



# 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	
KG2 / Year 1	Not exceed 2 kgs
Gr 1 / Year 2	
Gr 2 / Year 3	
Gr 3 / Year 4	Not exceed 3 to 4.5 kgs
Gr 4 / 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.

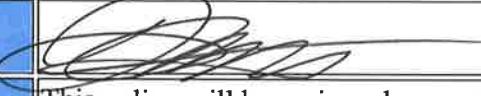


## Communication

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