



SHAIKH KHALIFA BIN ZATED BANGLADESH ISLAMIA SCHOOL

Abu Dhabi

NOTICE

DATE: 11th January 2023

SUBJECT TO: **POLICY LIMITING SCHOOL BAGS WEIGHT**

Dear Parents,

As custodians of children's wellbeing, we would like to address the potential long-term effects of students carrying heavy school bags. It is recommended from ADEK that a child's school bag does not exceed 20% of their body weight to avoid adverse effects on their spine and body.

Requesting you to make sure that your child's /children's school bags do not exceed the maximum weight as listed in the table.

Please send books & copies according the class-routine.

ADEK compliance team will check the school's on-going commitment through conducting spot checks.

The health of our students is of paramount importance, we appreciate your cooperation in this regard.

Regards

Kiran Akhter

Coordinator

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 / Year 10	6.5
Gr 10 / Year 11	7.3

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