



Oops !!
I did it again..

Time to pack it right !

With this project, we want to:

1. Enhance the well-being of students
2. Inculcate the value of Responsibility
3. Instill good learning habits (P.O.P)

Plan

Organise

Prioritise



Our End in Mind

FROM THIS...



...TO THIS

School Data



What did we find out with the support of our PSG?



Our Findings - Total Weight of School Bag / Water Bottle / Additional Carriers

	Lower Pri	Middle Pri	Upper Pri
Lightest (kg)	3.0	2.1	4.2
Heaviest (kg)	5.9	8.1	8.7
Average (kg)	4.4	4.9	6.5
Recommended (kg)	< 3	< 4	< 5

Do we really need all these in our bags?



Are our learning materials organised?





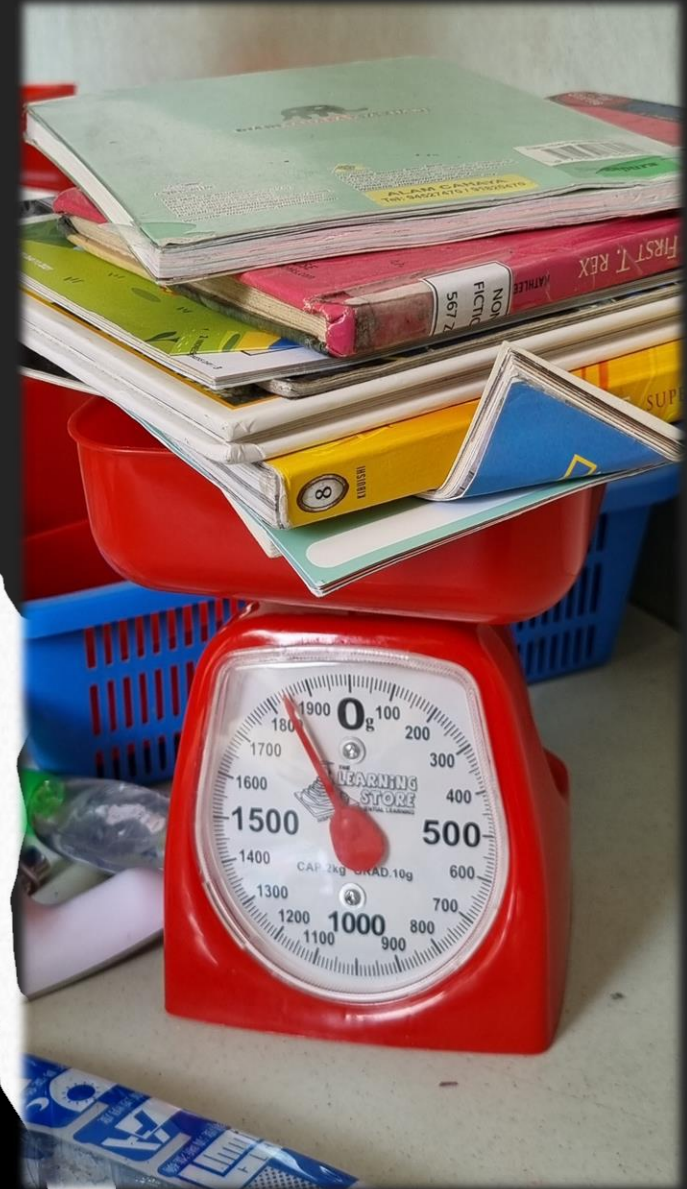
Do you know?

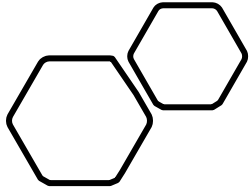
**A 1-litre water
bottle when fully
filled (plastic
/ metal)
weighs near to
1kg**



Do you know?

Having
several story
books could
add about
2kg to the
weight of your
bag





Non-Essential Items Found

Lower Pri

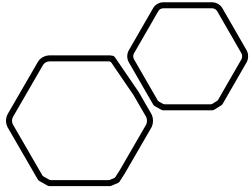
- Flash Cards
- Outdated copies of Kindsville Magazines / Police PAL booklet
- 24-piece colour pencil set

Middle Pri

- multiple highlighters
- several storybooks (heaviest – 1.85 kg)

Upper Pri


- several storybooks (heaviest – 1.85 kg)
- Homework file with lots of unfiled worksheets (1kg – 2.6 kg)



Other Non-Essential Items found

- Assessment books
- Notebooks





Guidelines
from MOE and
our student
handbook



Signature

Date

WEIGHT OF SCHOOL BAG

- The general guideline is for children to carry **no more than 15 per cent** of their bodyweight.
- In practice, that would generally mean **no more than 3.5kg to 5kg** for a child in the first few years of school.
- A child may develop poor posture or a slouching habit as he or she copes with a heavy and poorly positioned bag.
- This increases the **risk of neck and back pain**.

Our Student Handbook stipulates :

School Bag

- Students are to bring only the necessary books for the day, according to the timetable. The following is a guide to the maximum weight of each school bag and its contents for the different levels:

P1 : Not more than 3.0kg

P2 : Not more than 3.5 kg

P3 : Not more than 4.0kg

P4 : Not more than 4.5kg

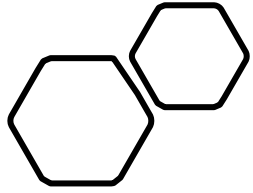
P5/6 : Not more than 5kg

Role of Students



What can I do as a responsible JPS student...

