

**School Vision**

Become an institution of innovative education for a society of knowledge and global pioneering.

**School Mission**

To equip its graduates with 21<sup>st</sup> century skills and a high awareness of themselves, their community and the world. It works to ensure they have the ability to make the right decisions, are actively responsible and have essential world-class skills that allow them to pursue their academic and professional goals.



مدرسة رويال الامريكية  
ROYAL AMERICAN SCHOOL

# RAS School Bag Policy Policy 2025-2026

This policy will form part of all new staff induction

And appear on the school website

Review date August 2025

This policy has been read and adopted by the Royal American School Board of Governors and Principal:

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## 1. Purpose

The purpose of this policy is to promote student health, safety, and wellbeing by ensuring that school bags do not pose undue physical strain. This policy aligns with ADEK’s Health & Safety requirements and raises awareness among students, parents, and staff about proper packing and carrying of school bags.

## 2. Scope

This policy applies to all students (KG through Grade 12) at RAS during school hours, when carrying materials to and from school, and during any school-sponsored activities.

## 3. ADEK Guidelines & Weight Limits

According to ADEK’s Health & Safety policy, schools must ensure that school bags do not exceed safe weight limits. ADEK recommends that school bag weight should not exceed 5–10% of a student’s body weight. Based on this guideline, RAS adopts the following maximum weights:

| Grade Level    | Maximum Bag Weight | Additional Notes                     |
|----------------|--------------------|--------------------------------------|
| KG1 – KG2      | 2.0 kg             | Lightweight materials only           |
| Grades 1 – 2   | 2.0 kg             | No heavy books daily                 |
| Grades 3 – 5   | 3.5 kg             | Adjust depending on student size     |
| Grades 6 – 7   | 6.0 kg             | Monitor heavier materials            |
| Grades 8 – 10  | 8.0 kg             | Use digital resources where possible |
| Grades 11 – 12 | 10.0 kg            | Encourage minimalism and lockers     |

## 4. Bag and Ergonomic Requirements

RAS requires all students to use ergonomic, lightweight backpacks with two wide, padded, and adjustable shoulder straps. Students must use both straps at all times to distribute weight evenly. Bags should have multiple compartments and must not exceed the school’s set weight limits.

## 5. Prohibited Types & Practices

- Overpacking or bringing unnecessary items
- Carrying bags on one shoulder only
- Bringing all books every day instead of following the timetable

## 6. Homework & Resource Management

Teachers will coordinate to minimize the number of books students must carry each day. Digital resources, classroom storage, and online platforms will be used whenever possible to reduce the need for heavy materials.

## **7. Monitoring & Enforcement**

Class teachers and the school nurse will conduct random checks of school bag weights. If a bag exceeds the allowable weight, parents will be notified to support corrective measures. Repeated non-compliance may result in further follow-up by the administration.

## **8. Medical or Special Needs Exceptions**

Students with medical conditions may receive individual accommodation, including lighter loads or additional locker access, upon submission of a medical certificate approved by the school nurse or Health & Safety Committee.

## **9. Communication & Awareness**

The school will communicate this policy to parents at the beginning of each academic year. Information will be shared through orientations, handbooks, and visual reminders in the school environment.

## **10. Review & Amendment**

This policy will be reviewed annually by the RAS Health & Safety Committee to ensure continued alignment with ADEK regulations. Any updates will be communicated to all stakeholders.