



PEARL
BRITISH ACADEMY

SCHOOL BAG WEIGHT POLICY

2023 - 2024

This policy has been written using information provided by ADEK and is designed to inform all staff, parents, and students. The health of our students is of paramount importance thus every member of the school community should ensure that they have read this policy and that they understand it.

Guidelines:

- Recommended bag weight does not exceed 20% of the child's body weight
- No trolley bags
- Use ergonomic school bags with individualised compartments for books and equipment
- Students should wear both shoulder straps and not to sling a bag over one shoulder
- Bags should have wide, padded, adjustable school bag straps that fits the student's body
- Weigh the child's school bags to determine whether it is heavy or in compliance
- Raise students' awareness about school bags
- In Years 1 and 2, children's bags are stored in cubby holes so should be small

We recommend that Pupils should only carry in their school bag the following:

- Lunch box (or carried separately)
- Water bottle
- Pencil case – ideally this should stay in school
- Home readers and Library bag only on those days required
- Device and accessories. If the device is too large or heavy the device should be carried in a separate bag

MOE subjects

- Do not send books home except when there is an assignment that needs the books, and that is a maximum of two times a week in the Arabic language.
- The story file along with the story notebook and spelling are sent home every two weeks.
- Islamic Education: Books are not sent until before exams.
- Social Studies: Books are not sent home.

We encourage the use of the digital versions of all MOE books which have been shared with parents and are available online.

Bags are monitored by the Class Teacher. If a bag is suspected to be too heavy the weight of the bag is checked by the School Nurse. If the bag is 20% more than the pupil's weight, parents are informed by the Class Teacher and advised to reduce the amount their child is carrying. This communication is saved on the Day Book under Pastoral Care concern.

Guidelines provided by ADEK.

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 was calculated based on WHO Child Growth Chart