

GIIS-AD-Policy-26-27-002

SCHOOL BAG WEIGHT POLICY

Last Review	10 April 2026
Revised on	02 April 2025
Reviewed by	Principal, Vice Principal, SLT's, Wellbeing Team
Next Review	April 2027

Dear Parent,

As custodians of children's wellbeing, 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 10% of their body weight to avoid adverse effects on their spine and body. Kindly ensure that students' school bags do not exceed the maximum weights listed in the table.

GRADE / YEAR	MAX. BAG PACK WEIGHT (KG)
KG 1 / FS2	2.2 KG
KG 2 / YEAR 1	2.4 KG
GR 1 / YEAR 2	2.6 KG
GR 2 / YEAR 3	3 KG
GR 3 / YEAR 4	3.4 KG
GR 4 / YEAR 5	3.8 KG
GR 5 / YEAR 6	4.1 KG
GR 6 / YEAR 7	4.5 KG
GR 7 / YEAR 8	5 KG
GR 8 / YEAR 9	5.8 KG
GR 9 / YEAR 10	6.5 KG
GR 10 / YEAR 11	7.3 KG
GR 11 & GR 12	Not to exceed 10 KG

Source maximum school bags weight was calculated based on WHO Child growth chart.

Kindly refrain from sending unwanted books with your ward. Students are requested to pack their bags according to the timetable.

We seek your kind cooperation in this regard.



Dilip Kumar
Principal
Global Indian International School, Abu Dhabi.

