



School Bag Weight Policy 2025-2026

Document control	
Policy responsibility	SLT
Creation date	August 2025
Next review date	August 2026



Purpose

To ensure the health and well-being of students by managing the weight of school bags at ANS in accordance with ADEK and OSHAD requirements, thereby preventing adverse effects on students' spines and overall health.

Scope

This policy applies to all students, teachers, and parents at American National School.

Policy Statement

The policy aims to prevent health issues related to carrying heavy school bags by enforcing a weight limit based on a percentage of the student's body weight.

Weight Limit Guidelines

1. Maximum Weight Limit:

- A student's school bag should not exceed the specific weight limits outlined in the table below.
- Individual factors, such as the student's overall health, physical strength, and any existing health conditions, should be considered when determining the appropriate weight.

2. Weight Limit Per Grade (as per Table 1 provided)

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	
Gr 5 / Year 6	
Gr 6 / Year 7	
Gr 7 / Year 8	Not exceed 6 to 8 kgs
Gr 8 / Year 9	
Gr 9 / Year 10	
Gr 10 / Year 11	
Gr 11 / Year 12	Not exceed 10 kgs
Gr 12 / Year 13	



Responsibilities

1. 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.

2. Parents:

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

3. School Administration:

- Communicate this policy to all staff, students, and parents at the beginning of each academic year.
- Provide informational materials to raise awareness about the importance of maintaining appropriate school bag weight.
- Conduct regular checks 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.
- Annual reviews of this policy will ensure alignment with the latest ADEK and OSHAD requirements.



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Communication

This policy will be communicated to parents and students through parent-teacher meetings, and the school website.

- Teachers will reinforce the policy through classroom discussions and activities.

By implementing this policy, American National School aims to promote a healthy school environment and protect students from the potential health risks associated with carrying heavy school bags.

Section	Details
Effective Date	This policy will be effective as of August, 2025 .
Approval/Authorization	Approved by: Dr. Denis Peters
	Title: Principal
	Date of Approval: August 15, 2025
Signature	
Review and Revision	This policy will be reviewed annually , or as needed, to ensure compliance with changing regulations.