مدرسة رويال الأمريكية
ROYAL AMERICAN SCHOOL

SCHOOL BAG POLICY

Academic Year 2026-2027

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

Review date August 2026

Introduction

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.

Purpose

- To protect students from the physical strain of overloaded school bags.
- To set clear, grade-appropriate maximum bag weights aligned with ADEK guidance.
- To promote ergonomic bag design and correct carrying habits.
- To reduce the materials students must carry through better homework and resource planning.

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.

Definitions

- **ADEK weight guideline:** The recommendation is that school bag weight should not exceed 5-10% of a student's body weight.
- **Ergonomic backpack:** A backpack with two wide, padded, adjustable shoulder straps and multiple compartments, always used with both straps.

Policy Statement

Based on ADEK's Health & Safety guideline that school bag weight should not exceed 5-10% of a student's body weight, RAS adopts the following maximum bag weights:

Grade	Weight
KG1-KG2	2.0 kg - lightweight materials only
Grades 1-2	2.0 kg - no heavy books daily.
Grades 3-5	3.5 kg - adjusted depending on student size.
Grades 6-7	6.0 kg - heavier materials monitored.
Grades 8-10	8.0 kg - digital resources used where possible.
Grades 11-12	10.0 kg - minimalism and locker use encouraged.

Prohibited practices:

Overpacking or bringing unnecessary items, carrying bags on one shoulder only, and bringing all books every day instead of following the timetable are all prohibited.

Procedures

- **Bag requirements:**

  All students use ergonomic, lightweight backpacks with two wide, padded, adjustable shoulder straps, always used at both shoulders, with bags not exceeding the set weight limits.

- **Homework and resource management:**

  Teachers coordinate to minimize the number of books carried each day, using digital resources, classroom storage, and online platforms wherever possible.

- **Monitoring:**

  Class teachers and the school nurse conduct random checks of bag weights. Parents are notified if a bag exceeds the allowable weight, and repeated non-compliance is followed up by the administration.

- **Medical or special needs exceptions:**

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

Responsibilities

- **Class Teachers and School Nurse:** Conduct random bag-weight checks and notify parents of any exceedances.
- **Health & Safety Committee:** Reviews the policy annually and considers medical or special needs exception requests.
- **Parents:** Support their child in following the timetable and using ergonomic bags correctly.

Compliance

This policy is reviewed annually by the RAS Health & Safety Committee to ensure continued alignment with ADEK regulations. Repeated non-compliance with bag weight limits may result in further follow-up by the school administration, and any policy updates are communicated to all stakeholders through orientations, handbooks, and visual reminders.

Related Policies and References

ADEK School Health and Safety Policy.

Royal American School Parent Engagement Policy; Royal American School Parent Handbook.