

## SCHOOL BAG POLICY

### I. INTRODUCTION

Scientific studies support the fact that carrying heavy school bags present longterm effects. According to research, it is recommended that a child's bag is not to exceed 20% of their body weight in order to avoid adverse effect on the spine and body. To ensure the well-being of students, a policy has been developed to limit school bag weight.

### II. OBJECTIVES

- Encourage students to wear bags appropriately with both should straps and not one single strap over the shoulder.
- Encourage the use of wide, padded, adjustable school bag straps that fit the student's body.
- Raise students' awareness about school bags by using a hanging scale in the classrooms, allowing them to weigh their school bags to determine whether it is too heavy.

### III. IMPLEMENTATION

- The school will provide weighing scales allowing students to check their bag weight, which will help determine whether their bag weight is exceeding the limit.
- Supervisors and teacher assistants will be responsible for the effective implementation of the policy under the supervision of the principal or SLT member delegated by the principal.
- The school will inform parents of their responsibilities regarding the bag policy to ensure that the bag weight is appropriate before sending students to school.



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Grade / Year	Max Backpack (Weight (KG))
KG1/FS2	2.2
KG2/ Year 1	2.4
Gr 1 / Year 2	2.6
Gr 2/ Year 3	3.0
Gr 3/ Year 4	3.4
Gr 4/ Year 5	3.8
Gr 5/ Year 6	4.1
Gr 6/ Year 7	4.5
Gr 7/ Year 8	5.0
Gr 8/ Year 9	5.8
Gr 9/ Year10	6.5
Gr 10/ Year11	7.3

(Source: Maximum school bags weight was calculated based on WHO Child Growth Standards)

#### IV. MONITORING, EVALUATING AND REVIEW

- The school will check the weight of student bags daily to ensure it aligns with the policy requirements.
- Continuous monitoring and evaluation will be done under the supervision of the principal and/or a SLT Member.
- Further review will be conducted in accordance to ADEK Guidelines.



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