



NEW INDIAN MODEL SCHOOL, AL AIN

NIMS SCHOOL BAG WEIGHT POLICY 2025-26

Issue Date: April 15, 2025

This procedure is reviewed annually (or whenever change is mandatory) to ensure compliance with current regulations

	Date	Name and Signature
Last reviewed:	March, 2025	Principal
To be reviewed:	March, 2026	Principal

INTRODUCTION TO THE POLICY:

"A step Forward to ensure our children's health and our nation's future."

As custodians of children's wellbeing, we at New Indian Model School would like to address the potential long-term effects of students carrying heavy school bags. It is recommended that a child's bag does not exceed 20% of their body weight to avoid adverse effect on their spine and body. To ensure the wellbeing of students it is important to implement a policy on limiting school bag weight.

OBJECTIVES OF THE POLICY:

- 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 student's 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.

IMPLEMENTATION OF THE POLICY IN THE SCHOOL

The following steps are taken for the effective implementation of the Policy.

- School Wellness teacher and Physical education in charge will be responsible for the effective implementation of the policy under the supervision of the Principal.

- Awareness to the parent regarding the policy and their responsibility to ensure the bag weight before they are sending their child to the school.

The following table depicts the maximum weight of backpack which a child can carry according to the grade they study.

Grade / Year	Max.Backpack
(US) (UK)	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/ Year10	6.5
Gr 10/ Year11	7.3

Source: Maximum school bags weight was calculated based on WHO Child Growth Chart.

MONITORING, EVALUATION AND REVIEW:

The school will have a daily basis checking of bag weights of the students to ensure their wellbeing. Continuous monitoring and evaluation will be done under the supervision of Principal and review this policy in accordance with ADEK guidelines.

