



مدرسة نور الديار الخاصة
NOOR AL DIYAR
PRIVATE SCHOOL

SCHOOL BAG WEIGHT POLICY



1.0 POLICY PURPOSE

This policy aims at providing the procedures related to limiting school bags weight. As custodians of students' wellbeing, the school sets school bags weight guidelines in order to limit the long term effects of carrying heavy school bags.

2.0 GENERAL STATEMENT OF THE POLICY

It is recommended that a child's school back pack does not exceed 20% of his/her body's weight, to avoid a serious threat to his/her health and wellbeing.

Therefore, student's school bag should be in line with the weight listed in the table below:

Grade / Age	Max. Back Pack Weight
KG1 / 4 years old	2.6
KG2 / 5 years old	3
Grade 1 / 6 years old	3.2
Grade 2 / 7 years old	3.6
Grade 3 / 8 years old	4
Grade 4 / 9 years old	4.6
Grade 5 / 10 years old	5
Grade 6 / 11 years old	5.6
Grade 7 / 12 years old	6.2
Grade 8 / 13 years old	7
Grade 9 / 14 years old	7.4
Grade 10 / 15 years old	8
Grade 11 / 16 years old	8.6
Grade 12 / 17 years old	9

Source: Student back pack weight is calculated based on 2-20 years girls' stature-for-age and weight-for-age-percentile.

3.0 POLICY PROCEDURES

To ensure the policy of School Bag Weight are followed, administration staff, academic staff and parents should adhere to the below procedures as per their responsibility:

3.1 Administration Responsibility:

- 3.1.1 Provide parents with instructions regarding stationary items and notebooks type to avoid buying rough heavy notebooks or extra stationaries.
- 3.1.2 in school for safety measures, as it might cause injuries to other students.

3.1.3 Provide students from grade three and above with adequate storage (lockers), under the condition of maintaining social distances.

3.2 Teachers responsibility:

3.2.1 Provide students with clear guidelines of what school item must be brought every day, to reduce the load caused by bringing textbooks, notebooks, and stationary.

3.2.2 Frequently check students bags to ensure that they are not carrying unnecessary material.

3.2.3 Reduce homework amount.

3.2.4 Replace paper home works with electronic home works.

3.2.5 Encourage students to wear both shoulder straps and not sling a shoulder bag over one shoulder.

3.3 Parents Contribution:

3.3.1 Use of light weight school bag with compartments, two padded and adjustable straps that fit the student's body.

3.3.2 Encourage their children to arrange the books on daily basis.

3.3.3 Make it a habit for their children to check and remove extra clutter papers and broken stationaries, etc.