

# Al Ittihad National Private School Al Ain



## Limiting School Bag Weight Policy AY 2025-2026

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## I. Introduction

“A step forward to protect our children’s health and to build our nation’s future.”

As custodians of children’s wellbeing, Al Ittihad National Private School – Al Ain designed this policy, in accordance with ADEK Guidance, to address the potential long-term effects of students carrying heavy school bags. It is recommended that a child’s bag does not exceed

5-10% of their body weight to avoid adverse effects on their spine and body. To ensure the wellbeing of students, it is important to implement a policy on limiting school bag weight.

## II. Objectives Of the Policy

- Revisit the homework policy to ensure it allows flexibility, such as asking teachers to give handouts or workbooks that can be used for homework assignments.
- Encourage the use of ergonomic school bags with individualized compartments to efficiently hold books and equipment.
- Encourage students to wear both shoulder straps and not sling a school bag over one shoulder.
- Encourage the use of wide, padded, adjustable school bag straps that fit the student’s body.
- Provide students with adequate storage in line with health and safety standards.
- Raise student’s 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

Implementation Of the Policy in The School:

The following steps are taken for the effective implementation of the Policy:

- Introduced weighing scale in students’ entrance doors which allow children to check their bag weight and help them determine whether their bag weight is exceeding the limit.

- The Section Supervisors will be responsible for the effective implementation of the policy under the supervision of the Lead Supervisor and the Section Principal.
- Awareness to the parents regarding the policy and their responsibility to ensure the bag weight before they are sending their child to school.

The following table depicts the maximum weight of backpack which a child can carry according to the grade they study.

| Grade | Maximum Backpack Weight (KG) |
|-------|------------------------------|
| KG1   | Not exceeding 2 kgs          |
| KG2   |                              |
| Gr 1  |                              |
| Gr 2  |                              |
| Gr 3  | Not exceeding 3 to 4.5 kgs   |
| Gr 4  |                              |
| Gr 5  |                              |
| Gr 6  |                              |
| Gr 7  | Not exceeding 6 to 8 kgs     |
| Gr 8  |                              |
| Gr 9  |                              |
| Gr 10 | Not exceeding 10 kgs         |
| Gr 11 |                              |
| Gr 12 |                              |

#### IV. Monitoring, Evaluation and Review

The school will have a daily basis checking of bag weights of the students to ensure their wellbeing. Continuous monitoring and evaluation will be done under the supervision of Section Supervisors and Section Principals and review of this policy in accordance with ADEK guidelines.

## V. Disclaimer

### Disclaimer

This policy was developed by Al Ittihad National Private School-Al Ain. It is intended for use exclusively by school staff and students. Any external use, whether in whole or in part, requires management approval. Any exceptions to this policy must also be approved in advance by the school management.

### Limiting School Bag Weight Policy

Date created:

Date reviewed: