



Guidelines for Weight Limits of School Bags

Approval Authority: AIS Board of Trustees

Operational Oversight: AIS Leadership Team

Effective Date: August 2024

Compliance Date: January 2026

In line with ADEK guidelines, the school sets the following expectations to protect students' health and wellbeing by reducing the risk associated with carrying heavy school bags. These guidelines outline appropriate bag weight limits and promote responsible organization through shared responsibility between the school, parents, and students.

1. Parents should ensure that their child's school bag **does not exceed 5–10% of their child's body weight** when packed, to avoid adverse effects of their spine or body. Maximum backpack weight limits apply by grade level, as outlined in Table 1.
2. Parents are expected to support and guide their children in organizing their school bags daily for the following school day.
3. School bags should include only the books and learning materials required based on the next day's timetable.
4. Online and digital learning resources are used to reduce the need for carrying physical books.
5. **To avoid unnecessary strain on students' backs, lunches, snacks, and beverages should be packed in a separate bag.**
6. Parents are encouraged to regularly check the weight of their child's school bag to ensure ongoing compliance.
7. Parents must guide and remind their children to use both shoulder straps correctly and to adjust backpack straps to support proper posture.

Table: 1 Maximum Backpack Weight Limit per grade

Grade	Max. Backpack Weight
KG, Prep, Grades 1–2	Not Exceed 2 kg
Grades 3–5	Not Exceed 3 kg to 4.5 kg
Grades 6–8	Not Exceed 6 kg to 8 kg
Grade 9–12	Not Exceed 10 kg