



SUBJECT: SCHOOL BAGS WEIGHT LIMIT POLICY

HEALTH AND SAFETY POLICY 3.2

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

A student's school bag shall not exceed 5-10% of a child's body weight when packed (considering individual factors such as the student's overall health, physical strength, and any existing health conditions) to avoid adverse long-term effects on their spine or body as for child safety

Maximum Backpack Weight Limit per Grade

Grade	Maximum Backpack Limit
KG1	Not Exceed 2 kgs
KG2	
Gr 1	
Gr 2	
Gr 3	Not Exceed 3 to 4.5 kgs
Gr 4	
Gr 5	
Gr 6	Not Exceed 6 to 8 kgs
Gr 7	
Gr 8	
Gr 9	Not Exceed 10 kgs
Gr 10	
Gr 11	
Gr 12	