



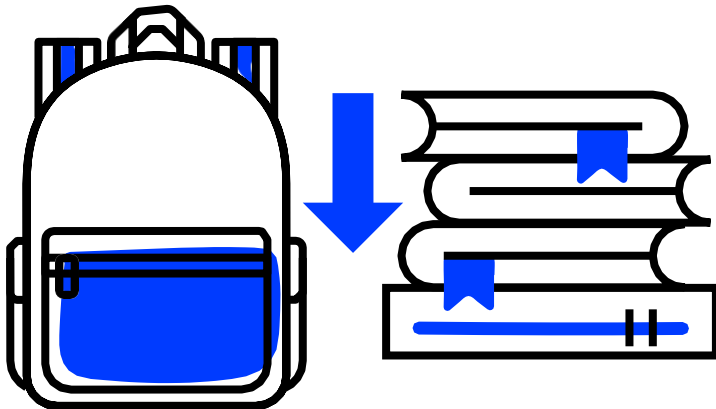
The Assembly of God Church School, Haldia
Fly Utmost for His Highest

POLICY LIMITING SCHOOL BAGS' WEIGHT

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, we must ensure that students' school bags do not exceed the maximum weights listed in the table. Frequent checking will be there and the behavioural management System policy will be followed for willful defaulters.



Grade	Max. Backpack Weight (KG)
Nursery	2.2
KG	2.4
Gr 1	2.6
Gr 2	3.0
Gr 3	3.4
Gr 4	3.8
Gr 5	4.1
Gr 6	4.5
Gr 7	5.0
Gr 8	5.8
Gr 9	6.5
Gr 10	7.3

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