



Backpack Policy Gisad

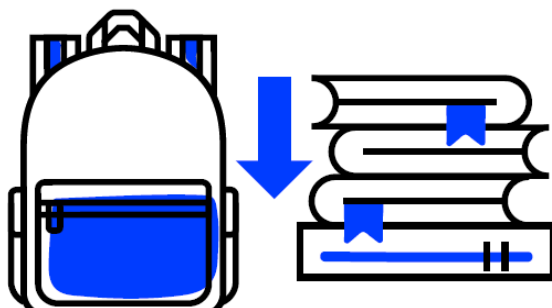
ADEK has set up guidelines about on the maximum weight of schoolbags in the different age groups (rf. table below). For Gisad the following concept is designed to comply with these regulations.

1. All backpacks (or bags) itself are very light (max. 700g), Not more than 1L of water should be carried, and a food package of about 500g.
2. For students in primary school the teaching material should not exceed about 1.5 kg. Since this mass is quickly reached only writing instruments and thin notebooks and folders are carried by the students. All other materials remain at home or in the classroom. This is determined by arrangement with the respective teacher.
3. In deviation from 2), subject teachers may, with the consent of the class teacher, exceptionally announce that a workbook or a thin book will be carried in their class before a lesson.
4. The school bags will be checked by the class teachers in the classroom at the beginning of the school year and then randomly at a later date with regard to the maximum 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, 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