

RAHA INTERNATIONAL SCHOOL

KHALIFA CITY CAMPUS

POLICIES

Policy title	School Bag Policy
Policy number	KCC_POL_BW_02
Policy Version	3
Effective date	August 2024
Scheduled review date	August 2025


Approving Committee	Name	Signature
Principal	Abigail Fishbourne	

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Rationale

As custodians of children’s well-being, we would like to address the potential long-term effects of students carrying heavy school bags. It is recommended that a child’s school bag does not exceed 5-10% of their body weight to avoid adverse 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 this table.

Objectives

- KCC students to have access to the resources they need for effective learning
- KCC students to have bags that do not exceed 5-10% of their body weight
- Effective home and school collaboration is in place to support students in managing their belongings

Measures

The measures in place at KCC are as follows:

KCC staff will:

- Use Toddle and Teams to set work online or digitally rather than requiring textbooks or exercise books to be taken home
- Provide storage spaces in the classroom to allow students to leave books in there rather than carry them around the school or to home and back
- Ensure students have access to cubby spaces outside classrooms to leave bags in while in classes
- Periodically check student bags and ensure they are making use of the storage

solutions provided by the school.

Students are encouraged to:

- Check their bag at home each morning and evening and only bring the items needed for that day at school
- Make use of the storage facilities provided by the school
- Have a bag which is ergonomic with individualised compartments to efficiently hold books and equipment
- Wear both shoulder straps and not sling a school bag over one shoulder
- Use of wide, padded, adjustable school bag straps that fit their body
- Lift bags carefully, using the legs to lift, to avoid injury

Parents are encouraged to put in place the following measures at home:

- Provide ergonomic school bags with individualized compartments to efficiently hold books and equipment
- Provide a bag with wide, padded, adjustable straps that fit the student's body
- Encourage students to wear both shoulder straps and not sling a school bag over one shoulder or use a trolley bag
- Check the bag daily against the student's timetable to ensure only the equipment needed for the day is in the bag

Early Years Students

For the Minis and Early Years, students need only a small backpack which can hold food, a water bottle and hat.

Monitoring, evaluating and review

- Continuous monitoring and evaluation will be done under the supervision of EY, Primary and Secondary Leadership Team.

If bags are observed to be consistently heavier than average an appropriate plan of action will be determined with the student and/or parents.

The following table depicts the suggested maximum weight of backpack which a child can carry according to grade.

Grade	Maximum bag weight (Kg)
Minis (Pre K)	2.0
Early Years 1	2.0
Early Years 2	2.0
Grade 1	2.0
Grade 2	2.0
Grade 3	3.0 – 4.5
Grade 4	3.0 – 4.5
Grade 5	3.0 – 4.5
Grade 6	6.0 – 8.0
Grade 7	6.0 – 8.0
Grade 8	6.0 – 8.0
Grade 9	10.0
Grade 10	10.0
Grade 11	10.0

Source: Maximum school bags weight recommendation is based on the American Chiropractic Association

- KCC Minis bag shall not weigh more than 2.0 Kg.
- Further review will be conducted in accordance with ADEK Guidelines

The health of our students is of paramount importance, we appreciate the collective response from home and school to ensure the health, safety of the young people in our care.

Revision Log

Date	Changes	Reviewed By
Dec 2024	Upper grades and Minis added, bag limit updated for all grades	Shah Amin
February 2025	Principal reviewed and signed	Abi Fishbourne

