

**RGS/072/2022-2023
07.09.2022**

GOOD POSTURE

Dear Parent,

“A good stance and posture reflect a proper state of mind.”

School and home, both, have the advantage of dealing with innocent, receptive and credulous young people - who like wet clay can easily be moulded. Today's children are prone to back aches because their back muscles were under developed or weak. This is owing to leaning or slouching over screens and spending more time indoors. A poor posture not only affects the students physically, but also their psychology. Poor posture is bad for everyone.

Students spend a lot of their time learning in classrooms, doing assignment in front of the laptop or studying for their examination while sitting. RGS ensures children are seated correctly, have plenty of breaks, and are engaged in physical activity that keeps them moving from time to time. Our benches are age-appropriate neither too big nor too small for the students and vary from class to class. In a 40-minute lecture, we have included activities to ensure that students remain active. For instance, during a science class students understand the concept at their desk and then the teacher might take them outdoors for observation or do some activities in the classroom

In order to bring these concepts into reality, we seek your kind cooperation on the following aspects that will make our system more robust and extend convenience to the parents:




- ✓ To begin with, parents need to explain the 90-90-90 rule to children. The back and the thighs should form a 90-degree angle while sitting; knees should also be at a 90-degree angle, and the feet and the ankle should be at a 90-degree angle as well.
- ✓ Parents should invest in an ergonomic desk, an adjustable chair of the right size, laptop stands that can be adjusted to make sure they are at the right height.
- ✓ At the same time, the study area should be properly illuminated to reduce the strain on the children's eyes.



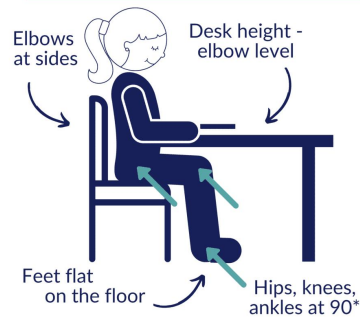
HAPPY LEARNING ADVENTURES



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Student Sitting Posture



- ✓ Children should be seated with their neck and back straight, elbows relaxed, with adequate support. Feet should also firmly rest on the ground or on a footrest to avoid awkward knee and foot postures.
- ✓ Playing outdoors or taking up sport is one of the best ways for students to strengthen their back muscles.
- ✓ When you notice your kid's posture is poor, give a gentle reminder. A word of praise when your child is properly sitting or standing can go a long way.
- ✓ Present the right posture in front of Children and make it a habit.

"A strong confident person can rule the room with knowledge, personal style, attitude and great posture."

Let's together help the children for their better life.




Team RGS



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