



### **Mobile Phones in School**

Dear Parents and Carers,

In line with our updated relational policy, and to support families in helping children reduce their screen time, we will be introducing new procedures for mobile phones in school from **September 2026**.

Current research highlights growing concerns about the effects of prolonged screen exposure on children's health and development. The school is committed to working in partnership with parents and carers to help reduce these risks.

### **Health implications of excessive screen time in children include:**

- Delayed language development, as screen use displaces vital face-to-face interactions needed for communication skills.
- Reduced real-world interaction and play, which are critical for brain development and social learning.
- Overstimulation of the visual cortex, with less stimulation of the auditory cortex, which impacts social and language development.
- Emotional and behavioural difficulties, including increased anxiety, low self-confidence and aggression.
- Sleep disruption, often associated with evening or prolonged screen use, which affects learning, attention and overall wellbeing.
- Reduced physical activity, contributing to poorer physical health and increased sedentary behaviour.
- Attention and concentration difficulties, particularly with high daily screen exposure.

These findings reflect a growing national and international consensus that excessive screen use can negatively affect children's physical, cognitive and emotional development

### **Mobile Phones in School**

We understand that when children start to walk to and from school, some parents may want their child to carry a mobile phone to be contactable. School supports the use of **Non-Smart phones** (so called 'dumb' phones) for this purpose.

Children who need to bring any mobile phone to school must switch it off before entering the school site; it must remain turned off until the child has left the school site at the end of the day. (NB: The 'school site' is anywhere on school grounds between the 'top' and 'bottom' gates. )



### Smart Phones

If your child needs to bring a **smart** phone (as opposed to a non-smart, so called 'dumb phone'), you will be required to complete a *Smart Phone in School Request Form*, outlining the reason a **smart** phone is necessary (available from the school office, by request. [parceglossecretary@croftymat.org](mailto:parceglossecretary@croftymat.org) ). Following this, a meeting will be arranged with you, your child, and a member of school staff to discuss and sign a *Smart Phone Agreement*.

This agreement confirms that:

- You understand the impact excessive screen time can have on children's eye health and mental wellbeing.
- You are aware that apps such as WhatsApp, Snapchat, Discord, and other social media platforms have a minimum age requirement of 13 years old reinforced by guidance from UK online-safety organisations (NSPCC).
- You agree that if school time is disrupted due to the inappropriate use of WhatsApp (or any other similar apps) outside of school, the privilege of bringing a smart phone to school will be withdrawn.

Please note that if a smart phone is brought onto site without a signed agreement from parents, the phone will be confiscated until a parent can come to collect the phone from the school.

### Non-Smart Phones

Children who bring a non-smart phone (often referred to as a "dumb phone," e.g., a Nokia 105 2G) **do not need to complete the form or attend a meeting, and no agreement is required.**

### Storage During the School Day

All phones—smart and non-smart—must be handed to the class teacher each morning for safe storage and will be returned at the end of the day.

Thank you for your support as we work together to promote healthy habits and ensure school remains a safe and focused learning environment.

Kind regards,  
Mrs Sanderson



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