

As custodians of your child's wellbeing, we would like to address the potential long-term effects of students carrying heavy school bags. It is recommended that a child's school bag does not exceed 20% of their body weight to avoid adverse effects on their spine and body.

As a result, for this academic year, all schools are required to take measures to ensure that students' school bags do not exceed the maximum weights listed in the table:

Grade/Year	Max Backpack Weight (KG)
KG2	2.4
Grade 1	2.6
Grade 2	3.0
Grade 3	3.4
Grade 4	3.8
Grade 5	4.1
Grade 6	5.5
Grade 7	5.0
Grade 8	5.8
Grade 9	6.5
Grades 10-12	7.3

Source: Maximum school bags weight was calculated based on WHO Child Growth Chart

In order, to support the new bag policy, the school will:

- Ensure teachers give handouts for homework assignments.
- Encourage the use of ergonomic school bags with individual compartments to efficiently hold books etc.
- Encourage students to wear both shoulder straps.
- Encourage the use of wide, padded, adjustable straps.
- Provide students with adequate storage in line with health and safety standards.
- Raise student's awareness about school bags by using a hanging scale in the classrooms, allowing them to weigh their school bags to determine whether it is too heavy.



As always, the health of our students is of paramount importance, we therefore appreciate your effort and support to ensure you adhere to the new policy when purchasing a new school bag