



Weight Limits of Schools Bags

School Bags: Parents should ensure that their child's backpack does not exceed 10% of their child's body weight when packed. Parents are expected to support and guide their children in organizing their school bags daily for the following day. This includes packing only the books and learning materials required based on the next day's schedule. To avoid placing undue pressure on the child's back, lunches, snacks, and beverages can be packed in a separate bag.

Schools shall adhere to maximum weight limits for students' school bags and ensure that this policy is communicated to parents.

A students' school bag shall not exceed 5-10% of a child's body weight when packed (considering individual factor such as the student's overall health, physical strength, and any existing health conditions) to avoid adverse effects of their spin or body as per table 1 maximum Backpack Weight Limit per Grade

Table: 1 Maximum Backpack Weight Limit per grade

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 Kgs to 4.5 kgs
Gr 4 /Year 5	
Gr 5 /Year 6	
Gr 6 /Year 7	Not Exceed 6 Kgs to 8 kgs
Gr 7 /Year 8	
Gr 8 /Year 9	
Gr 9 /Year 10	Not Exceed 10 Kgs
Gr 10 /Year 11	
Gr 11 /Year 12	
Gr 12 /Year 13	