

Heavy School Bags* do not Contribute to Scholarship but Curvatures of the Spinal Column

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Additional Points

Introduction of single textbook cum work-book carried in a transparent plastic bag (instead of bulky school bag with many pockets), secured through a digital tag (face, voice and fingerprint recognizable)*, would help reduce bringing of controlled substances and weapons (in particular, guns) to schools, which has been a real problem these days[¶].



Fig. 1. School lockers — are they the ultimate solution to get rid of heavy^π schoolbags?

Same issue should come up with school lockers (Fig. 1). They need to be searched regularly (manually as well as using canine teams and through video surveillance) to check for bringing in/storing of controlled substances and guns[§].

Purchasing one textbook cum work-book every month for their child should, also, release burden from the pocket of parents, who have many school-going children. Each textbook cum work-book should be made available to students on the 7th of each month and cover material to be taught from the 10th of current month to 9th of next month. This arrangement is suggested to facilitate the parents, who'll have to make payments for various textbooks cum workbooks for many of their children and they can do so after they receive their monthly salaries. In this set up, plastic sheets to cover textbooks cum workbooks would not be needed as these books have to be used for only one month, which should further reduce expenses from the pocket of parents.

At the start of an academic year, parents have to buy school uniform, shoes and lunch boxes for their sons and daughters, in addition to textbooks, workbooks, classwork copies and homework copies (plastic sheets and transparent tapes are needed to put on the cover of each textbook, workbook and copy so that they last for one year adding to the weight and the cost).

Web address of the main document: https://www.ngds-ku.org/Presentations/School_Bags.pdf

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*The purpose of digital tag is to secure the contents of the bag (textbook cum workbook), which may not be accessed by a fellow student, resulting in unwanted scribbling/writing and unauthorized access of one's work. A digital tag would help identify the item, if it is misplaced/stolen.

[¶]See the keynote-lecture abstract by the corresponding author, *Handling Trouble Making and Troubled Students*
https://www.ngds-ku.org/Presentations/Trouble_Making.pdf

^πNot only bags, which are heavy and worn on one of the shoulders, are harmful for the health of the student's spinal column, but also, if they are asymmetrically-stuffed with books and copies, they should produce the same effect as those, which are worn on the individual's left or the right shoulder only. Parents and teachers should, periodically, check and train students to symmetrically distribute load in their schoolbags. A high-tech solution may be to attach a sensor/an indicator on the outer side (opposite the strap side) showing any asymmetrically-stuffed books and copies as well as ratio of weight of schoolbag to student's weight.

[§]Gym and school lockers should have glass doors on the front and the back, so that they can be seen from outside. Further, there should be lights installed inside the lockers to facilitate search of lockers without opening them.