

HENDON SCHOOL

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'Learning Together Across the World'

23rd April 2025

Dear Parents and Carers,

Consultation on Becoming a Smartphone-Free School

We are writing to seek your views on an important proposal for Hendon School: becoming a smartphone-free school from September 2025. This means that students would not be permitted to use or carry smartphones during the school day. Instead, those who need a phone for safety reasons when travelling to and from school will be allowed to carry a basic 'brick' phone that can be used for calls and texts only.

Our decision to consider this change is rooted in growing concerns about the impact of smartphones and social media on young people's wellbeing, learning, and social development. Research shows that excessive smartphone use is linked to increased anxiety, sleep disruption, and decreased concentration. Furthermore, social media can expose young people to harmful content, cyberbullying, and an unrealistic sense of self-worth based on online validation. As a school, we want to foster an environment that prioritises focused learning, face-to-face communication, and positive mental health.

The benefits of a smartphone-free school include:

- **Improved Learning and Concentration** – Without the distraction of smartphones, students can fully engage in lessons, leading to better academic outcomes.
- **Better Mental Health and Wellbeing** – Reducing screen time helps improve sleep, self-esteem, and overall wellbeing.
- **Stronger Social Connections** – Encouraging real-world interactions fosters better communication and deeper friendships among students.
- **A Safer and More Inclusive Environment** – Removing smartphones helps to reduce issues such as online bullying and peer pressure related to social media.

We understand that this is a significant change, and we value the input of our parents and carers. We are launching a consultation period from **Monday 28th April to Thursday 23rd May**, during which we welcome your thoughts and feedback. Please share your views by completing our Microsoft Form at the following link:
<https://forms.office.com/e/EMWanEBLBR>

We will carefully consider all feedback before making a final decision. If the proposal goes ahead, we will provide guidance on alternative ways for students to stay connected with their families where necessary.

Thank you for your continued support in helping us create the best possible environment for our students to thrive.

Yours sincerely,

Mr McGuire

Headteacher
Hendon School

Dr Povey

Headteacher
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