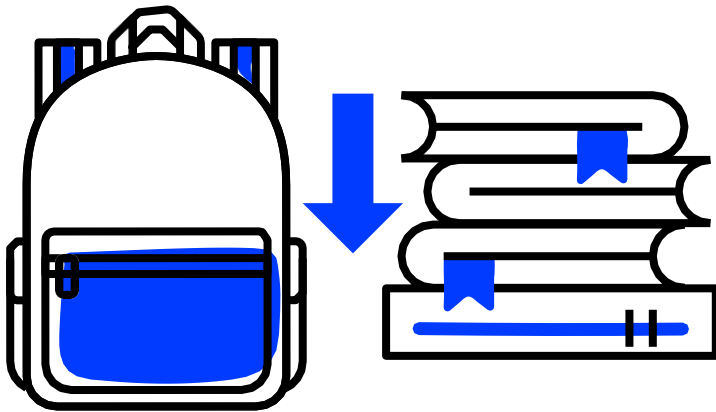


## Limiting School Bags Weights Policy (AY 2024-26)

The physical development and well-being of students are of utmost importance at Bright Riders School Abu Dhabi. This policy intends to draw attention to the dangers of carrying overly heavy school bags in keeping with our dedication to holistic education and ADEK guidelines.

According to research, a student's school bag **should not weigh more than 20% of their body weight** because it can affect their posture and general health. This document is put in place to guarantee that bags stay within the allotted limits. Maximum permitted weights according to grade level and average body weight benchmarks are shown in the table.



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

**To help you adhere to the policy, we recommend you explore the following:**

Revisit the homework policy to ensure it allows flexibility, such as asking teachers to give handouts or workbooks that can be used for homework assignments.

Encourage the use of ergonomic 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 students' awareness about school bags by using a hanging scale in the classrooms, allowing them to weigh their school bags to determine whether it is too heavy

Our students' health is our first priority, so we value your efforts to educate everyone about health, safety, and prevention issues so that all school employees are aware of their responsibilities.

Spot checks may be conducted to ensure compliance to this policy.

Approved By:

Rachna Prakash  
Principal  
Bright Riders School



Next Review: AY 2026-2027