



Sharjah American
International School

2025 - 2026

SAIS

SCHOOL BAG POLICY

Abu Dhabi Branch



SCHOOL BAG POLICY :

Purpose:

To ensure students' health and safety by maintaining appropriate school bag weights in compliance with ADEK health guidelines and the World Health Organization (WHO) Child Growth Chart. This policy aims to prevent spinal stress, posture issues, and musculoskeletal strain among students.

Policy Statement:

SAIS Abu Dhabi promotes student well-being by ensuring that no student carries a school bag exceeding 20% of their body weight. All staff are responsible for implementing procedures that monitor, record, and reduce excessive bag loads in line with ADEK compliance requirements.

Maximum School Bag Weight Guidelines:

Grade	Maximum Backpack Weight (kg)
KG1	2.2
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	4.5
Grade 7	5.0
Grade 8	5.8
Grade 9	6.5
Grade 10	7.3

Source: Maximum school bag weight calculated based on the WHO Child Growth Chart and ADEK Guidelines.

Maximum School Bag Weight Guidelines:

- Section Supervisors and Homeroom Teachers will conduct regular reminders and spot checks.
- Health & Safety Committee will review implementation once per term.
- Visual reminders and posters will be displayed near corridors and classroom scales.

Review and Accountability

This policy is reviewed annually by the Health & Safety Committee and the Compliance Officer to ensure alignment with ADEK's current framework. Records of monitoring and corrective actions will be presented during inspection or audit visits.