

Coill Dubh N.S.  
Coill Dubh  
Naas  
Co. Kildare  
Phone: (045) 860023  
Fax: (045) 860023



S.N. Coill Dubh  
Coill Dubh  
Nás na Ríogh  
Co. Chill Dara  
Guthán: (045) 860023  
Fax: (045) 860023

## WEIGHT OF SCHOOL BAGS

S.N. Coill Dubh wishes to remind parents of the problem of overweight school bags. Teachers are aware of the potential health hazards posed by overweight schoolbags. In S.N. Coill Dubh pupils from 2<sup>nd</sup> – 6<sup>th</sup> classes are asked and reminded regularly by their class teachers, to bring home in their school bags, **only** the books they require to do their homework. Doing so encourages pupils to develop their organisational skills. Teachers include back care as part of the SPHE programme. Parents are asked to check the weight of their child's school bag regularly and inform the school if they are concerned. Parents are encouraged to purchase correctly designed school bags.