



SHIVEDALE SCHOOL

SECTOR – 1 B.H.E.L. RANIPUR HARDWAR



School Bag Policy

SESSION: 2022-23

We at Shivedale, have adopted the philosophy of “Learning by doing”. With this view, the School is following the Bagless pattern of learning in which the child is free from the burden of heavy bags from Class Nursery to Class II from the session 2022-23.

The curriculum is structured keeping in mind the interests & abilities of students which emphasizes on their all-around development – cognitive, physical, social, emotional & sensorial.

Why Bagless?

School education, as a process, has been contributing to the holistic development of children. It also plays a crucial role in providing citizenship education to children in the country. It is an important aspect of an individual’s life too. It not only enlightens one but also opens up many avenues for one’s livelihood. This process normally takes place within the boundaries of a school with a designed curriculum including textbooks. It is facilitated by school staff within the school duration of 4-8 hours daily, from morning till afternoon or evening, for the whole year. If one tries to visualize the schooling process in the present time, one sees an image of a child with a bag on the shoulder. The very posture and the expression on the face of the child give an impression that the bag is very heavy for the child.

The issue of bad posture and backache in children and adolescents has become a current issue in India and abroad. It is frequently addressed in scientific publications. Excerpts from a few are mentioned below—“The school bag is a common cause of backache in school-going children. A heavy bag may cause a child to compensate by leaning his body forward and this can strain muscles in his neck, shoulders and back. The child may also find it difficult to put the bag on and take it off, or he falls frequently in school while carrying his schoolbag”(R.Avantika,et al,2013)

Link:

[https://www.researchgate.net/publication/258127850 Postural Effect of Back Packs on School Children Its Consequences on Their Body Posture.](https://www.researchgate.net/publication/258127850_Postural_Effect_of_Back_Packs_on_School_Children_Its_Consequences_on_Their_Body_Posture)

Kyphotic and balanced body postures dominate during the period of seven to eight years of age. However, when the child begins to attend school, their time spent in a sitting position is extended, which can result in disorders of posture genesis. Hence, this period is called “the first critical period of posture genesis.”

Shivedale school will provide children with learning opportunities linking knowledge with their own experiences, this will help children to engage with familiar and known things. This

will lead them to understand unfamiliar concepts and unknown phenomenon with interest and motivation. Children are natural learners. They learn more when they are stress-free and are in a conducive learning environment. Learning under pressure makes them anxious and lose interest in learning. Their day-to-day life experiences, voices, questions, etc., need to be given adequate space in the classroom and new learning needs to be built upon that. This will make them understand the required concepts rather than rote memorizing. More books and textbooks in general and at the primary stage, in particular, create not only stress of studying but also discomfort carrying those textbooks to school making the bag heavy. We have shifted the school system from textbook-dominated culture to learner-centric competence-based culture to address the problem of heavy bags.

