



Al Ain English Speaking School

SCHOOL BAG WEIGHT POLICY

PURPOSE

To ensure the health, safety, and well-being of all students by minimising the risk of physical strain or injury caused by carrying heavy school bags, in alignment with ADEK's Health and Safety Policy.

POLICY STATEMENT

AAESS is committed to promoting a safe and healthy learning environment. Carrying excessively heavy school bags can lead to physical discomfort, poor posture, and long-term musculoskeletal issues. This policy outlines guidelines to help students, parents, and staff manage school bag weight effectively.

GUIDELINES

1. Recommended Bag Weight Limits

- FS1–Year 2: Bag weight should not exceed 10% of the student's body weight.
- Year 3–Year 6: Bag weight should not exceed 12% of the student's body weight.
- Year 7–Year 13: Bag weight should not exceed 15% of the student's body weight.

2. Use of Lockers

- Students in Year 5 and above will be assigned lockers to store books and materials not needed for immediate use.
- Students are encouraged to organize their materials and only carry what is necessary for the day.

3. Digital Learning Resources

- Where possible, digital textbooks and resources will be used to reduce the need for physical books.
- Teachers will coordinate to avoid overloading students with multiple heavy textbooks on the same day.

4. Parental Involvement

- Parents are encouraged to regularly check their child's school bag to ensure only essential items are carried.
- Lightweight bags with padded straps and compartments should be used to distribute weight evenly.

5. Student Education

- Students will be educated on the importance of proper backpack use, including:
 - Wearing both shoulder straps
 - Adjusting straps to fit snugly
 - Organising contents to distribute weight evenly

6. Monitoring and Compliance

- Teachers and school staff will conduct periodic checks to ensure compliance with the policy.
- Concerns about excessive bag weight will be communicated to parents.

REVIEW

This policy will be reviewed annually in line with ADEK's Health and Safety Policy updates and feedback from the school community.