

LISM 'Light as a Feather' Initiative



Dear Parents,

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 your child's school bag does not exceed 20% of their body weight to avoid adverse effects on their spine and body. Accordingly, we would like to take measures to ensure that students' school bags do not exceed the maximum weights listed in the table as per ADEK policy:

Grade	Max Backpack (KG)
KG1	2.2
KG2	2.4
Gr1	2.6
Gr2	3.0
Gr3	3.4
Gr4	3.8
Gr5	4.1
Gr6	4.5
Gr7	5.0
Gr8	5.8



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

Your child should bring into school a backpack instead of a trolley bag to avoid touching the floor for health & safety reasons, please follow the above table to ensure your child's wellbeing.

Kind Regards
LISM Management