



المدرسة الفلبينية-الإماراتية الخاصة

PHILIPPINE-EMIRATES PRIVATE SCHOOL L.L.C.

Khalifa City A, Abu Dhabi - UAE

SCHOOL BAG POLICY



Philippine Emirates Private School (PEPS) Bag Weight Limitation Policy

INTRODUCTION:

At Philippine Emirates Private School (PEPS), the health and well-being of our students are of utmost importance. Recent studies and guidelines from the Abu Dhabi Department of Education and Knowledge (ADEK) highlight the risks associated with carrying excessively heavy school bags, including back pain, poor posture, and long-term physical discomfort.

In alignment with ADEK's standards, PEPS is committed to creating a safe and supportive learning environment. This **Bag Weight Limitation Policy** has been developed to ensure that students carry only what is necessary, reducing the risk of physical strain. Through this policy, we aim to foster a balance between academic needs and the physical health of our students, encouraging the use of digital resources, shelves and other weight-reducing strategies.

This policy reflects our dedication to student welfare, ensuring that learning remains enjoyable and safe for all.

OBJECTIVES:

This policy aims to promote the physical well-being of students by limiting the weight of school bags in accordance with Abu Dhabi Department of Education and Knowledge (ADEK) guidelines. Excessive bag weight can lead to health issues such as back pain and poor posture, and this policy seeks to address that by ensuring safe, practical measures for students.

SCOPE:

This policy applies to all students from Kindergarten to Grade 12 at Philippine Emirates Private School.

Policy Guidelines:

1. Bag Weight Limit:

- School bags should not exceed **10-15%** of a student's body weight, as recommended by ADEK and health experts. Parents are encouraged to regularly weigh their child's bag to ensure compliance.
- Suggested bag weight limits by grade:
 - **Kindergarten to Grade 2:** Maximum of 2-3 kg
 - **Grades 3 to 6:** Maximum of 3-5 kg
 - **Grades 7 to 9:** Maximum of 5-7 kg
 - **Grades 10 to 12:** Maximum of 7-8 kg



2. Parent and Student Responsibilities:

- **Parents:** Should ensure that students pack only the required books and supplies for the day to avoid carrying unnecessary weight.
- **Students:** Are responsible for organizing their school bags efficiently, using their lockers, and following the guidelines on bag weight limits.

3. School Responsibilities:

- The school will regularly educate students and parents about the health risks associated with heavy school bags and the importance of adhering to weight limits.
- Teachers will coordinate to ensure that students are not overloaded with textbooks and assignments that require carrying multiple heavy items on the same day.
- Regular bag checks may be conducted by teachers to ensure compliance with the weight limits.

4. Monitoring and Review:

- The PEPS Health and Safety Officer, in coordination with teachers and the school administration, will monitor student bag weight through periodic inspections.
- This policy will be reviewed annually to ensure alignment with ADEK regulations and updated based on feedback from parents, students, and staff.

Compliance:

Non-compliance with this policy will result in a reminder to students and parents about the importance of adhering to the bag weight limits. Continuous disregard for the policy may lead to further discussions with parents to ensure the student's health and safety are prioritized.

Effective Date:

This policy will take effect immediately upon approval and dissemination.