

# SHAIKH KHALIFA BIN ZAYED BANGLADESH ISLAMIA SCHOOL

ABU DHABI EDUCATION COUNCIL

(Licence No. 109/1 Dated 1/10/1980)

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# مدرسة الشيخ خليفة بن زايد البنغلاديشية الإسلامية

مجلس أبوظبي للتعليم

(ترخيص رقم ١٠٩ / ١٠١ بتاريخ ١٩٨٠/١٠/١)

ص.ب. : ٨١٧٤ - أبوظبي

الإمارات العربية المتحدة

تلفون : ٠٢-٤٤٤١٨٩٩ - فاكس : ٠٢-٤٤٤١٩٠٤

DATE: 17<sup>th</sup> January 2026

## 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

Reviewed Date: 5th Jan 2027

Principal

*ophawellena*



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

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