



School Policy on the Weight Limits of School Bags

Purpose

This policy aims to promote the health, safety, and well-being of students by ensuring that school bag weights remain within safe limits, in accordance with ADEK UAE guidelines and international health recommendations. Excessive school bag weight can contribute to long-term spinal, muscular, and postural issues in children and adolescents.

Policy Statement

The school recognizes the importance of minimizing physical strain on students. All stakeholders shall adhere to the prescribed maximum weight limits for school bags and collaborate to raise awareness and implement effective practices.

Guidelines and Provisions

1. Maximum Weight Limit

A student's school bag must not exceed 10% of their individual body weight.

In some cases, especially for younger students or those with health conditions, the limit may be adjusted to 5-7%, based on the recommendation of a healthcare professional.

2. Consideration of Individual Factors

Teachers and parents must be mindful of each student's:

- Age and body weight
- Physical strength and fitness
- Existing musculoskeletal or health conditions

3. School Responsibilities

- Ensure curriculum planning minimizes the need to carry multiple heavy textbooks.
- Promote the use of lockers or cubbies, where available.
- Integrate digital resources and online assignments to reduce the need for physical books.
- Communicate this policy regularly to parents through circulars, orientations, and the school website.
- Schedule periodic checks to monitor school bag weights.

4. Teachers' Responsibilities

- Avoid assigning homework that requires students to carry multiple textbooks.
- Coordinate with other subject teachers to manage overall workload.
- Encourage students to bring only necessary materials for the day.

5. Parents' and Guardians' Responsibilities

- Weigh and check their child's school bag regularly.
- Label books clearly and pack bags with only essential items.
- Encourage use of ergonomic, padded backpacks with two shoulder straps.
- Monitor any signs of discomfort, fatigue, or pain in their children.

6. Student Responsibilities

- Pack only required books and materials.
- Use both shoulder straps to distribute weight evenly.
- Keep bags organized to avoid carrying unnecessary items.

7. Monitoring and Evaluation

- The School Health and Safety Officer in coordination with class teachers will conduct random bag checks once every term.

- Feedback from students, parents, and teachers will be collected to assess the policy's impact and areas for improvement.

8. Communication of the Policy

- This policy shall be shared with all stakeholders at the start of each academic year.
- It will also be included in the student handbook and uploaded to the school website.
- Parent-Teacher Meetings (PTMs) will include reminders and discussions regarding school bag weight management.

Maximum Backpack Weight Limit per Grade

Grade/Year	Max. Backpack Weight*
KG1 / FS2	Not exceed 2 kgs
KG2 / Year 1	
Gr 1 / Year 2	
Gr 2 / Year 3	
Gr 3 / Year 4	Not exceed 3 to 4.5 kgs
Gr4/ Year 5	
Gr 5 / Year 6	
Gr 6 / Year 7	Not exceed 6 to 8 kgs
Gr 7 / Year 8	
Gr 8 / Year 9	
Gr 9 / Year 10	Not exceed 10 kgs
Gr 10 / Year 11	
Gr 11 / Year 12	
Gr 12 / Year 13	

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