

Please edit this letter template as required. We appreciate there is no one-size-fits-all – every school is different and every community unique – so feel free to tweak, chop, change or rewrite completely.

Just make sure to make a copy first so you can edit your own version. Then delete this text box.

Dear parents and carers,

A smartphone-free [School Name]: What we've seen so far

When we wrote to you earlier this year about our decision to become a smartphone-free school, we made a commitment to keep you informed about how that change was working in practice. We are now writing to share what we have seen, to thank you for your support, and reinforce our commitment to working together to ensure our students are happy, safe and thriving.

What we have seen in school

The change in school has been significant. Staff and pupils alike have commented on a shift in the atmosphere of the school, and the early signs are genuinely encouraging:

- [X%] of staff report a calmer atmosphere in corridors, communal spaces, and at the start of lessons.
- [X%] of pupils say they feel less pressure from social media during the school day.
- A [X%] reduction in behaviour incidents linked to online activity, group chats, or in-school messaging.
- Staff report that pupils are more present and engaged during lessons, and that students are socialising together more, rather than on phones, during break and lunch.

[Note for schools: please replace or supplement the above with your own data, staff observations, or pupil and parent feedback. Qualitative comments from pupils and parents can be more powerful than a statistic.]

We know these are early days, and we are under no illusion that a school policy alone resolves everything. However, the direction of travel is clear, and it has reinforced our conviction that this was the right step to take.

What we have been doing in school

From the outset, our aim has been to pair clear boundaries with genuine education to develop the critical awareness and digital literacy our students will need throughout their lives.

This term, we have delivered assemblies and tutor time sessions exploring these themes with pupils across year groups. We will continue to do so throughout the year, building our students' understanding of how digital environments are designed, how to protect their own attention and wellbeing, and how to make informed choices about technology as they grow in independence.

Supporting your family at home

The school day is only part of the picture, and we are aware that many of the questions families are navigating around smartphones, screen time, and independence do not stop at the school gate. We want to support you in those conversations.

One of the things we hear most often from parents is that reducing screen time at home can feel like an uphill struggle and that attempts to set limits can quickly become a source of conflict. [This resource](#) from Smartphone Free Childhood on reducing screen time without battles offers practical, realistic strategies to support building habits that reduce dependence over time.

We also hear regularly from families who value being able to stay connected with their child as they grow more independent. This [resource](#) explores some of the options and sets out a range of smartphone-free alternatives.

Working in partnership

We continue to encourage all families to delay giving children a smartphone for as long as possible, and we recommend waiting until at least age 14 and delaying access to social media until 16. If you have not already signed the **Smartphone Free Childhood Parent Pact**, we warmly encourage you to do so. You can sign up, and see how many others in your school have signed too, [here](#).

What happens next

We will continue to share updates on how our smartphone-free approach is working, including further pupil and parent feedback as the year progresses.

As always, we welcome your thoughts and questions.

Thank you for your continued support. This has been a community effort from the start, and the difference it is making to the daily lives of our students is a testament to what schools and families can achieve when they work together. We are proud to be doing this alongside you.

Yours sincerely,

[Headteacher Name]

Headteacher

[School Name]