Sharjah American International School

2026 - 2027

SAIS SCHOOL BAG POLICY

Abu Dhabi Branch



عام الأسرة ٢٠٢٦
YEAR OF FAMILY 2026

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 5-10% 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/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	

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.