

WISE INDIAN PRIVATE SCHOOL

King Faisal Street

Al Riqqah,

Umm Al Quwain

UAE

**WISE
INDIAN PRIVATE
SCHOOL****POLICY NAME****Policy on School Bag Weight****POLICY
NO.**

WISE/POL/HSE/

EFFECTIVE DATE

April 1, 2021

**DATE OF LAST
REVISION**

March, 2024

**VERSION
NO.**

002

VERSION HISTORY

VERSION	AUTHOR	REVISION DATE	DESCRIPTION OF CHANGE	APPROVED By:	Signature of Approving Authority:
001	Sheeba Ibrahim Vice Principal	April 1, 2021	New Policy Draft	Sofiya Singh Principal	
002	Sangeeta Anand Vice Principal	March 1, 2024	Policy Revision	Anjana Iraddi Principal	



PURPOSE:

“A step forward to ensure our children’s health and our nation’s future.”

As custodians of children’s wellbeing, we WISE India Private School, would like to address the potential long-term effects of students carrying heavy school bags. It is recommended that a child’s bag does not exceed 20% of their body weight to avoid adverse effect on their spine and body. To ensure the wellbeing of students it is important to implement a policy on limiting school bag weight.

Aims and Objectives:

- Encourage the use of ergonomic school bags with individualized compartments to efficiently hold books and equipment.
- Encourage students to wear both shoulder straps and not sling a school bag over one shoulder.
- Encourage the use of wide, padded, adjustable school bag straps that fit the student’s body.
- Provide students with adequate storage in line with health and safety standards.

POLICY FRAMEWORK:

The following steps are taken for the effective implementation of the Policy.

- Awareness to the parent regarding the policy and their responsibility to ensure the bag weight before they are sending their child to the school.
- School Wellness teacher and Physical education in charge will be responsible for the effective implementation of the policy under the supervision of the Principal.

The following table depicts the maximum weight of backpack which a child can carry according to the grade they study.

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

Grade	Max. Backpack - Weight (KG)
KG1	2.2
KG2	2.4
Gr 1	2.6
Gr 2	3.0
Gr 3	3.4
Gr 4	3.8
Gr 5	4.1
Gr 6	4.5
Gr 7	5.0
Gr 8	5.8
Gr 9	6.5
Gr 10	7.3

MONITORING, EVALUATION AND REVIEW:

The school will have a daily basis checking of bag weight of the students to ensure their wellbeing. Continuous monitoring and evaluation will be done under the supervision of Principal and review this policy in accordance with MOE guidelines.