



POLICY

| TO: Private School Principals

| DATE: 21 July 2020

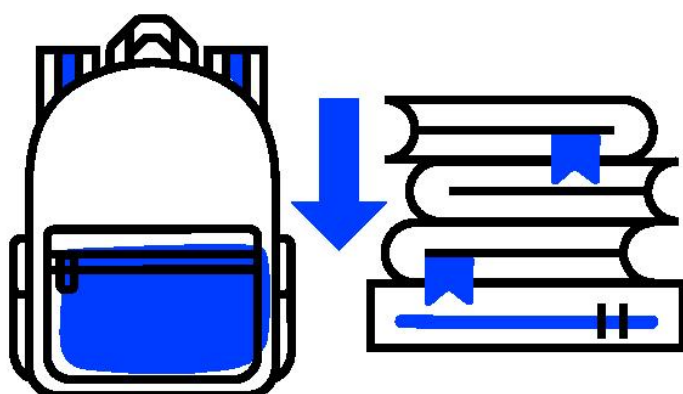
SUBJECT	POLICY LIMITING SCHOOL BAGS WEIGHT
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Dear Principals,

As custodians of children's wellbeing, we would like to address the potential long-term effects of students carrying heavy school bags.

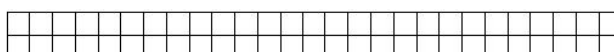
It is recommended that a child's school bag does not exceed **20%** of their body weight to avoid adverse effects on their spine and body.

Accordingly, all schools are required to take measures to ensure that students' school bags do not exceed the maximum weights listed 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





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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

The health of our students is of paramount importance, we appreciate your efforts to disseminate the knowledge regarding the health, safety, and prevention matters so that all school staff know what is expected of them.

