



# School Bag Policy

This policy has been adopted by the Creative British School Principal and board of Governors

Policy Created	September 2025
Policy Review date	August 2026

Signed Principal: Ms. Julia Flavin

Date: 1/11/2025



# School Bag Policy

This policy has been created with guidance from ADEK to inform all staff, parents, and students. The health and well-being of our students is of paramount importance, and every member of the school community is encouraged to read and understand this policy thoroughly.

## Guidelines:

- Recommended bag weight shall not exceed 5-10% of the child's body weight.
- The school discourages the use of trolley bags
- Use ergonomic school bags with individual compartments for books and equipment.
- Students should wear both shoulder straps to avoid slinging bags over one shoulder.
- Bags should have wide, padded, adjustable straps that fit the student's body.
- Check the weight of your child's school bag regularly to ensure it is within the recommended limit.
- Educate students on the importance of proper school bag usage.
- For children in Years 1 and 2, bags are stored in cubby holes and should be appropriately sized.

## Recommended Contents for Students' Bags:

Students are advised to only carry the following items in their school bags:

- Lunch box (or carried separately)
- Water bottle
- Pencil case (ideally kept at school)
- Home readers and library books, only on designated days

As custodians of students' well-being, we recognize the potential long-term effects of carrying heavy bags. To protect students' physical health, school bags should not exceed 10% of their body weight.

Grade/Year	KG 1 FS 2	KG2 Yr 1	Gr 1 Yr 2	Gr 2 Yr 3	Gr3 Yr 4	Gr 4 Yr 5	Gr 5 Yr 6	Gr 6 Yr 7	Gr 7 Yr 8	Gr 8 Yr 9	Gr 9 Yr 10	Gr10 Yr 11	Gr11 Yr 12	Gr12 Yr 13
Max. Backpack Weight(Kg)	<b>NOT EXCEED 2KGS</b>			<b>NOT EXCEED 3 TO 4.5KGS</b>			<b>NOT EXCEED 6 TO 8KGS</b>			<b>NOT EXCEED 10KGS</b>				

## Monitoring and Compliance:

- Homeroom teachers monitor bag weights regularly.
- If a bag appears too heavy, the school nurse may weigh it.

- If a bag is found to exceed the 10% limit, parents will be notified by the homeroom teacher and advised to reduce the load.
- This communication is documented by the social worker for future reference.

We appreciate your support in promoting the well-being of our students and helping to reduce any potential strain from carrying heavy bags.