

CHILDREN, SCHOOLBAGS AND WEIGHT

After doing a survey in Grades 5 and 6, we found out that the most of the children come to school on foot, carrying from 3 to 10 kg in their schoolbags:

- 12% of the schoolbags weight from 0 to 3 kg
- 36% from 3 to 5 kg
- 48% more than 5 kg

(Many of them said more than 8 kg)

- 77% say they carry from 1 to 5 books + from 1 to 5 notebooks + pencilcases, folders...everyday.
- 23% carry more than 5 books.

To the question “ Do you need everything everyday?”

- 57% say NO
- 43% say YES

In the classroom we have been working in groups, thinking about the facts of the survey and how we could improve some of them.

This is what the pupils have written:

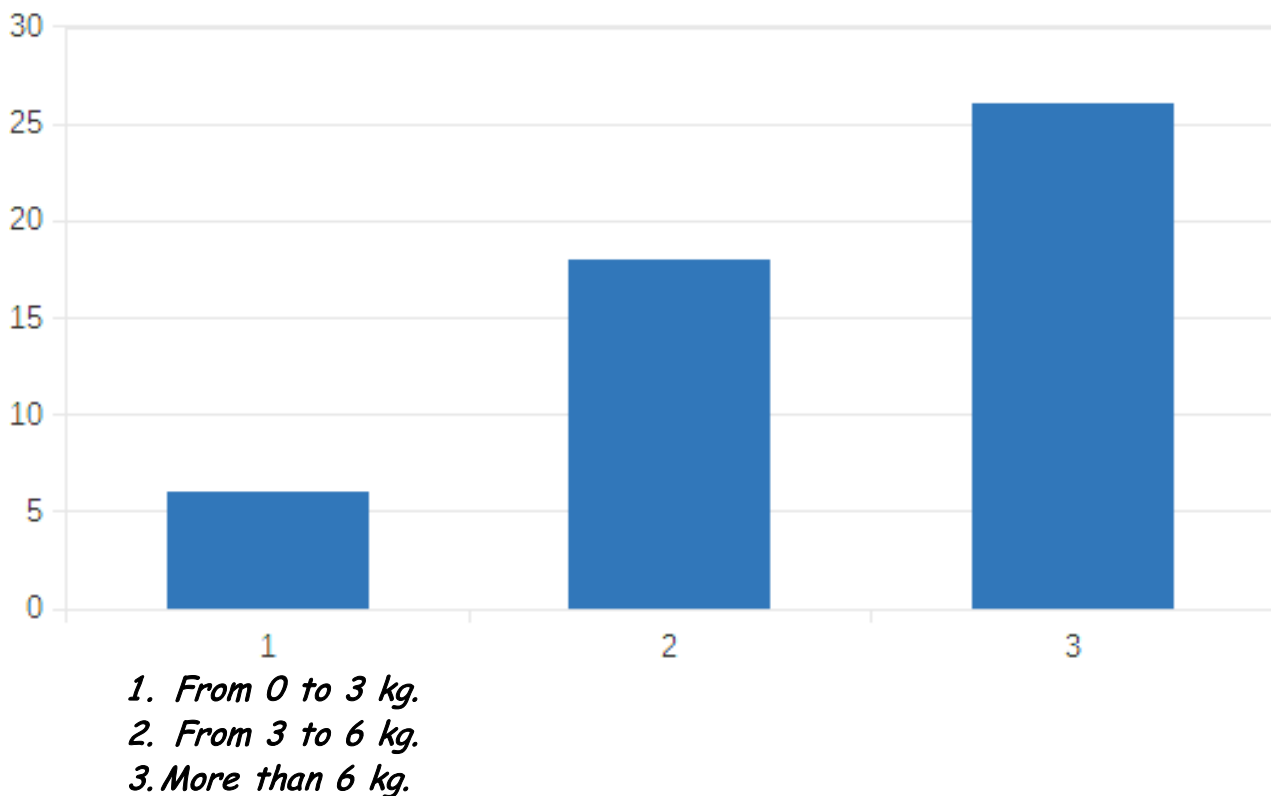
- In general, pupils carry too much weight. Some of us walk 15 to 30 minutes to school everyday, pulling 5 or more kg.
- We think that the most of the children carry everything everyday because it is the easiest option, so you don't have to think what to take and what to leave.
- We don't know how to organize the schoolbags, we need somebody to revise them at home and help us, so we don't forget anything.
- Teachers give us too much homework, we need the books and notebooks at home.
- It's bad to carry that weight, many children got backache...this is not good because we are growing.
- We could have lockers in the classroom because sometimes pens, pencils, etc...are missed. If we can leave things in the classroom we don't need to carry them.

