



ABUDHABI INDIAN SCHOOL SCHOOL BAG WEIGHT POLICY

SCHOOL BAG WEIGHT POLICY

Name of Policy	:	School Bag Weight Policy
Purpose of Policy	:	To inform students and staff of ADIS regarding the school bag weight policy
Approval for this Policy given by	:	Principal
Responsibility for its update	:	Principal
Policy applies to	:	To all students at Abu Dhabi Indian School
Date of Approval	:	10-10-2023
Proposed Date of Review	:	01-01-2025

Shargang
30/01/24.

SCHOOL BAG WEIGHT POLICY FOR ABUDHABI INDIAN SCHOOL

INTRODUCTION:

Children around the world use backpacks to carry their school supplies to and from school. Studies show that at least 90% of school children are using backpacks every day. The weight of backpacks carried by children is creating growing concerns amongst the school administrators, parents and healthcare professionals.

Excess school bag weight and associated factors, including school bag weight relative to child/adolescent weight, method of carrying, and time spent carrying a school bag are thought to be key factors responsible for damaging the vertebral column and knees among the school going children. Musculoskeletal complaints are a common issue in school-aged children and adolescents and have been identified as an important public health problem. Relative school bag weight is associated with neck and shoulder pain in adolescents.

The Abu Dhabi Department of Education & Knowledge (ADEK) and the Ministry of Education have rolled out a new School Bag Policy in which it is stated that the school bag weight for students should not exceed 20% of their body weight to avoid adverse effects on their spine and body.

PURPOSE OF THE POLICY:

This policy aims at providing the procedures related to limiting school bags weight. As custodians of students' wellbeing, the school sets school bags weight guidelines in order to limit the long-term effects of carrying heavy school bags.

POLICY:

It is recommended that a child's school back pack does not exceed 20% of his/her body's weight, to avoid a serious threat to his/her health and wellbeing.

MAXIMUM SCHOOL BAG WEIGHT WAS CALCULATED BASED ON WHO CHILD GROWTH CHART

Grades	Max. Back Pack Weight (Kg)
KG1	2.2
KG2	2.4
Grade 1	2.6
Grade 2	3.0
Grade 3	3.4
Grade 4	3.8
Grade 5	4.1
Grade 6	4.5
Grade 7	5.0
Grade 8	5.8
Grade 9	6.5
Grade 10	7.3
Grade 11	8.0
Grade 12	8.6

POLICY PROCEDURES:

School Wellness teacher and Physical education teachers will be responsible for the effective implementation of the policy under the supervision of the Principal & Senior Leadership Team.

To ensure the policy of School Bag Weight are followed, Administration staff, Academic staff and parents should adhere to the below procedures as per their responsibility:

Administration Responsibility:

- Provide parents with instructions regarding stationary items and notebooks type to avoid buying rough heavy notebooks or extra stationaries.
- In school taking care of the safety measures, as it might cause injuries to other students.
- Provide students from kindergarten and above with adequate storage (lockers).
- Awareness to the parents regarding the policy and their responsibility to ensure the bag weight before they are sending their child to the school.
- No trolley bags should be allowed.
- Awareness to the parents and students to use ergonomic school bags with individualized compartments for books and equipments.
- To provide the facility to weigh the child's school bags to determine whether it is heavy or in compliance.

Teachers Responsibility:

- Provide students with clear guidelines of what school item must be brought every day, to reduce the load caused by bringing textbooks, notebooks, and stationary.
- Frequently check students bags to ensure that they are not carrying unnecessary material.
- Reduce homework amount.
- Replace paper home works with electronic home works.
- Encourage students to wear both shoulder straps and not sling a shoulder bag over one shoulder.
- Randomly weigh the child's school bags to determine whether it is heavy or in compliance.

Parents Responsibility

- Encourage the use of ergonomic school bags with individualized compartments to efficiently hold books and equipments.
 - Encourage their ward to wear both shoulder straps and not sling a shoulder bag over one shoulder.
 - Encourage the use of wide, padded, adjustable school bag straps and not sling a school bag over one shoulder.
 - Instruct your ward to leave the books and note books not required in the lockers.
 - Raise their ward's awareness about school bags by asking them to weigh their bags to determine whether it is too heavy.
 - Ensure that their ward pack their bags according to the time table and not bring all the books or articles not required in the school.
 - Keep light weight and hygienic lunch boxes in their ward's school bags.
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