



Hi,

Thank you for your continued support in helping us maintain a phone-free school day. This is something that we must return to with regular reminders about the expectations and responsibilities around mobile phones in school.

Our approach is simple: **out of sight, out of mind – with no exceptions.** By keeping phones switched off and out of sight throughout the day, we can create a calmer, safer and more focused environment where students can learn, build positive relationships and thrive.

We ask that you continue these conversations at home and reinforce with your child why this matters. A phone-free school day reduces distractions, supports learning, helps safeguard young people from online harms and encourages meaningful face-to-face interaction. Your support makes a real difference, and together we can ensure these expectations remain clear and consistently understood by all students.

For interest we surveyed the students about mobile phone use and as more than half the school responding, it is worth sharing some of the information gathered.

Key Facts

- **92% spend more than two hours on their phone at weekends.**
- **71% spend more than two hours on a typical school day.**
- **78% use phones before bed.**
- **47% use phones during meals.**
- **61% have been contacted online by a stranger.**
- **43% have seen inappropriate or concerning content online.**
- **39% have experienced or witnessed online bullying.**
- **64% have no digital curfew set by parents.**
- **70% do not support a school phone ban.**
- **90% do not support banning social media for under-16s.**
- **TikTok is the most-used app by a significant margin.**

The facts above outline the risks mobile phones bring but also the importance for continued education around online safety, healthy screen habits, sleep, and responsible smartphone use.

This is something we must all continue and do better with.

Regards,

Alex