



Para o professor

1.Os professores devem adoptar as folhas soltas ou papel único para indicar os trabalhos em casa, a fim de reduzir o uso dos livros de exercício. O que é fácil de trazer para os alunos e de recolher e corrigir para os professores.

2.Os professores podem arranjar diferentes formas e tipos dos trabalhos em casa, como investigar informações por internet, submetem a experimentação ou fazer um relatório verbal, etc.

3.Os professores devem evitar castigar os alunos que se esqueçam de ocasionalmente trazer os manuais, os cadernos de exercícios ou outras coisas menos necessárias, evitando que eles tragam-nos para escola todos os dias, a fim de reduzir motivos de castigo.

Para os pais

1.Devem comprar a mochila escolar, caixa de lápis e artigos de escritório leves e resistentes e que sejam adequados a forma do corpo da criança.

2.Insistir com as suas crianças para cultivar hábitos de arrumação da mochila escolar todos os dias, conforme o horário escolar, proibindo-lhes de trazer magazines, caricaturas, brinquedos e outras coisas desnecessárias para escola, a fim de treinar a suas capacidades autónomas e de autocontrolo

3.Ensinar as crianças a usar armários da escola para depositar os seus livros, artigos de escritório, ferramentas artesanais, todos os que não precisam de ser trazidos para casa todos os dias.

4.Explicar às crianças os defeitos do sobrepeso de mochila escolar, também instruí-las e demonstrar-lhes o modo e a atitude correctos para trazer a sua mochila escolar.

- Vestem-se as correias dos ombros, mantendo a força igual.
- Colocam-se a parte de travesseiro da correia nas costas.
- Colocam-se as coisas nas diferentes partes da mochila e as mais pesadas no fundo da bolsa, a fim de reduzir o peso.
- Deve-se transportar a mochila abaixo de ombro e acima do quadril, ao mesmo tempo, perto da costa, evitando separar a mochila das costas, prejudicando os ombros.
- É melhor que a mochila tenha faixa da cintura, a fim de carregar parte do peso na cintura, descarregando o peso dos ombros e do pescoço

Div. de Educação Pré-Escolar e Ensino Primário,
Extracto de "Pais Perfeitos", No. 26, Julho de 2009

01

How to Reduce the Weight of Student's School Bag

During school age, a child's bones are in the stage of growing. The bone development flexibility is great, but the burden acceptance and endurance of the muscles are not enough. During this stage, if there is abnormal external force e.g. unhealthy ways of carrying school bag or over weighted school bag, the development of the spine will be affected. Worsen than that, it will change the shape of spine; stress out the muscle and interfere with the normal development of bones.

In fact, complementary measures are needed from many parties to reduce the weight of students' school bags. For that, in the academic year 2006/2007, the Education and Youth Affairs Bureau completed the draft of "Guidelines on Reducing the Weight of Students' School Bags". It hopes that schools, teachers and parents have concern for the problem on the weight of students' school bags; take measures to complement the suggestions mentioned in the above "guidelines" and jointly aim to achieve the objective of reducing the weight of students' school bags.

For the School

The school can lay out suitable and effective strategies and policies according to school's characteristics and conditions. For example:

1.School may hold campaigns on reducing the weight of students' school bags or carry out sample checking to arouse the concern of parents on this problem. When there is student whose school bag is overweight, the school can inform the respective parents immediately.

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2. In case the school provides compulsory and unified school bags, it should consider the designs of school bags to include belts for carrying on both shoulders. These belts should be broad and the materials should be light in weight and durable.

3. According to school's circumstances, the school may make use of available space to provide lockers which allow students to keep their things and goods.

4. The school may allow students to leave behind a set of necessary stationery goods for use in class e.g. scissors, colour pencils and some glue etc. So as to reduce things such as references books, textbooks, assignments, stationery or other things which the students carry between school and home every day.

5. The school needs to pay attention to the arrangement of time schedule for each class. The classes which need many books or heavy things are suggested to be scheduled evenly throughout the week.

6. When school selects textbooks, it should consider the weight and size of the textbooks besides its educational value for teachings.

7. School should avoid selecting textbooks with too many supplements or extra exercise books.

For the Teacher

1. In order to lessen the use of assignments books, it is suggested that teacher should dispatch homework in loose-leaf or single page, which are easy for students to carry and easy for teacher to collect and correct.

2. Teacher may arrange different forms and types of homework for students: to search data from internet, undergo experiments or give verbal reports etc.

3. Teacher should avoid punishing students who occasionally forget to bring textbooks, assignments or other necessary things and goods, so as to avoid making students afraid of being punished and tend to bring unnecessary things to school every day.

For the Parents

1. Parents should purchase light and durable school bags, pencil boxes and stationery goods which are suitable for children's body types.

2. Parents need to insist their children to build up habits of packing school bags every day according to the time schedule and not to bring magazines, caricature, toys or other unnecessary things to school so as to train the children's autonomous and self-ruled abilities.

3. Parents need to teach their children to make use of lockers and not to bring back things which are not necessary for use at home every day e.g. textbook, stationery and appliances for fine arts.

4. Parents should explain to the children the drawbacks of over-weighted school bags; instruct and demonstrate the correct ways and postures of carrying school bags to them:

- To wear straps over shoulders and hold forces evenly;
- To put the cushion part of the straps on the back;
- To put things in different spaces of the school bags for reducing the burden and put the heaviest things at the bottom of the knapsack;
- To carry the knapsack below the shoulder and above the hip; hold closely to the back of the body to prevent excessive pulling on the shoulders and injury to the shoulders;
- It is best to have a waist strap in school bag to load the weight on the waist and unload the shoulders and neck.

Division of Pre-school and Primary Education
Excerpted from:《Perfect Parents》25th Issue, March 2009

