healthy Backpacks: Preventing Posture Problems in School Children

Dear Parents,

At DPS-Modern Indian School, we believe that learning should nurture both the mind and the body. In line with this philosophy, the school has adopted several thoughtful measures to ensure that students are not physically overburdened while pursuing academic excellence.

Bagless Days in Junior School



The Junior School has introduced Bagless Days to make learning lighter, joyful, and experiential. Bagless Day breathes life into learning by shifting the focus beyond textbooks to the holistic development of the head, heart, and hands.

It offers students a much-needed, joyful break from routine academics while promoting creativity, curiosity, and collaboration. Aligned with the vision of the New Education Policy (NEP) 2020, Bagless Day emphasizes reducing rote learning and encouraging competency-based, hands-on education.



Lockers for Convenience

To reduce the daily weight students carry, lockers have been provided in the classrooms. This facility allows children to safely store their books and materials, ensuring they only carry home what is essential for assignments and revision.



Balanced Timetables



The academic timetable is carefully structured to prevent overload. By ensuring a well-spread schedule of subjects, the school minimizes the need for carrying multiple heavy textbooks on the same day. Students are encouraged to bring only what is required as per the day's timetable.

Practical Tips for Healthy Backpacks

To further support our students, parents are requested to keep in mind:

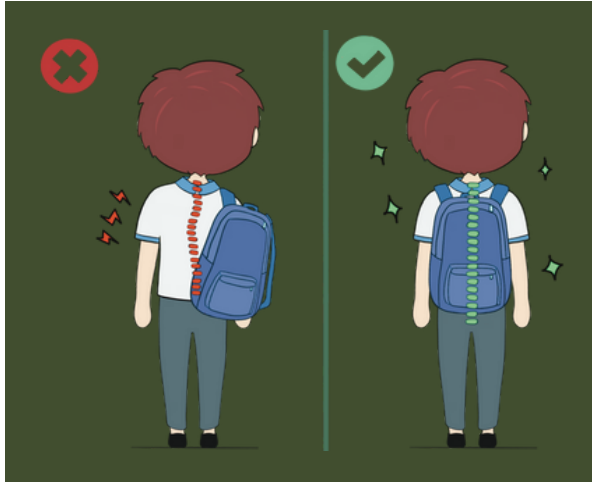
1. The "10-15% Rule" for Backpack Weight

A backpack should never weigh more than 10–15% of your child's body weight. For example, if your child weighs 30 kg, their backpack should ideally be no heavier than 3–4.5 kg.



Regularly check the weight of your child's backpack to ensure it's not excessive. Encourage them to only carry necessary books and supplies for the day.

2. Proper Wearing - The Key to Good Posture



Use Both Shoulder Straps:

Always ensure your child uses both shoulder straps. Slinging a backpack over one shoulder can cause an uneven distribution of weight, leading to muscle strain and spinal curvature.

Adjust Straps Snugly: The backpack should fit snugly against your child's back. The bottom of the backpack should rest in the curve of the lower back, no more than 4 inches below the waist. Loose straps allow the backpack to sag, increasing the pull on the shoulders and back.

Utilize Waist and Chest Straps (if available): Many modern backpacks come with waist and chest straps. These are not just for show! They help distribute the weight more evenly across the body and reduce the strain on the shoulders and back. Encourage your child to use them.

3. Choosing the Right Backpack

Lightweight Material: Opt for backpacks made from lightweight materials so the backpack itself doesn't add significant extra weight.



Two Wide, Padded Shoulder Straps: Look for straps that are at least 2 inches wide and well-padded. This helps distribute the weight comfortably and prevents digging into the shoulders.

Padded Back Panel: A padded back panel provides comfort and protects your child from sharp objects inside the backpack.

Multiple Compartments: Backpacks with multiple compartments help distribute the weight more effectively. Encourage your child to place heavier items closer to the back, centered in the main compartment.

Appropriate Size: The backpack should be proportionate to your child's size. Avoid oversized backpacks that extend too far below their waist.

4. What to Look Out For

Pay attention if your child complains of:



- Back, neck, or shoulder pain
- Numbness or tingling in the arms or hands
- Changes in posture (e.g., leaning forward)
- Struggling to put on or take off their backpack

- If you notice any of these signs, please review their backpack habits and consider consulting a healthcare professional if the problems persist.

If any of these signs appear, review your child's backpack habits and consult a healthcare professional if needed.

By following these simple guidelines, we can collectively help prevent posture problems and ensure our children carry their academic load without compromising their physical health.

Warm regards,
The Medical Team
DPS Modern Indian School

STAY
HEALTHY