



St. Joseph's School Abu Dhabi

POLICY ON LIMITING SCHOOL BAG WEIGHT

INTRODUCTION TO THE POLICY:

“A step Forward to ensure our children’s health and our nation’s future.”

As custodians of children’s wellbeing, we at St. Joseph’s School would like to address the potential long-term effects of students carrying heavy school bags. It is recommended that a child’s bag does not exceed 20% of their body weight to avoid adverse effect on their spine and body. To ensure the wellbeing of students it is important to implement a policy on limiting school bag weight.

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.

IMPLEMENTATION OF THE POLICY IN THE SCHOOL

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

- Introduced weighing scale in classrooms which allow children to check their bag weight and help them to determine whether their bag weight is exceeding the limit.
- School Wellness teacher and Physical education in charge will be responsible for the effective implementation of the policy under the supervision of the Principal.
- Awareness to the parent regarding the policy and their responsibility to ensure the bag weight before they are sending their child to the school.

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

Grade / Year		Max.Backpack
(US)	(UK)	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 Chart

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 Principal and review this policy in accordance with ADEK guidelines.

Prestina Rocha

Sr. Suranjana (Prestina Rocha)
Principal



Review Date: **31st March 2025**