



المدرسة الفلبينية
THE PHILIPPINE SCHOOL

"LEADER IN ACADEMIC EXCELLENCE AND VALUES FORMATION"

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THE PHILIPPINE SCHOOL ABU DHABI SCHOOL BAG POLICY Academic Year 2026-2027

(Transform. Progress. Succeed)





THE PHILIPPINE SCHOOL ABU DHABI SCHOOL BAG POLICY

At The Philippine School Abu Dhabi (TPS), we prioritize the health, safety, and overall well-being of our students. We recognize that carrying excessively heavy school bags may have adverse effects on students' posture, spine, and physical well-being, particularly when carried for extended periods.

To promote the health and safety of all students, the following guidelines shall be observed:

A. School Bag Weight Limit

To keep you safe and healthy, your school bag should **not be more than 20% of your body weight**. A lighter bag helps protect your **back, spine, posture, and overall well-being**.

1. Choose the Right School Bag

- Use a lightweight and properly sized backpack.
- Avoid large, bulky, or very heavy bags.
- Trolley bags are discouraged because they may cause safety concerns when getting on, travelling in, or getting off the school bus.

2. Maximum Bag Weight

Students must follow the **maximum school bag weight limits set according to the guidelines of the Abu Dhabi Department of Education and Knowledge (ADEK)**.

B. Maximum Allowable Bag Weight

The maximum school bag weights below shall be observed in accordance with the prescribed guidelines of the **Abu Dhabi Department of Education and Knowledge (ADEK)**:

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

Monitoring and Compliance

TPS shall conduct periodic school bag weight monitoring to ensure compliance with the prescribed limits. Students whose bags exceed the allowable weight will be advised on appropriate ways to reduce the weight of their school bags.



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Class Advisers, in coordination with the Child protection Officer, Prefect of Discipline and Guidance Counselor may provide guidance to students and communicate with parents/guardians when necessary to ensure that students maintain safe and manageable school bag weights.

Responsibility of Students and Parents/Guardians

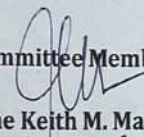
Students are expected to bring only the books, learning materials, and personal items necessary for the school day. Parents/guardians are encouraged to regularly check their child's school bag and remove unnecessary items to help maintain a safe and appropriate bag weight.

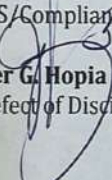
TPS is committed to promoting a safe, healthy, and supportive learning environment for every student.

Prepared:

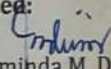

Louis Katherine D. Abucay
Child Protection Officer

Committee Members:


June Keith M. Mariano
OHS/Compliance Officer


Kier G. Hopia
Prefect of Discipline

Noted:


Luzminda M. Divino
Vice Principal

Approved:


Jesus S. Ostos Jr.
Principal



Acknowledgement

I acknowledge that I have **read, understood, and agreed to follow the TPS School Bag Policy** and the prescribed ADEK-aligned school bag weight limits. I understand my responsibility to maintain a **safe and manageable school bag weight** by bringing only the necessary books, learning materials, and personal items.

Name: _____
Grade & Section: _____
Signature: _____
Date: _____

Disclaimer:

This policy document is subject to revision in accordance with updates from ADEK, UAE Federal Authorities, or The Philippine School Abu Dhabi Management. All staff and stakeholders are responsible for familiarizing themselves with any changes to ensure full compliance with current laws.