



## Purpose :

A **School Bag Weight Policy** aims to ensure that students carry an appropriate amount of weight in their school bags, promoting their physical health and well-being. The policy's objective is to prevent physical strain, encourage good posture, and reduce the risk of long-term musculoskeletal problems caused by overloading bags.

It is recommended that a child's school bag does not exceed 5% TO 10% of their body weight to avoid adverse effects on their spine and body.

## Objective:

- **Comfort and Safety:** To ensure that students are comfortable and safe while carrying their school materials, avoiding undue strain or discomfort.
- **Optimal Learning Environment:** To help students focus on their learning rather than worrying about carrying heavy, cumbersome bags.
- **Posture and Body Development:** To encourage proper posture while carrying school bags, preventing long-term spinal issues or poor posture habits.
- **Awareness:** To educate students, parents, and educators about the importance of proper bag weight and how to organize and manage school materials efficiently.
- **Collaboration with Parents:** Encourage parents and guardians to ensure that school bags are not overstuffed and are appropriate for the student's age and body type.

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	





School will regularly check the weight of their bags and make adjustments as needed. This hands-on approach can help students develop an awareness of the importance of carrying a manageable load.

Additionally, it is important to:

- **Review Homework Distribution:** School will ensure teachers provide flexible options, such as utilizing handouts, workbooks, or digital resources, to minimize the need for carrying extra materials.
- **Use Ergonomic School Bags:** Encouraging the use of school bags that are ergonomically designed with individualized compartments to help distribute weight evenly and reduce strain.
- **Promote Proper Bag Wearing Techniques:** Educating students to wear both shoulder straps at all times and avoid slinging the bag over one shoulder, which can cause uneven stress on the body.
- **Provide Adjustable, Padded Straps:** Ensure that school bags come with wide, padded, and adjustable straps that fit the student's body to reduce shoulder and back discomfort.
- **Offer Adequate Storage Facilities:** School will provide sufficient lockers or other storage spaces for students to store materials during the day, reducing the need to carry everything at once.
- **Regularly Monitor Bag Weight:** Using tools such as hanging scales in classrooms to regularly check the weight of students' bags. This hands-on monitoring can serve as a reminder for students to manage the load they carry.

