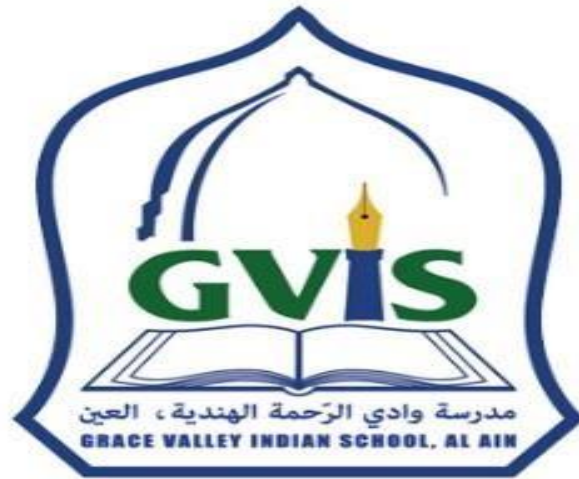


School Bag Policy 2024-2025

GRACE VALLEY INDIAN SCHOOL
AL - AIN



Purpose:

The purpose of this policy is to ensure the health, safety, and well-being of our students by regulating the weight of their school bags. A heavy school bag can lead to physical strain, posture issues, and long-term health concerns. Grace Valley Indian School aims to prevent these issues by adhering to maximum weight limits for students' school bags.

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.

Considerations:

- Parents and students are encouraged to regularly review and assess the contents of the school bag. Only necessary items should be packed.
- Extra items that may not be required for daily use should be stored at school or carried on alternate days.
- Digital devices can be used for textbooks to reduce the weight of physical books.
- Students with specific health concerns will receive personalized accommodations to ensure their school bags remain manageable.

Communication:

- This policy will be communicated to all parents and guardians at the start of each academic year through newsletters, meetings, and school orientations.
- Teachers and staff will monitor the weight of school bags, and any concerns will be promptly addressed with students and their families.

Compliance:

Parents and guardians are responsible for ensuring their child's school bag adheres to the prescribed weight limits. Grace Valley Indian School will provide support and guidance to assist families in managing school bag contents effectively.

Conclusion:

By following this policy, Grace Valley Indian School aims to promote the physical health and well-being of our students, reducing the risk of strain and injury associated with heavy school bags.