When asked for solutions, they agreed in many of them:

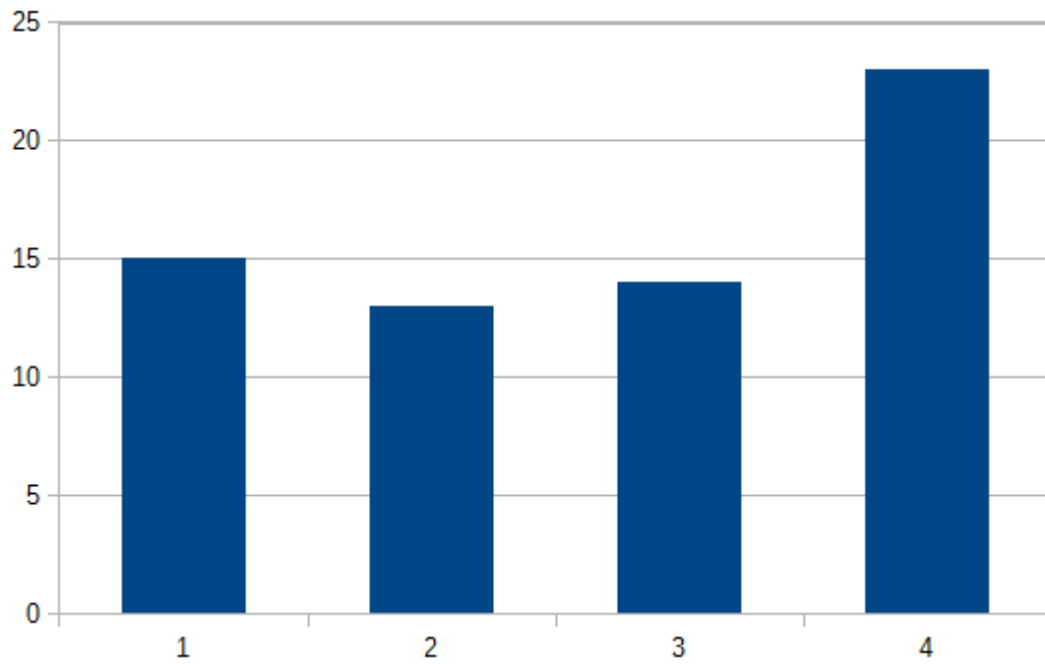
- Teachers don't have to give much homework to pupils,
- To have a folder instead five notebooks,
- Use laptops, ebooks and to work on line,
- Install lockers in the classroom,
- Install mechanical stairs,
- Work on sheets instead of notebooks,
- Four wheels schoolbags,
- And, the most important:

ORGANIZE YOUR SCHOOLBAG AND CARRY ONLY WHAT YOU NEED!!!!

How heavy is your schoolbag?



How far do you live from the school?



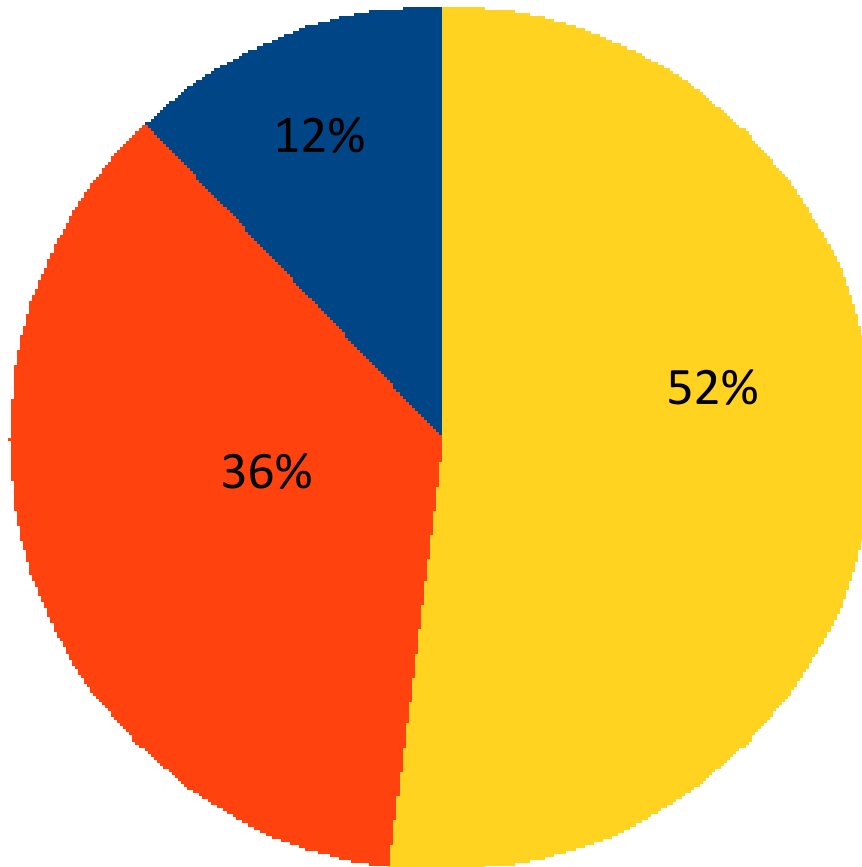
1. On foot

2. 5 to 10 minutes

3. More than 10 minutes

4. By car/bus

How heavy is your schoolbag?



Yellow: More than 6 kg

Orange: From 3 to 6 kg

Blue: From 0 to 3 kg

Grade 5 and Grade 6 pupils. May 2018