



المدرسة الآسيوية الدولية الخاصة

ASIAN INTERNATIONAL (P) SCHOOL

Est. 1988

AIIS/PARENTS/ 2025-2026/62

23rd January 2026

CIRCULAR NO.62

UPDATED SCHOOL BAG POLICY- PARENT ADVISORY

Dear Parents & Students,
Greetings!

In compliance with the directives of the **Abu Dhabi Department of Education and Knowledge (ADEK)**, this school has implemented the updated **School Bag Policy** with the objective of minimizing the health impact of heavy school bags on students. The policy aims to ensure that a child's school bag does not exceed **5-10 % of their body weight**, when packed, to avoid adverse effects on their spine or body. Maximum backpack weight limit per grade as per the updated policy is given below:

Grade	Max. Backpack weight
KG1	Not exceed 2 Kgs
KG2	
GR 1	
GR 2	
GR 3	Not exceed 3 to 4.5 Kgs
GR 4	
GR 5	
GR 5	

Grade	Max. Backpack weight
GR 6	Not exceed 6 to 8 Kgs
GR 7	
GR 8	
GR 9	Not exceed 10 Kgs
GR 10	
GR 11	
GR 12	

To further support this initiative and reduce the overall load on students, parents are kindly requested to ensure that **electronic devices** such as laptops, tablets, and Chromebooks are carried in a **separate bag**. Students may also bring their **lunch boxes separately**, if convenient. This approach will help distribute weight evenly and ensure that the main school bag contains only the required textbooks and materials as per the daily timetable.

Please take note of the following important points:

- **Monitoring of Bag Weight:** The school will continue to regularly monitor and check school bag weights to ensure compliance with the prescribed limits.
- **Health and Safety:** This policy is implemented to safeguard the health, comfort, and overall well-being of our students.
- **Appropriate School Bag:** Parents are requested to ensure that school bags are appropriate in size and weight, with padded straps and an ergonomic design to provide adequate support.

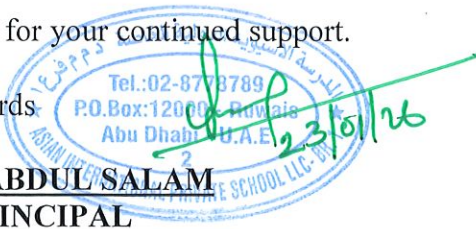
We sincerely appreciate your cooperation in supporting this important initiative and ensuring compliance with the guidelines. Together, we can make a positive difference in promoting the health and comfort of our students.

Parents are also advised to refer the UPDATED School bag policy which is available on the school website.

Thank you for your continued support.

With Regards,

ANZAR ABDUL SALAM
PRINCIPAL



AY: 2025 - 2026