



BELVEDERE INTERNATIONAL SCHOOL

LIMITING SCHOOL BAG WEIGHT POLICY

2024-2025

Introduction

At Belvedere International School (BIS), in line with ADEK policy, we have established a policy limiting the weight of school bags. We advise that a student's bag should not exceed between 5% and 10% of a student's body weight when packed depending on the student's overall physical fitness. This is to prevent any negative impact on their spine and overall health.

Objectives

- To review curriculum and homework requirements to prevent unnecessary carrying of books and other materials
- To ensure students have adequate storage space in classrooms to prevent the need for carrying bulky and heavy items to and from school on a daily basis
- To promote the use of ergonomic school bags with individualised compartments to effectively store books and equipment.
- To encourage students to utilise both shoulder straps to avoid carrying a school bag on one shoulder.
- To advocate the use of wide, padded, adjustable school bag straps that fit the student's body.
- To increase student awareness regarding overweight bags by providing access to a hanging scale, enabling them to weigh their school bags and determine if they are too heavy according to the ADEK guidelines.

Guidelines Provided by ADEK

These weight guidelines are taken from the ADEK Health and Safety Policy (2024)

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 to 4.5 kgs
Gr4/ Year 5	
Gr 5 / Year 6	
Gr 6 / Year 7	Not exceed 6 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	

*Maximum school bag weight was calculated based on the American Chiropractic Association (ACA) recommendations.

BIS recommends that students should only carry the following in their school bag:

- Lunch box (or carried separately)
- Water bottle
- Pencil case – ideally this should stay in school
- Home readers and library bag only on required days
- Devices and accessories. (If the device is too large or heavy the device should be carried in a separate bag.)
- Text books / MOE subject books according to the class timetable (where possible these should remain in school if not needed for homework or revision).

Implementation and monitoring

The following steps will be undertaken by the school to ensure that students have the correct weight limit:

- The school will conduct weekly and random checks of students' bag weights to ensure their wellbeing
- Bag monitoring by the Class Teacher / School Nurse if a bag is suspected to be too heavy for the student to carry.
- If the bag exceeds 5% - 10% of the student's body weight, parents are informed by the Class Teacher and advised to review and reduce the amount their child is carrying. The Class Teacher / School Nurse must re check what the student is carrying on at least three more occasions over a four-week period to check that necessary adjustments have been made.