



مدارس دار الهدى الإسلامية DARUL HUDA ISLAMIC SCHOOL

Recognized by the Department of Education and Knowledge (ADEK) U.A.E. License No. 293/1
Affiliated to the Central Board of Secondary Education, Delhi (India), Affi. No. 6630036
Member of the CBSE Affiliated Schools in the Gulf.

POLICY LIMITING SCHOOL BAGS WEIGHT

Introduced:	21 st JULY, 2020
Previous review : APRIL- 2022	Next Review : March, 2023
Implemented by: Principal	

INTRODUCTION TO THE POLICY:

As custodians of children's wellbeing, the regulatory b would like to address the potential long-term effects of students carrying heavy school bags. It is recommended that a child's bag does not exceed 20% of their body weight to avoid adverse effect on their spine and body. To ensure the wellbeing of students it is important to implement a policy on limiting school bag weight.

OBJECTIVES OF THE POLICY:

- Revisit the daily time table provided to the students to bring only the needed note books and text.
- Encourage the use of economic school bags with individualized compartments to efficiently hold books and equipment.
- Encourage students to wear both shoulder straps and not sling a school bag over one shoulder.
- Encourage the use of wide, padded, adjustable school bag straps that fit the student's body.
- Provide students with adequate storage in line with health and safety standards.
- Raise student's awareness about school bags by using a weighing machine allowing them to weigh their school bags to determine whether it is too heavy.

IMPLEMENTATION OF THE POLICY IN THE SCHOOL

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

- School Wellness teacher and Physical education in charge will be responsible for the effective implementation of the policy under the supervision of the Principal.
- The team will monitor the weight of the bags and address to the parents for a desirable change.
- Awareness to the parent regarding the policy and their responsibility to ensure the bag weight before they are sending their child to the school.



مدسة دار الهدى الإسلامية

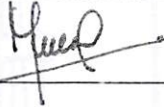
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The following table depicts the maximum weight of backpack which a child can carry according to the grade they study.

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 / Year 10	6.5
Gr 10 / Year 11	7.3

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

Principal's Approval	
Date	