

Al Ittihad National Private School

Khalifa



Limiting School Bags Weight Policy AY 2025-2026



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Introduction

We are committed to ensuring the wellbeing of entire Al Ittihad National Private School – Abu Dhabi (INPS-AD) students. Promoting personal development and growth into healthy adults are part of our priorities as identified in our Strategies that Support the Vision and Mission.

Objectives

Redosing the student bag weight to the minimum, ensuring it does not exceed 20% of the student's total body weight.

Approved school bag weight

Grade	Max. Backpack Weight (KG)
KG1	2.2
KG2	2.4
Gr 1	2.6
Gr 2	3.0
Gr 3	3.4
Gr 4	3.8
Gr 5	4.1
Gr 6	4.5
Gr 7	5.0
Gr 8	5.8
Gr 9	6.5
Gr 10-12	7.3 - 7.5



Strategies

- E-Books: The use of E-Books for the core subjects, to reduce the bag weight for all grade levels (K-Gr 12).
- Student assignment: Provide hand-out sheets for the students as homework and submit their assignments electronically as well.
- Encourage the use of ergonomic school bags with individualized compartments to efficiently hold books and devices, using the 2 wide shoulder straps and wearing them properly.
- Using the classroom bookshelf is available in the classroom to store their materials and class resources.
- Raising the students' awareness about the importance of the student bag weight and its impact on their spinal health and overall body growth.

Monitoring and Review

The school academic and administrative teams are committed to monitoring the students' bags as a part of their ongoing supervision tasks, while the school clinic has embedded awareness sessions in their yearly health awareness program.

Tips for Choosing a good backpack:

- Choose a Backpack with wide padded shoulder straps.
- Wear both shoulder straps to prevent shoulder alignment issues.
- Never overpack! Your backpack should not exceed 20% of your body weight (use the bag weight table attached).
- Always lift your backpack by squatting down and using your legs to lift not your back.
- Look for a backpack with a waist and chest belt to better distribute heavy Loads.
- Position the Backpack below your shoulder and above your hips.
- A backpack with multiple compartments can better distribute the load.
- Encourage your child to remove their backpack when waiting in line or standing for a long time.
- Clean and reorganize your backpack every weekend according to the weekly plan and remove unused items that may be weighing you down.
- Look for a backpack that stands upright when placed on the ground.



Disclaimer

Disclaimer

This policy was developed by Al Ittihad National Private School-Khalifa. 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.

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Date created:

Date reviewed: