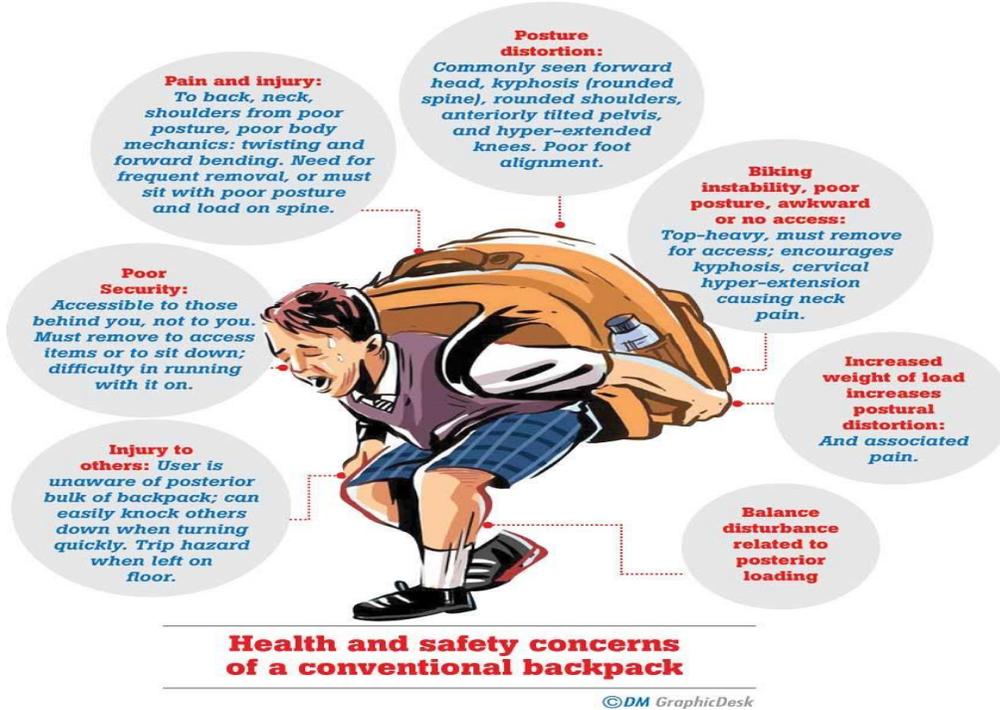




## SCHOOL BAG POLICY – 1st Quarter Compliance Check



On September 22, 2025, Mr. Joey C. Collado, Head of the Occupational Safety and Health (OSH) Department, together with Mr. Dave Omar Christian V. Husain, Guidance Counselor for Male Students, conducted a random weighing of students' school bags from Kindergarten 1 (KG1) to Grade 10.

This activity forms part of The Philippine Global School's (TPGS) School Bag Policy implementation, which aims to ensure that students' bags are within the recommended weight limit—generally not exceeding 10–15% of the student's body weight. The initiative seeks to promote students' physical well-being, prevent musculoskeletal strain, and encourage responsible packing habits among learners.

The results of the compliance check revealed that most students complied with the acceptable weight range, particularly in the Kindergarten to Grade 3 levels, where teachers closely monitor daily materials. However, some cases of overweight bags were noted among middle and upper-grade students (Grades 6–10), mainly due to the carrying of multiple notebooks, textbooks, and extra materials not required for the day's lessons.

As a follow-up action, the OSH Office and Guidance Department will continue to remind class advisers and parents to monitor school bag contents regularly. Coordination with subject teachers is also recommended to further reduce the number of items students need to bring daily, supporting the goal of a safe and health-conscious learning environment.



