

POLICY LIMITING SCHOOL BAGS WEIGHT

Grade / Year (US) (UK)	Max. Backpack Weight (KG)
KG1 / FS2	2.2
KG2 / Year 1	2.4
Gr 1 / Year 2	2.6
Gr 2 / Year 3	3.0
Gr 3 / Year 4	3.4
Gr 4 / Year 5	3.8
Gr 5 / Year 6	4.1
Gr 6 / Year 7	4.5
Gr 7 / Year 8	5.0
Gr 8 / Year 9	5.8
Gr 9 / Year 10	6.5
Gr 10 / Year 11	7.3

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

To help you adhere to the policy, we recommend you explore the following:

- ✱ Revisit the homework policy to ensure it allows flexibility, such as asking teachers to give handouts or workbooks that can be used for homework assignments
- ✱ Encourage the use of ergonomic school bags with individualized compartments to efficiently hold books and equipment
- ✱ Encourage students to wear both shoulder straps and not sling a school bag over one shoulder
- ✱ Encourage the use of wide, padded, adjustable school bag straps that fit the student's body
- ✱ Provide students with adequate storage in line with health and safety standards
- ✱ Raise students 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