

## 'Love of Learning, Love of Life, Love of Christ!' Our Core Christian Values: Respect, Effort, Aim High, Honesty, Care and Love.

Hurstbourne Tarrant Church of England (Controlled) Primary School. Headteacher: Mr Gareth Dee BScEcon (Hons) PGCE

## **Hampshire Primary Schools Collective Letter**

Dear Parents/guardians,

We are becoming increasingly concerned about the impact of smartphones on our children.

Smartphones are a big part of life today. Most adults have one. They are a fantastic tool for finding information and staying connected with family and friends.

However, there is now an alarming amount of evidence and research of the negative effects of smartphones and social media on children and teenagers.

## These include:

- Poor mental health, such as depression, anxiety and low self-esteem.
- Issues with cyberbullying, attention, focus and sleep.
- Exposure to dangerous and harmful content, and inappropriate material.
- Opportunity cost: Smartphones can be highly addictive, and hours spent on a device reduces time spent playing, interacting and developing vital social skills.

Children often get their first phone in primary school and over 90% of 12-year-olds now have a smartphone. This period is crucial for brain development. A <u>major study</u> found that the younger a child gets a smartphone, the worse their mental health will be.

Schools are in a powerful position to change the norm, and support parents on this difficult issue.

That's why Hampshire primary schools are now coming together to take collective action, and commit to making Hampshire primary schools **genuinely smartphone free.** 

We are committed to ensuring our primary schools are smartphone free by January 2026, meaning that we do not want primary school children to bring a smartphone to school.

We are also encouraging all parents to delay giving a smartphone to your child until they are at least **14 years old** and to delay allowing their children access to social media **until age 16**.

If you need to contact your child while they travel to and from school, a simple 'brick' phone is more than enough. 'Brick' phones do not have internet connectivity, and they are inexpensive.

We would like to work together with parents to safeguard children and preserve childhood. By doing





so, we can not only protect our children's mental health and wellbeing, but we can also set a standard for how communities can come together to challenge the norms that no longer serve our children.

If you would like to find out more about support for parents who want their children to be smartphone free, do please visit <u>Smartphone Free Childhood</u>. Here you can sign the <u>Parent pact</u>. This allows parents to come together in delaying giving a smartphone to their children, until the end of Year 9. You can find a list of non-smart phones here.

Yours sincerely,

Mir Dee.

Headteacher

- 1. Amport CE (Aided) Primary School
- 2. Alton Infant School, Alton
- 3. Andover C of E Primary, Andover
- 4. Andrews' Endowed CE Primary School, Holybourne
- 5. Anstey Junior School, Alton
- 6. Anton Junior School, Andover
- 7. Appleshaw St Peter's CE Primary, Andover
- 8. Balksbury School, Andover
- 9. Beaulieu Village Primary School, New Forest
- 10. Bentley CE Primary School, Alton
- 11. Berewood Primary School, Waterlooville
- 12. Binsted CE Primary School, Binsted
- 13. Bishop's Waltham Infant School, Bishop's Waltham
- 14. Bishop's Waltham Junior School, Bishop's Waltham
- 15. Blackfield Primary and Nursery School, Southampton
- 16. Boorley Park Primary School, Southampton
- 17. Breamore CE Primary School, Fordingbridge
- 18. Brockhurst Primary School, Gosport
- 19. Buriton Primary School, Petersfield
- 20. Bursledon Schools Federation, Southampton
- 21. Buryfields Infant School, Hook
- 22. Calmore Infant school, Southampton
- 23. Calmore Junior school, Southampton
- 24. Castle Hill Primary School, Basingstoke
- 25. Chalk Ridge Primary School, Basingstoke
- 26. Chawton CE Primary School, Chawton
- 27. Cheriton Primary School, Cheriton
- 28. Church Crookham Junior School, Fleet
- 29. Compton C of E Primary School, Winchester
- 30. Cornerstone Church of England Primary School, Whiteley
- 31. Cove Infant School, Farnborough
- 32. Cranford Park Primary School, Yateley
- 33. Curdridge Primary School, Southampton





