## 16. POLICY LIMITING SCHOOL BAG WEIGHT

As Custodians of children's wellbeing, 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 grades are required to take measures to ensure the students' school bags do not exceed maximum weights listed in the below table.

- Teachers are expected to revisit the homework policy to ensure it allows flexibility, such as 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 periodically, allowing them to weigh their school bags to determine whether it is too heavy.
- The health of our students is of paramount importance, school disseminates the knowledge regarding the health, safety, and prevention matters so that all school staff knows what is expected of them.

| Grade | Max. Backpack <br> Weight (Kg) |
| :---: | :---: |
| KG1 | 2.2 |
| KG2 | 2.4 |


| Grade 1 | 2.6 |
| :---: | :---: |
| Grade 2 | 3.0 |
| Grade 3 | 3.4 |
| Grade 4 | 3.8 |
| Grade 5 | 4.1 |
| Grade 6 | 4.5 |
| Grade 7 | 5.0 |
| Grade 8 | 5.8 |
| Grade 9 | 7.5 |
| Grade 10 |  |

