



SHINING STAR INTERNATIONAL SCHOOL ABU DHABI

POLICY LIMITING SCHOOL BAG WEIGHT

1. Introduction

At **Shining Star International School (SSIS), Abu Dhabi**, the well-being of our students is a top priority. Excessive weight from school bags can have long-term detrimental effects on students' physical health, particularly their spines and posture. In alignment with ADEK's guidelines and to prevent adverse health effects, SSIS is committed to ensuring that students' school bags do not exceed safe weight limits.

2. Policy Objectives

- To limit the weight of school bags to avoid health issues such as back pain, spinal injuries, and poor posture.
- To raise awareness among students, parents, and staff about the safe handling of school bags.
- To promote a school culture that values student health by integrating practices that reduce the burden of carrying heavy bags.

3. Scope

This policy applies to all students from **Kindergarten to Grade 12** at Shining Star International School, and involves parents, teachers, and school administrators in its implementation.

4. School Bag Weight Guidelines

According to ADEK's recommendations, the weight of a student's school bag should not exceed **20% of their body weight**. The following table outlines the maximum permissible weight for school bags by grade level:

Grade/Year	Maximum Backpack Weight (KG)
KG1 / FS2	2.2 KG
KG2 / Year 1	2.4 KG
Grade 1 / Year 2	2.6 KG
Grade 2 / Year 3	3.0 KG
Grade 3 / Year 4	3.4 KG
Grade 4 / Year 5	3.8 KG
Grade 5 / Year 6	4.1 KG

Grade/Year	Maximum Backpack Weight (KG)
Grade 6 / Year 7	4.5 KG
Grade 7 / Year 8	5.0 KG
Grade 8 / Year 9	5.8 KG
Grade 9 / Year 10	6.5 KG
Grade 10 / Year 11	7.3 KG

5. Implementation Strategies

To adhere to this policy, Shining Star International School will take the following steps:

- Homework and Resource Management:**
Teachers will ensure that the homework policy is flexible and that students are not required to carry excessive books home. Workbooks, handouts, and digital resources will be used to reduce bag weight.
- Encouraging Ergonomic School Bags:**
 - Parents are encouraged to provide ergonomic school bags with multiple compartments to help distribute weight evenly.
 - Students will be advised to use both shoulder straps and avoid slinging the bag over one shoulder.
 - Wide, padded, and adjustable straps are recommended for proper fitting and comfort.
- In-School Storage Facilities:**
 - SSIS will provide adequate in-school storage facilities, such as lockers, to minimize the number of books and equipment students need to carry home.
- Bag Weighing Stations:**
 - Scales will be made available in classrooms to allow students to weigh their bags regularly and ensure they are within the recommended limits.
- Awareness Programs:**
 - Health and safety sessions will be conducted to educate students and parents about the importance of managing school bag weight and its potential impact on health.
- Spot Checks and Monitoring:**
 - Regular spot checks will be conducted by school staff to monitor compliance with the policy. If any student's bag exceeds the permissible weight, appropriate actions will be taken.

6. Roles and Responsibilities

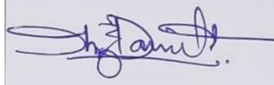
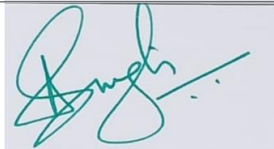
- **School** **Leadership:**
Responsible for overseeing the implementation of the policy, ensuring that all stakeholders are informed and that compliance measures are in place.
- **Teachers:**
Ensure that students do not carry excessive books and that classroom resources are managed efficiently. Teachers will also support students in understanding the importance of proper bag usage.
- **Parents** **and** **Guardians:**
Parents will play a critical role in purchasing appropriate school bags and encouraging their children to adhere to the weight guidelines. Parents will also help ensure that only necessary items are packed in school bags.
- **Students:**
Students are responsible for following the guidelines and making sure their bags are packed efficiently to avoid carrying unnecessary weight.

7. Monitoring and Evaluation

- **Compliance** **Checks:**
SSIS will conduct periodic checks on school bag weights and report findings to the school administration.
- **Feedback** **and** **Review:**
Feedback from students, parents, and teachers will be collected regularly to evaluate the effectiveness of the policy and to make necessary adjustments.

8. Conclusion

Shining Star International School is dedicated to protecting the physical well-being of its students by implementing this policy to limit school bag weight. By working together with parents, students, and staff, the school ensures a healthier, safer learning environment that promotes overall well-being in alignment with ADEK's standards.

	Name	Signature	Date
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Policy Review Approved by:	Mrs. Abhilasha Singh (Principal)		03/10/2024

REFERENCES:

1. Abu Dhabi Department of Education and Knowledge (ADEK) Guidelines
2. World Health Organization (WHO) Recommendations
3. Research on Backpack Weight and Health
4. UAE Federal Law No. 29 of 2006 Concerning the Rights of People of Determination
5. School Health Policies