- 34. Dogmersfield CE Primary School, Hook
- 35. East Meon Primary School, East Meon
- 36. Elvetham Heath Primary School, Fleet
- 37. Endeavour School, Andover
- 38. Fleet Infant School, Fleet
- 39. Frogmore Infant School, Camberley
- 40. Froxfield Primary School, Petersfield
- 41. Grateley Primary School, Andover
- 42. Green Oaks Federation, Hartley Wintney
- 43. Hale Primary School, Fordingbridge
- 44. Hambledon Primary School, Waterlooville
- 45. Heatherside Junior School, Fleet
- 46. Hook Junior School, Hook
- 47. Hurstbourne Tarrant School, Andover
- 48. Hyde CE Primary School, Fordingbridge
- 49. Icknield Primary School, Andover
- 50. Itchen Abbas Primary School, Winchester
- 51. Kimpton, Thruxton & Fyfield CE Primary, Andover
- 52. Kings Furlong Junior School, Basingstoke
- 53. Knights Enham Junior School, Andover
- 54. Langrish Primary School, Petersfield
- 55. Longparish Primary School, Andover
- 56. Mayhill Junior School, Hook
- 57. Meonstoke Infants, Southampton
- 58. Milford on Sea CE Primary School, Lymington
- 59. Netley Abbey Infant School, Southampton
- 60. Netley Abbey Junior School, Southampton
- 61. Newton Soberton Infants, Fareham
- 62. Norman Gate Primary School, Andover
- 63. Norwood Primary and Pre-School, Eastleigh
- 64. North Farnborough Infant School, Farnborough
- 65. Orchard Junior School, New Forest
- 66. Parsonage Farm Nursery and Infant School, Farnborough
- 67. Padnell Infants School, Waterlooville
- 68. Petersfield Infant School, Petersfield
- 69. Petersgate Infant School, Waterlooville
- 70. Pilgrims' Cross CE Primary School, Andover
- 71. Portway Infant School, Andover
- 72. Portway Junior School, Andover
- 73. Queen's Inclosure Primary School, Waterlooville
- 74. Roman Way Primary School, Andover
- 75. Romsey Primary School, Romsey
- 76. Rowledge C of E Primary School, Rowledge, Farnham
- 77. Saint James Church of England Primary School, Southampton
- 78. Selborne Primary School, Alton
- 79. Sarisbury C of E Junior School, Sarisbury Green
- 80. Scantabout Primary School, Eastleigh
- 81. Sheet Primary School, Petersfield
- 82. South Baddesley Primary School, Lymington





- 83. South Farnborough Infant School, Farnborough
- 84. South Farnborough Junior School, Farnborough
- 85. Southwood Infant School, Farnborough
- 86. Sparsholt C of E Primary School, Winchester
- 87. St Bede CofE Primary School, Winchester
- 88. St Bernadette's Catholic Primary School, Farnborough
- 89. St. Faith's C of E Primary School, Winchester
- 90. St John the Baptist School, Andover
- 91. St Jude's Catholic Primary School, Fareham
- 92. St. Lawrence CE Primary School, Alton
- 93. St Luke's CE Primary School, Lymington
- 94. St. Mark's C of E Primary School, Basingstoke
- 95. St. Mary's Bentworth CE Primary School, Alton
- 96. St. Michael's Church of England Infant School, Aldershot
- 97. St Nicholas' School, Fleet
- 98. Stockbridge Primary School, Stockbridge
- 99. St Patrick's Catholic Primary School, Farnborough
- 100. Steep Primary School, Binsted
- 101. Tadley Primary School, Tadley
- 102. Talavera Infant School, Aldershot
- 103. Tavistock Infant School, Fleet
- 104. The Cambridge Primary School, Aldershot
- 105. The Mark Way School, Andover
- 106. Tweseldown Infant School, Fleet
- 107. Velmead Junior School, Fleet
- 108. Vernham Dean Gillum's CE Primary, Andover
- 109. Wallop Primary School, Andover
- 110. Vigo Primary School, Andover
- 111. Weeke Primary School, Winchester
- 112. Wellstead Primary School, Southampton
- 113. Western CE Primary School, Winchester
- 114. Wootey Infant School, Alton



