

RAHA INTERNATIONAL SCHOOL

POLICIES

ADMISSIONS POLICY	
PREPARED BY & DATE: ESTÉE CAPLEN/ FEB 2023	NEXT REVISION DATE: FEB 2025
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General Guidelines

The risk of injury from overloaded school bags is a serious matter the school is mindful of. Our aim is to work with parents and students to ensure bags are not overloaded each day and that students are making the right decisions to choose and use their school bags properly preventing them from common injuries such as back and shoulder pain.

School bag weight will be monitored through observation by staff members.

Following guidelines by the Abu Dhabi Department of Education and Knowledge (ADEK) and the World Health Organization (WHO), a bag should not exceed 20% of the student's body weight.

We ask that families help their children to:

- Choose the right backpack that is a suitable size for the student.
- Pack & adjust the bag accordingly and remove unnecessary items for the day ahead.
- Lift bags carefully, using the legs to lift, to avoid injury.

Any bags observed to be heavier than average will be inspected, and an appropriate plan of action determined with the student and/or parents.

The following table depicts the average maximum weight of backpack which a child can carry according to grade.

Grade	Maximum bag weight (KG)
Early Years 1	2.2
Early Years 2	2.4
Grade 1	2.6
Grade 2	3.0
Grade 3	3.4
Grade 4	3.8
Grade 5	4.1
Grade 6	4.5
Grade 7	5.0

Grade 8	5.8
Grade 9	6.5
Grade 10	7.3

Source: Maximum school bags weight was calculated based on WHO Child Growth Chart & ADEK

Early Years Students

For the Early Years, students need only a small backpack which can hold food, water bottle and hat. Trolley/wheely bags will not be permitted as they will not fit in their cubbies and are a safety hazard.

Policy Review Log

Date	Changes	Reviewed By
June 2022	New Policy	Estée Caplen
Jun 2024	Policy Review	Estée Caplen