

## Report on heavy school bags

### I. Introduction

Over the last school term, different problems of students carrying heavy school bags have been emerging continuously. Not only is this problem affecting our schoolmates, but it is also common in our society. This report will analyse the issue of heavy school bags, and propose measures that can be undertaken to tackle this problem.

### II. Findings

According to a recent survey conducted by CUHK, the majority of students carrying heavy school bags is due to the large number of textbooks used during lessons. Additionally, primary school students, who do not have access to lockers in their classrooms like secondary school students, often have to carry heavier bags. Furthermore, heavy school bags can lead to various health problems, such as back pain. Renowned pediatrician Dr. Chan has also raised concerns about this issue, citing potential long-term physical issues for students.

### III. Conclusion

To sum up, heavy school bags can be a serious problem among Hong Kong students as they have to carry this weighty load every day. To relieve students from this heavy burden, immediate action must be taken.

### IV. Recommendations

To prevent school bags from becoming a heavy burden, it is essential to increase the number and size of lockers as well as implementing better lesson timetables. To begin with, providing spacious lockers can allow students to store their textbooks efficiently, so that they do not have to carry all the books away from or back to school. Secondly, revising the lesson timetable to limit the number of subjects to 3-4 each day can significantly reduce the weight of students' school bags. Additionally, exploring the use of e-books or digital versions of textbooks and implementing policies to limit the number of materials students need to bring to school each day can also reduce the weight of school bags and promote a more efficient learning environment. With the above solutions, it is hoped that the issue of heavy school bags will be alleviated.

