



FUTURE LEADERS

International Private School

Madinat Zayed, Muroor Road - Branch 2

School Bag Weight Policy



Purpose and Aim

Future Leaders School shall adhere to maximum weight limits set in the health and safety policy section 3.2 for students' school bags and ensure that this policy is communicated to parents.

A student's school bag shall not exceed 5-10% of a child's body weight when packed considering individual factors:

- the student's overall health
- physical strength
- any existing health conditions

This is to avoid adverse effects on their spine or body as per Table 1. Maximum Backpack Weight Limit per Grade.

| Grade/Year | Max. Backpack Weight* |
|----------------|-------------------------|
| KG1 / FS2 | Not exceed 2 KGs |
| KG2 / Year 1 | |
| Gr 1 / Year 2 | |
| Gr 2 / Year 3 | |
| Gr 3 / Year 4 | Not exceed 3 to 4.5 KGs |
| Gr4/ Year 5 | |
| Gr5 / Year 6 | |
| Gr6 / Year 7 | Not exceed 6 to 8 KGs |
| Gr7 / Year 8 | |
| Gr8 / Year 9 | |
| Gr9 / Year 10 | Not exceed 10 KGs |
| Gr10 / Year 11 | |
| Gr11 / Year 12 | |
| Gr12 / Year 12 | |

Table 1. Maximum Backpack Weight Limit per Grade



Guidelines

1. Means of Communication

Future Leaders School will use the following methods to inform parents about the importance of students carrying appropriate bag weights, considering each student's health, physical strength, and any existing health conditions: Referencing Section 3.2 of our Health and Safety Policy, available on the school website, which outlines the weight limit for bags.

2. Communicating with parents through the School Orison.

Emailing parents if a child consistently carries an inappropriate bag weight.

3. Monitoring and Supervision

To monitor and supervise students carrying heavy school bags effectively, Future Leaders International private school shall implement a mix of preventative strategies, direct supervision, and education. Here are some approaches that can help:

4. Weigh-In Days

Have periodic weigh-in days where students' bags are weighed, ideally to check if they exceed the recommended 05-10% of their body weight. This creates awareness among students and parents about the issue.

5. Locker or Storage Use

Encourage students to use lockers. Teach students to keep only essential items in their bags and store the rest in their lockers. Supervising locker use can help ensure that students aren't unnecessarily carrying items.

6. Backpack Checkpoints

Designate checkpoints where teachers or staff can informally check students' bags. These checkpoints are the bus gate entrance for bus students and the assembly point for non-bus students. Staff can help students reorganize their bags if needed and remind them to avoid unnecessary items.

7. Rotation of Books and Materials

Work with the supervisors, teachers to implement a rotation system where only necessary books and materials are required on specific days. This can reduce the load students have to carry, especially if it's coordinated by subject.

8. Regular Backpack Education

Educate students on the importance of packing smart. Show them how to place heavier items closer to their backs and evenly distribute weight. Periodic reminders or visual posters can reinforce these best practices.

9. Parental Involvement

Encourage parents to check their children's backpacks weekly to ensure they're not carrying unnecessary weight. A home-school collaboration can help lighten students' loads.

Parents are advised to purchase trolley bags for children in Grades 4 to 12 who have heavy books.

10. Use of Technology

Encourage digital versions of textbooks and assignments when feasible.



KIDS BACKPACK SAFETY



Adjust straps so backpack is against back



Only pack what you need & don't overstuff



Wear and adjust waist & chest straps



Wear both straps

Responsibilities

Teachers:

- Monitor and ensure compliance with the weight limit policy in their classrooms
- Educate students on the importance of packing their bags appropriately.
- Provide necessary materials and guidance to minimize the need for carrying excessive items.

Parents:

- Ensure their child's school bag complies with the weight limits outlined in this policy.
- Regularly check and adjust the content of the school bag with their child.

School Administration:

- Communicate this policy to all staff, students, and parents at the beginning of each academic year.
- Provide workshops and informational materials to raise awareness about the importance of maintaining appropriate school bag weight.
- Conduct regular check and offer support to students and parents in complying with this policy.

Monitoring and Evaluation

- Regular monitoring of compliance with this policy will be conducted by teachers and school administration
- Feedback from students and parents will be collected periodically to assess the effectiveness of the policy and make necessary adjustments.
- Annual reviews of this policy will ensure alignment with the latest ADEK and OSHAD requirements.