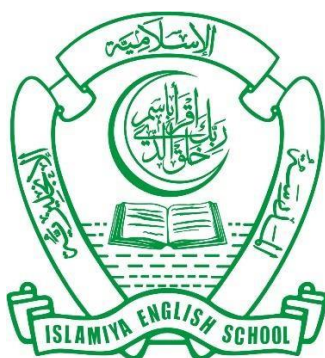


SCHOOL BAG POLICY

(Revised in Aug 2025)



Islamiya English School Abu Dhabi LLC



ISLAMIYA ENGLISH SCHOOL
Abu Dhabi L.L.C.



High
Performance
Learning



المدرسة الإسلامية الإنجليزية
أبوظبي

POLICY ON LIMITING SCHOOL BAG WEIGHT

INTRODUCTION:

"Recognizing health as an integral part of excellence in education and enhancing the procedures to eliminate any disparities."

We at Islamiya English School, believe that prioritizing health in schools yield lifelong benefits. Following ADEK'S recommendations and ensuring the wellbeing of our students, 'limiting school bags policy 'is in place. The policy is formulated in line with the directives received from ADEK and addresses the great concerns of all stakeholders. As per policy, a child's bag should not exceed 20% of his/her body weight to avoid adverse effect on his/her spine and body. All measures are taken in earnest to bring relief to school children in this regard. The policy not only reduces the burden on their backs but also lessens the mental baggage they carry every day to school. It is a step forward changing the perception of studies literally being a burden.

OBJECTIVES:

- Revisiting the homework policy to ensure it allows flexibility, such as asking teachers to give handouts or workbooks that can be used for homework assignments.
- Encouraging the use of ergonomic school bags with individualized compartments to efficiently hold books and equipment.
- Advising students to wear both shoulder straps and not sling a school bag over one shoulder.
- Promoting the use of wide, padded, adjustable school bag straps that fit the student's body.
- Providing students with adequate storage (lockers in classrooms) in line with health and safety standards.
- Raising 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.

EXECUTION:

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

- All concerned teachers are responsible for informing their students in advance about

notebooks and books to be brought to school every day or on a specific day.

- Children plan their backpacking schedule and learn to take the responsibility of their belongings.
- Respective teachers conduct frequent bag checking to ensure students are not carrying unnecessary books or materials.
- Weight of the school bags are always monitored and checked on regular basis with a digital weighing machine available.
- 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 Physical education in charge is responsible for the effective implementation of the policy under the supervision of the Heads, Vice-Principal and 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 (US)/(UK)	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

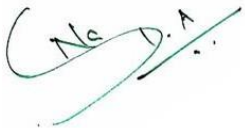
Source: Maximum school bags weight was calculated based on WHO Child Growth Chart.

MONITORING, EVALUATION AND REVIEW:

The school has 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.

Policy Review

The School Leadership team is responsible for ensuring the annual review of this policy.

Draft Date:	04/07/25
Approved By Board of Governors:	Approved
Principal Approval:	
Review Date:	22/08/25

The End.

