



## ADEK POLICY LIMITING SCHOOL BAGS WEIGHT

It is recommended that a child's school bag does not exceed 20% of their body weight to avoid potential long-term effects on their spine and body.

Accordingly, 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 (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 families adhere to the policy, we recommend that parents explore the following:

- Choose ergonomic school bags with individualised compartments to efficiently hold books and equipment.
- Choose wide, padded, adjustable school bag straps that fit the student's body.
- Encourage students to wear both shoulder straps and not sling a school bag over one shoulder.
- Use a scale placed in the main reception to weigh your child's school bags to determine whether it is too heavy.

Thank you for your support and cooperation on this matter.