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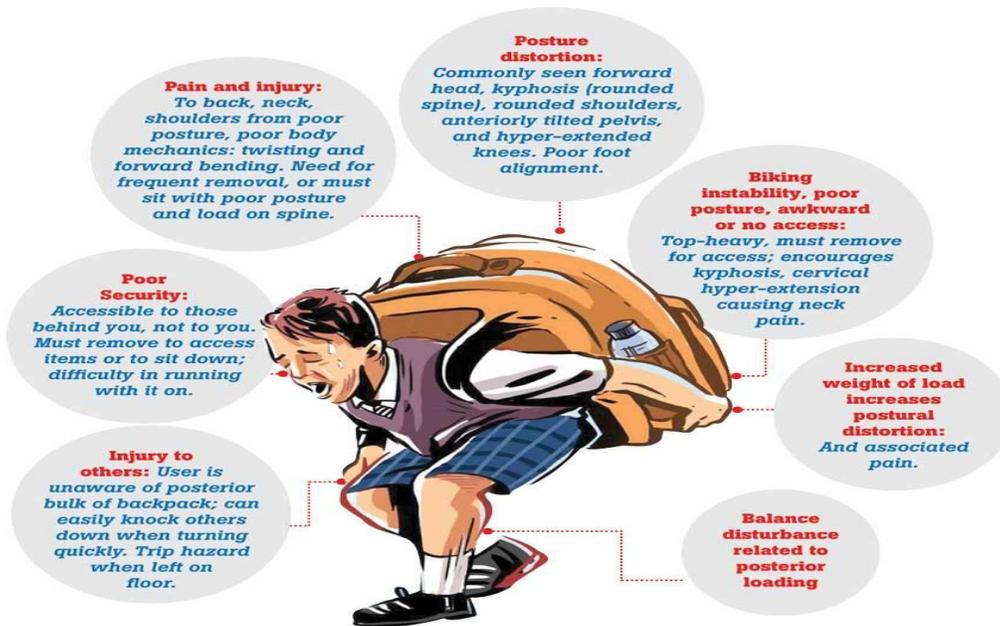




# مدرسة جلوبال الفلبينية

## THE PHILIPPINE GLOBAL SCHOOL

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### Health and safety concerns of a conventional backpack

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The health of our students is our topmost priority; thus, this policy aims to help our students choose and use appropriately their school bags to prevent them from potential long-term effects of carrying heavy load such as muscle strain, neck, shoulder or back pain. To avoid these adverse effects on their spine and body, **ADEK recommended that a child's school bag should not exceed 5% – 10% - of their body weight.**

It is highly recommended to follow the maximum bag weight (inclusive of its content) per level:

#### Bag Weight Limits (based on grade level):

- KG1, KG2, Grades 1 & 2: up to 2 kg
- Grades 3 to 5: 3-4.5 kg
- Grades 6 & 7: 6-8 kg
- Grades 9 & 10: up to 10 kg

These weight restrictions consider each child's body weight, health, strength, and any medical conditions.

#### Additional Measures:

- School bags should not have wheels or metal handles.
- Bag size should not exceed:
  - Kindergarten: 40 cm × 30 cm
  - Grades 1-10: 50 cm × 30 cm



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Please be guided of the following recommendations from ADEK:

1. Revisit the homework policy to ensure it allows flexibility, such as asking teachers to give handouts or workbooks that can be used for homework assignments
2. Encourage the use of ergonomic school bags with individualized compartments to efficiently hold books and equipment
3. Encourage students to wear both shoulder straps and not sling a school bag over one shoulder
4. Encourage the use of wide, padded, adjustable school bag straps that fit the student's body
5. Provide students with adequate storage in line with health and safety standards
6. Raise students' awareness about school bags by using a hanging scale in the classrooms, allowing them to weight their school bags to determine whether it is too heavy.

#### SCHOOL PRACTICE

1. Parents have been given the copy of "Bag Policy" from ADEK.
2. Students are regularly reminded by the advisers to bring small and lighter school bags, and being announced during morning assemblies.
3. Advisers are instructed to check the school bags regularly.
4. The Philippine Global School is using the GENYO learning management system (LMS); students are checking the assignments and accomplishing the tasks in the LMS; e-books and workbooks are included in the LMS. For lower grades, books are used only in the school.
5. Weekly Assignment Planner is given; thus, accomplish the tasks and prepare the assigned materials ahead of time to avoid bringing unnecessary items.
6. The size of the bag should be suitable according to the students' body type.
7. Carry bags carefully and wear them in both shoulder straps. Small trolley bags are suggested for students who walk long distances going to bus or house.
8. Students' attention is called during spot checking in the morning, and they are advised to weigh the bag in the school clinic before proceeding to the classroom

Prepared by:

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