



Compton All Saints' Church of England Primary School

June 2025

Dear Parents,

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. 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.

This includes other 'smart' devices such as smart watches.

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. Learning and wellbeing are our top priorities as headteachers. Research shows us that smartphones are detrimental to both. Together, we can make a big difference in our children's lives.

If you would like to find out more about support for parents who want their children to be smartphone free, do please visit [Smartphone Free Childhood](#)

Yours sincerely,

Compton All Saints CofE Primary School