

2024-2026

# Ain Al Khaleej Private School Limiting School Bag Weight



## *Senior Leadership Team*

### *Principal*

Mr. Raed Husein

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Samar Elhamalawy

### *Arabic Head of Section*

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## ADEK POLICY LIMITING SCHOOL BAGS WEIGHT

Considering a child's growth according to the World Health Organization, ADEK has established the maximum weight for students' bags.

### ADEK POLICY LIMITING SCHOOL BAGS WEIGHT (July 2020) dictates:

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

## **AAKPS LIMITING SCHOOL BAGS WEIGHT PROCEDURE PLAN:**

Ain Al Khaleej Private School has established the following procedure to comply with ADEK **POLICY LIMITING SCHOOL BAGS WEIGHT.**

**Step 1:** All classrooms are equipped to accommodate students to leave their books at school

**Step 2:** Students only take home the student journals

**Step 3:** Students are given 1 week to complete homework (e.g., Thursday to Thursday) to allow for students to alternate taking books home.

**Step 4:** All students are permitted to take their remainder books home every Friday and they are to return them on Monday.

**Step 5:** Hall Supervisor preforms spot checks to assure full compliance

## **Policy Review Dates:**

Created September 2022

Reviewed June 2023

Reviewed September 2023

Reviewed June 2024

Reviewed September 2024

Updated October 2025