*Smartphone free letter template for primary school use*

January 2025

Dear parents/guardians,

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 Council and Ealing headteachers. We include a list of local schools that are working together on this campaign.

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](https://smartphonefreechildhood.co.uk/)

Yours sincerely,

Headteacher

# Smartphone free childhood list of primary schools

List of local schools that are working together on the smartphone free childhood campaign

School name

* Acton Gardens Primary School
* Alec Reed Academy Primary School
* Allenby Primary School
* Ark Byron Primary Academy
* Ark Priory Primary Academy
* Beaconsfield Primary School
* Belvue School (H)
* Blair Peach Primary School
* Brentside Primary Academy School
* Castlebar School
* Christ the Saviour CE Primary School
* Clifton Primary School
* Coston Primary School
* Dairy Meadow Primary School
* Derwentwater Primary School
* Dormers Wells Infant School
* Dormers Wells Primary School
* Downe Manor Primary School
* Drayton Green Primary School
* Durdan's Park Primary School
* Ealing alternative provision (EAP)
* Ealing Primary Centre
* East Acton Primary School
* Featherstone Primary and Nursery School
* Fielding Primary School
* Gifford Primary School
* Grange Primary School
* Greenwood Primary School
* Hambrough Primary School
* Havelock Primary School
* Hobbayne Primary School
* Holy Family Catholic Primary School
* Horsenden Primary School
* John Chilton School
* John Perryn Primary School
* Khalsa Primary School

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* Lady Margaret Primary School
* Little Ealing Primary School
* Mandeville School
* Mayfield Primary School
* Montpelier Primary School
* Mount Carmel Catholic Primary School
* North Ealing Primary School
* North Primary School
* Oaklands Primary School
* 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 Ann's School (age 11 - 19)
* St Anselm's Catholic Primary School
* St Gregory's Catholic Primary School
* St John Fisher Catholic Primary School
* St John's Primary School
* St Joseph's Catholic Primary School
* St Mark's Primary School
* St Raphael's Catholic Primary School
* St Vincent's Catholic Primary School
* Stanhope Primary School
* The Edward Betham CofE Primary School
* Three Bridges Primary School
* Tudor Primary School
* Vicar's Green Primary School
* Viking Primary School
* West Acton Primary School
* West Twyford Primary School
* Willow Tree Primary School
* Wolf Fields Primary School
* Wood End Primary School
* Woodlands Academy