



Title	:	Students' Bag Weight Policy
File Name	:	TRAC/ADMIN-SBWP/013
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School Bag Weight Policy

A student bag weight policy for The Royal Academy Private School can help ensure that students do not carry excessive weight, which can lead to health issues like back pain and posture problems. Here's a suggested policy:

- Weight Limit Guidelines:**
 - The weight of the school bag should not exceed **10% to 15% of the student's body weight**.
 - School staff will periodically check to ensure compliance with this guideline.
- Locker System:**
 - Lockers will be provided** to students to store books and other belongings that are not needed for homework or immediate study.
 - Students are encouraged to only carry necessary items home.
- Timetable Optimization:**
 - A **coordinated timetable** will be set to avoid students carrying books for multiple subjects on the same day.
 - Teachers will plan their lessons with minimal requirements for carrying extra books.
- Digital Resources:**
 - Where possible, **digital copies of textbooks** will be made available for students to reduce the number of physical books.
 - Tablets may be considered as an option for older students.
- Bag Content Checklist:**
 - Parents are encouraged to help their children **pack bags according to a daily checklist** of necessary items.
 - Teachers will provide lists to help parents and students prepare the appropriate materials for each day.
- Awareness Programs:**
 - Workshops or sessions** will be conducted for students and parents to educate them on the health impacts of heavy bags and the proper way to carry them.
- Regular Monitoring:**
 - The school will conduct **bag weight checks** at regular intervals.
 - If a student's bag is found to be too heavy, the school will work with the student and parents to address the issue.

This policy aims to protect students' health and well-being, encourage better organization skills, and reduce unnecessary physical strain on young learners

Approved By
Principal