

School Bag Weight Policy

School Name: United International Private School

Effective Date: August 18, 2025

Next Review Date: August 2026

1. Purpose

To promote the health, safety and well-being of our students by ensuring that school bags do not impose excessive physical strain, particularly on the spine and musculoskeletal system, in line with ADEK's guidance.

2. Scope

This policy applies to all students at UIPS from Foundation Stage/KG through to Grade 12 (or equivalent). It covers school bags (backpacks, trolley bags, etc) brought to and from school and used during the school day.

3. Policy Statement

- A student's school bag, when packed for school, shall not exceed **5-10% of the student's body weight**, taking into account individual factors such as overall health, physical strength, and any existing health conditions.
- UIPS shall adopt **maximum weight limits by grade level** as recommended by ADEK.
- UIPS shall communicate this policy to parents/guardians, and monitor compliance on a regular basis.

4. Maximum Weight Limits by Grade

Grade range	Maximum allowed bag weight*
KG1 / FS2 – Grade 1/Year 2	Not to exceed 2 kg
Grades 3 to 5 (approximately)	Not to exceed 3 kg to 4.5 kg
Grades 6 to 8 (approx.)	Not to exceed 6 kg to 8 kg
Grades 9 to 12	Not to exceed 10 kg

*UIPS may adjust specific grade splits depending on local structure, but should not exceed above values without documented justification.

5. Bag Type & Ergonomics

- Bags should be appropriately sized relative to the student's body.
- Preferably a two-strap backpack style; trolley bags or bags with wheels should be discouraged unless permitted with justification (e.g., for younger students) and in line with safety considerations.

- Bags should have wide, padded, adjustable shoulder straps; students should wear both straps rather than slinging over one shoulder.
- Heavy items should be placed close to the student's back (not hanging outside), and the bag should sit between the shoulders and the waist.

6. Roles & Responsibilities

School Administration

- Ensure that this policy is published and communicated to parents/guardians and students.
- Provide annual or termly reminders and resources (e.g., weighing station, guidance) for bag weight checks.
- Monitor and record compliance; conduct spot-checks or scheduled checks of bag weights at least once per term.
- Coordinate with teaching and support staff to encourage students to carry only required items.
- Where bags exceed limits repeatedly, liaise with parents, adjust homework/resource policies, and consider interventions.

Parents/Guardians

- Ensure that the student's school bag is within recommended weight limits before sending it to school each day.
- Assist the student in selecting an appropriate bag, packing only necessary items, and reviewing items daily.
- Encourage regular cleaning/monitoring of the bag contents (remove unused items, old books, etc).

Students

- Carry only what is required on the day (use of lockers, cubbies, or storage at school encouraged).
- Use both straps of the bag, adjust straps for fit, and lift the bag using leg muscles (bend knees) not the back.
- Report any discomfort, pain or posture issues to parents/guardians or school nurse/health-safety officer.

7. Monitoring & Non-Compliance

- UIPS will weigh bags on selected days (e.g., the first week of each term and at least once mid-term) and record results.
- If a bag is found to exceed the maximum weight:

- The student will be reminded of the policy and requested to reduce load immediately.
 - A letter/email/notification will be sent to the parent/guardian with the weight recorded and guidance for reduction.
 - If the issue is persistent, the school will review the student's resource and homework load with the teacher(s) and may adjust allocation of books or use of electronic/digital materials.
- Repeat non-compliance may trigger further actions in line with the school's health & safety policy (e.g., meeting with parent, adjustment of timetable/resources).

8. Review and Support

- UIPS will review this policy annually and in response to any new guidance from ADEK or relevant health authorities.
- Training and awareness sessions will be provided for staff and students on safe bag-wearing practices, posture, and ergonomics.
- Parents/guardians will be offered guidance at the beginning of each academic year (e.g., during orientation) and through regular communication channels about how to pack and maintain the bag within safe limits.
- UIPS will provide or promote the availability of bag-weighing scales in a convenient location (e.g., reception or library) for student use.

9. References

- ADEK Health & Safety Policy – “Weight limits of School Bags: UIPS shall adhere to maximum weight limits for students' school bags and ensure this policy is communicated to parents.”
- Media reports summarising ADEK's guideline that school bags must not exceed 5-10% of body weight and specific kg limits per grade. [Gulf News](#)
- News on deadline for full compliance by February 1 2026. [Khaleej Times+1](#)

Approved by:

Mr. Raed Fhaker Eddin

School Principal