

**POLICY DOCUMENT CONTROL: Policy on weight of school bags**

<b>Policy</b>	<b>Policy on Weight of School Bags</b>	
<b>Policy Number</b>	COV/11/08/23/ Policy for the weight of school bags	
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Ajyal International School staff		
<b>PLEASE NOTE:</b>		
Current information should be viewed as “uncontrolled” and may not necessarily contain the latest ADEK/MOE updates and amendments.		

<b>Version</b>	<b>Date</b>	<b>Comments</b>	<b>Author</b>
01	August 2020	Created and reviewed	A. Brown
02	August 2023	To be Updated	SLT
03	August 2024	To be Updated	SLT

**Introduction**

It is imperative that the students’ health, safety and well-being are addressed and form the highest priority at Ajyal Al Falhah to not only enhance their knowledge but also prevent medical issues and health risks.

**Purpose:**

It is also expected that Ajyal Al Falah will address the potential long-term effects that carrying heavy school bags might have on students’ health.

This policy aims to take measures in collaboration with ADEK to ensure that Ajyal Al Falah’s students’ school bags do not exceed **20%** of their body weight to avoid adverse effects on their spine and body.

**Strategies:**

**To help you adhere to the policy, Ajyal Al Falah will**

- Inform staff, parents and students of the bag's weight restriction.
- Encourage teachers to utilize Google Forms to submit homework and use the platform to submit other assignments instead of students carrying heavy textbooks.
- Utilize online textbooks and resources instead of heavy books for Grades 1-10.
- Encourage using lighter fabric bags and bags with light individualized compartments to hold books and equipment efficiently.
- Encourage students to wear both shoulder straps and not sling a school bag over one shoulder.
- Encourage using wide, padded, adjustable school bag straps that fit the student’s body.
- Provide students with safety lockers and a key per the COVID-19 health and safety rules.
- Raise awareness about school bags among students and staff by using a hanging scale in the classrooms and allowing them to weigh their school bags to determine whether it is too heavy
- Use the weight of bags to integrate numbers with a subject such as math.

<b>Grades</b>	<b>Required weight per Grade</b>
<b>KG 1</b>	<b>2.2</b>
<b>KG2</b>	<b>2.4</b>
<b>GR 1</b>	<b>2.6</b>
<b>GR 2</b>	<b>3.0</b>
<b>GR 3</b>	<b>3.2</b>
<b>GR 4</b>	<b>3.4</b>
<b>GR 5</b>	<b>3.8</b>
<b>GR 5</b>	<b>4.1</b>
<b>GR 6</b>	<b>4.5</b>
<b>GR 7</b>	<b>5.0</b>
<b>GR 8</b>	<b>5.8</b>
<b>GR 9</b>	<b>6.4</b>
<b>GR 10</b>	<b>7.3</b>

Employee roster or schedule sheet with multiple columns of names and photos.

# WEIGHT MACHINE

## POLICY

Weight Management Policy

1.1 Purpose

1.2 Scope

Weight Category	Maximum Weight
Underweight	< 50kg
Normal Weight	50kg - 75kg
Overweight	75kg - 100kg
Obese	> 100kg



Document with a logo and text, possibly a form or policy page.