1. Pack schoolbag **daily** – bring only necessary things
2. Bring only **ONE** storybook for reading – preferably not one that is very thick
3. File worksheets **regularly** – bring only those needed
4. Pencil-case should be ‘modest’ in size – you need not bring 6 blue-ink pens and 5 erasers
5. Use a separate folder bag for bulky items such as art folio, files



Choose Wisely

- Light weight and compact umbrella or poncho
- Small bottle of hand sanitiser
- Small packet of tissue paper



Weight of School Bag without non-essential items

**Lower
Pri**

**Middle
Pri**

**Upper
Pri**

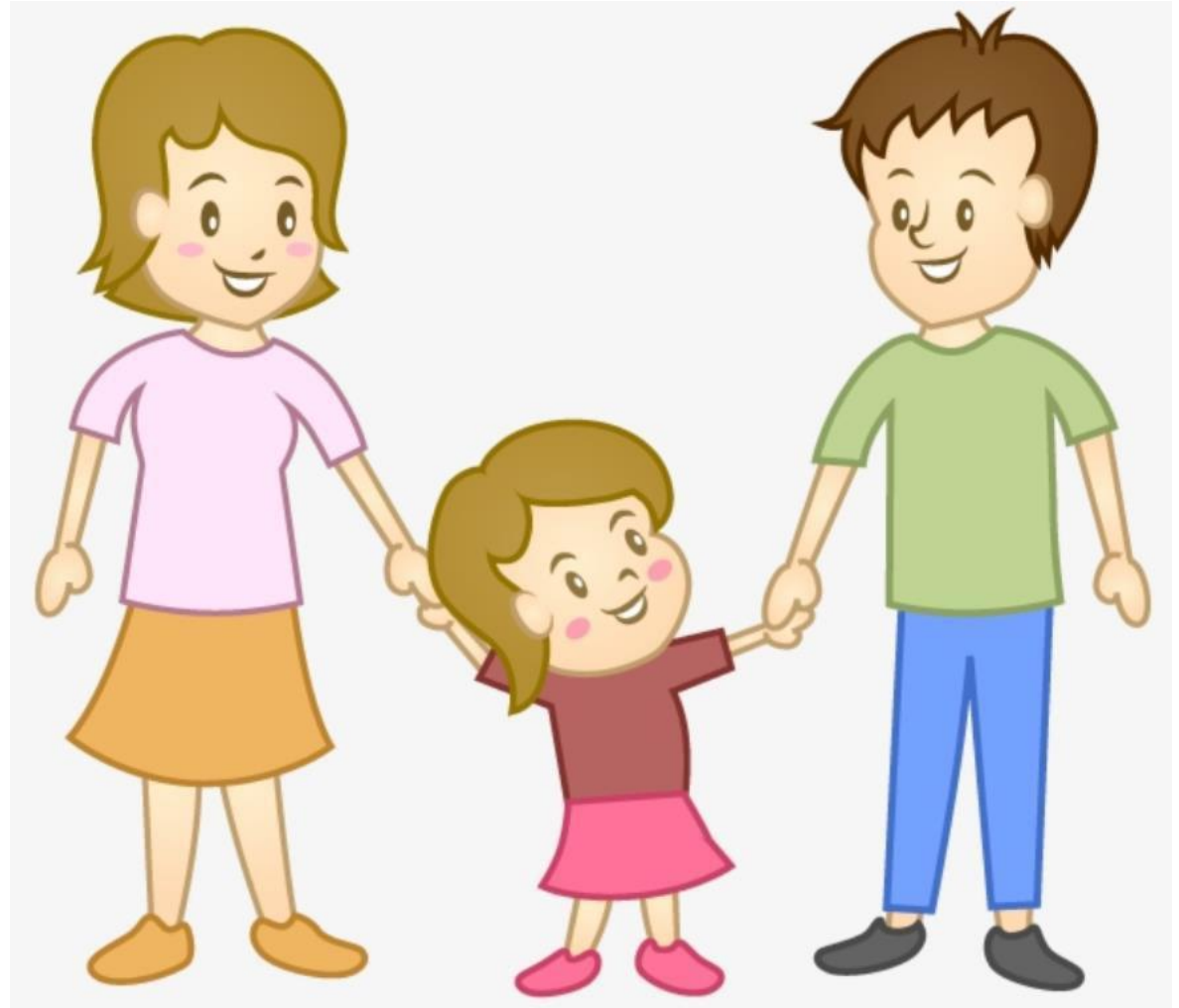
Average (kg)

3.8

4.5

5.5

Support from Parents



Weight of Empty School Bag

	Lower Pri	Middle Pri	Upper Pri
Heaviest (kg)	1.4	1.1	2.1
Lightest (g)	470	570	150



Our Recommendations

1. Get a light-weight school bag. Check the weight of the school bag before buying, anything above 1kg might be too heavy.
2. Pack a disposable poncho or a compact umbrella for wet weather
3. Get a smaller water-bottle; your child can refill in school
4. Help check on your child's daily school bag packing



Our Recommendations

5. Avoid getting metal containers (lunch boxes/water bottles/pencil cases)
6. Advise your child to only bring one storybook a day
7. Homework file should be checked regularly, for student to file up completed worksheets



Together, let's P.O.P and help our school bags lose some weight.

Plan

Organise

Prioritise

