

| **DATE:** 21 July 2020

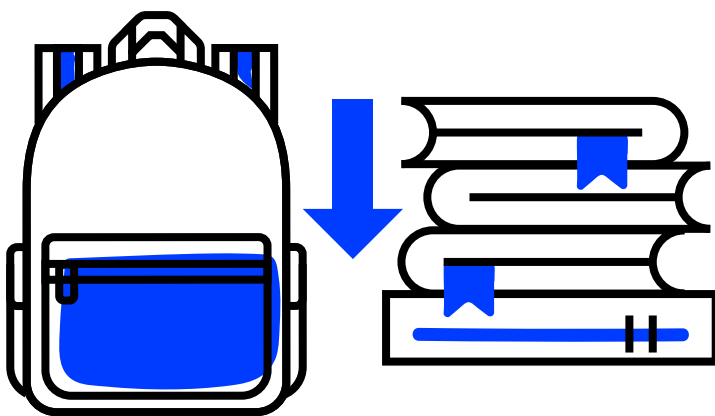
SUBJECT	POLICY LIMITING SCHOOL BAGS WEIGHT
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Dear Principals,

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 **20%** of their body weight to avoid adverse effects on their spine and body.

Accordingly, all schools are required to take measures to ensure that students' school bags do not exceed the maximum weights listed in the table:



Grade / Year (US) (UK)	Max. Backpack Weight (KG)
KG1 / FS2	2.2
KG2 / Year 1	2.4
Gr 1 / Year 2	2.6
Gr 2 / Year 3	3.0
Gr 3 / Year 4	3.4
Gr 4 / Year 5	3.8
Gr 5 / Year 6	4.1
Gr 6 / Year 7	4.5
Gr 7 / Year 8	5.0
Gr 8 / Year 9	5.8
Gr 9 / Year 10	6.5
Gr 10 / Year 11	7.3

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