



Beaconhouse Private School Al Ain

SCHOOL BAG WEIGHT POLICY 2025-2026

(Reviewed in August 2025)

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Review Date:	August 2025
Next Review Date:	June 2026
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1. Objective

At Beaconhouse Private School, we prioritize students' well-being, especially concerning the potential long-term effects of carrying heavy school bags. To minimize adverse impacts on students' spine and body, the school policy ensures that students' school bags do not exceed 20% of their body weight.

2. Policy Guidelines:

2.1 Homework Policy Adjustments:

- Revise the homework policy to encourage the use of handouts and workbooks for assignments, reducing the need for heavy textbooks in students' bags.

2.2 Bag Design Recommendations:

- Promote ergonomic school bags with individualized compartments.
- Avoid using trolley bags.
- Encourage the use of bags with wide, padded, adjustable shoulder straps, and ensure students wear both straps rather than slinging the bag over one shoulder.

2.3 Storage Facilities:

- Provide accessible storage spaces in line with health and safety standards for students to leave items not needed at home.

2.4 Awareness & Monitoring:

- Place hanging scales in classrooms to enable students to weigh their bags daily.
- Educate students about the safe weight of school bags to encourage self-monitoring.

3. Implementation

- Classroom scales will allow students to check and verify that their bag weight adheres to the recommended limits.
- Homeroom teachers and the school social worker will oversee the policy's daily implementation under the principal's supervision.
- Parents are requested to check their child's bag weight before they leave for school.

Maximum Allowable Bag Weight (Per Year Group):

Grade/Year	Max Weight (KG)
KG1/FS2	Not to exceed 2kg
KG2/Yr1	Not to exceed 2kg
Gr1/Yr2	Not to exceed 2kg
Gr2/Yr3	Not to exceed 2kg
Gr3/Yr4	Not to exceed 3 to 4.5kg
Gr4/Yr5	Not to exceed 3 to 4.5kg
Gr5/Yr6	Not to exceed 3 to 4.5kg
Gr6/Yr7	Not to exceed 6 to 8kg
Gr7/Yr8	Not to exceed 6 to 8kg
Gr8/Yr9	Not to exceed 6 to 8kg
Gr9/Yr10	Not to exceed 10kg
Gr10/Yr11	Not to exceed 10kg

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

4. Monitoring and Evaluation

The policy will undergo weekly monitoring to ensure compliance. The principal will oversee continuous evaluation to align with ADEK guidelines, and the policy will be reviewed annually