



Monday 9th December 2024

Dear Parents and Carers,

## RE: Smartphone Free School

We are concerned about the impact of smartphones on our children.

Smartphones are a big part of life today. Most adults have one, and they are great for finding information and staying connected with family and friends.

However, there is now evidence of the negative effects of smartphones and social media on children and teenagers. These include:

- Poor mental health, such as depression and anxiety
- Issues with attention and sleep
- Risks of cyberbullying and exposure to harmful content like violence or inappropriate material
- Smartphones can be addictive and distract children from learning important life skills

Children often get their first phone in primary school, and over 90% of 12-year-olds have a smartphone. This period is crucial for brain development, and the younger a child gets a smartphone, the more potential harm it can cause.

Schools have a role in changing how children use smartphones.

First, we are committed to making our school environments smartphone-free. Children cannot use smartphones during school hours, and we do not want your child to bring a smartphone to school.

Second, we encourage you to **delay** giving a smartphone to your child until they are at least 14 years old. A growing number of parents and schools across the country are choosing to do this. There is widespread support from Ealing headteachers.

If you need to contact your child while they travel to and from school, a simple 'brick' phone is enough. "Brick" phones do not have internet connectivity, and they are inexpensive.

We would like to work together with parents on this issue. Together, we can make a big difference in our children's lives.

Yours sincerely,

Naz Abaeian

Jon Bailey

## Co-Headteachers

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## Smartphone free primary schools

A list of primary schools that pledge to work with their parents/carers to:

- ❖ ban smartphones from being brought into school by September 2025
- ❖ discourage purchase of smartphones before the age of 14.

<b>Acton area</b>
Acton Gardens Primary School
Ark Byron Primary Academy
Ark Priory Primary Academy
Derwentwater Primary School
East Acton Primary School
Holy Family Catholic Primary School
John Perryn Primary School
Southfield Primary School
St Vincent's Catholic Primary School
West Acton Primary School
West Twyford Primary School

<b>Greenford, Northolt, Perivale area</b>
Alec Reed Academy - Primary School
Belvue School
Coston Primary School
Downe Manor Primary School
Ealing Primary Centre
Gifford Primary School
Greenwood Primary School
Horsenden Primary School
John Chilton School (age 4 - 19)
Mandeville School (age 2 - 11)
Oldfield Primary School
Our Lady of the Visitation Catholic Primary School
Perivale Primary School
Petts Hill Primary School
Ravenor Primary School
Selborne Primary School
St John Fisher Catholic Primary School
St Raphael's Catholic Primary School
Stanhope Primary School
The Edward Betham CoFE Primary School
Vicar's Green Primary School
Viking Primary School
Willow Tree Primary School
Wood End Primary School
Woodlands Academy

<b>Ealing and Hanwell area</b>
Brentside Primary Academy School
Castlebar School (age 4 – 11)
Christ the Saviour CE Primary School
Drayton Green Primary School
Fielding Primary School
Grange Primary School
Hobbayne Primary School
Little Ealing Primary School
Mayfield Primary School
Montpelier Primary School
Mount Carmel Catholic Primary School
North Ealing Primary School
Oaklands Primary School
St Ann's School (age 11 - 19)
St Gregory's Catholic Primary School
St John's Primary School
St Joseph's Catholic Primary School
St Mark's Primary School
Springhallow School (age 4 - 19 years)

<b>Southall area</b>
Allenby Primary School
Beaconsfield Primary School
Blair Peach Primary School
Clifton Primary School
Dairy Meadow Primary School
Dormers Wells Primary Academy
Featherstone Primary and Nursery School
Hambrough Primary School
Havelock Primary School
Khalsa Primary School
Lady Margaret and Durdans Primary Schools
North Primary School
St Anselm's Catholic Primary School
St Mary's CE Primary School
Three Bridges Primary School
Tudor Primary School
Wolf Fields Primary School