



## School Bag Weight Policy-2026

### Introduction

At Shaikh Khalifa Bin Zayed Bangladesh Islamia School, Abu Dhabi, the health, safety, and well-being of our students are our highest priorities. Carrying excessively heavy school bags may lead to back pain, poor posture, muscle strain, and other long-term musculoskeletal problems. In line with the Abu Dhabi Department of Education and Knowledge (ADEK) Health, safety and Wellbeing Policy, the school is committed to ensuring that every student's school bag remains within the recommended safe weight limit to promote a healthy learning environment.

### Objectives

- ✓ To ensure that school bags do not exceed the recommended safe weight.
- ✓ To reduce the risk of back pain, spine injuries, and posture-related problems.
- ✓ To promote awareness among students, parents, and staff about healthy school bag practices.
- ✓ To encourage a school culture that supports Student's health and well-being.

### Scope

This policy applies to all students from Kindergarten (KG1) to Grade 12 at SKBZ Bangladesh Islamia School. It also applies to all teachers, Parents, and school administrators responsible for implementing and monitoring the policy.

### School Bag weight Guidelines

In accordance with ADEK Health and Safety requirements, the weight of a school bag should not exceed 5-10% of the student's body weight. With approximate limits by grade

Health and Safety awareness sessions will be conducted for students through PowerPoint presentations, interactive activities, and morning assembly awareness briefings to educate them about the importance of managing school bag weight and its impact on their health and well-being.

Awareness messages will also be shared with parents to encourage proper school bag management practices, reduce unnecessary load, and promote healthy habits among students. These initiatives aim to create awareness among students, parents, and the school community about maintaining a safe and healthy school bag weight.

### Maximum Backpack Weight Limit Per Grade

Grade	Max. Backpack Weight
KG 1- Grade 2	Not exceed 2 kgs
Grade 3- Grade 5	Not exceed 3 to 4.5 kgs
Grade 6- Grade 8	Not exceed 6 to 8 kgs
Grade 9- Grade 12	Not exceed 10kgs

#### Implementation Strategies

- Timetable planning
- Homework management
- Use of digital resources
- Weekly school bag checks
- Parent awareness programmes

#### Recommended School bag Features

- Two padded shoulder straps
- Padded Back
- Lightweight material

#### Awareness Programmes

Health and Safety awareness sessions will be conducted for students through PowerPoint presentations, interactive activities, and morning assembly awareness briefings to educate them about the importance of managing school bag weight and its impact on their health and well-being.

Awareness messages will also be shared with parents to encourage proper school bag management practices, reduce unnecessary load, and promote healthy habits among students. These initiatives aim to create awareness among students, parents, and the school community about maintaining a safe and healthy school bag weight.

#### Roles and Responsibilities

##### ✓ School

Responsible for overseeing the implementation of the policy, ensuring that all stakeholders are informed and that compliance measures are in place.

##### ✓ Teachers/Class Teachers

Ensure that students do not carry excessive books and that classroom resources are managed efficiently. Teachers will also support students in understanding the importance of proper bag usage.

##### ✓ Parents

Parents will play a critical role in purchasing appropriate school bags and encouraging their children to adhere to the weight guidelines. Parents will also help ensure that only necessary items are packed in school bags.

✓ **Students**

Students are responsible for following the guidelines and making sure their bags are packed according to the timetable, to avoid unnecessary weight.

✓ **Action plan / follow up**

Random bag weight checks will be conducted

Continuous reminders to student and parents

**Conclusion**

Shaikh Khalifa Bin Zayed Bangladesh Islamia school is committed to protecting students' health and wellbeing by promoting safe school bag practices. Maintaining an appropriate bag weight, carrying bags correctly, and bringing only necessary learning materials will help reduce physical strain and support better posture and comfort for students.

Through the cooperation of students, parents, and teachers, the school aims to create a healthy and safe learning environment for all students with ADEK's standards.

**Approval Date: 30/06/2026**

Approved by: \_\_\_\_\_

**Bhawna Devi Jai Singh**

School Principal

Reviewed by: \_\_\_\_\_

**Kiran Akter**

Vice-Principal

**Next Review Date: June 2027**

