

HENDON SCHOOL

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'Learning Together Across the World'



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Smartphone Free Childhood

Dear Parents and Carers,

At Hendon School, we are increasingly concerned about the impact of smartphones on our children's wellbeing and development. While smartphones are a significant part of modern life, there is now overwhelming evidence of their negative effects on young people, including:

- Poor mental health (e.g., anxiety, depression, low self-esteem)
- Cyberbullying, reduced attention span, and disrupted sleep
- Exposure to harmful or inappropriate content
- Reduced time for play, social interaction, and development of vital social skills

In response to these concerns, and following consultation with our parent community, Hendon School has made the decision to become a smartphone-free school for students in Years 7–11 from September 2025. This decision has not been taken lightly, and we would like to sincerely thank all parents and carers who contributed to the discussion and shared their views.

We are proud to be part of a growing network of Barnet schools who are united in this commitment to safeguarding and promoting student wellbeing. Together, we are working to increase students time away from smartphones.

We understand that many parents wish to maintain contact with their children during their journey to and from school. In response to this, students will be permitted to **bring non-smart "brick" phones** that do not have internet access. These devices should be switched off and kept out of sight during the school day. In addition, students who are **diabetic** and require the use of a smart phone for monitoring purposes will be allowed access in school and staff will be aware.

We fully recognise that smartphones and internet access play an important role in students' lives outside of school. Many students use their phones responsibly to access homework, check school notices, and support their wellbeing through positive online engagement. However, we believe there is a balance to be struck. During the school day, students do not need access to the internet via a smartphone, and we want to support them in spending a large part of their day away from what can be an addictive and distracting piece of technology.

At home, access to the internet through a computer or tablet can be more appropriate for learning, and it allows parents to more easily monitor usage and guide their children towards educational, rather than social media content. We understand, however, that not all families have the same resources, especially during the current cost of living crisis. Parents are, of course, best placed to decide what works for their own children, and we respect the diverse approaches families may take to technology in the home.

Thank you for your support

Yours sincerely,



Rhona Povey and Craig McGuire
Headteachers
Hendon School

Smartphone-free Barnet schools:

Acorn Early Intervention Centre	Millbrook Park Primary School
Akiva School	Monken Hadley CofE Primary School
All Saints' CofE Primary School N20	Monkfrith Primary School
All Saints' CofE Primary School NW2	Moss Hall Infant School
Alma Primary School	Moss Hall Junior School
Ark Pioneer Academy	Northgate School
Ashmole Academy	Northside Primary School
Ashmole Primary School	Northway School
Barnfield School	Oak Hill School
Beis Yaakov	Oakleigh School & Acorn Assessment Centre
Beit Shvidler Primary School	Osidge School
Bishop Douglass Academy	Our Lady of Lourdes RC School
Blessed Dominic Catholic	Pardes House Primary School
Broadfields Primary School	Parkfield Primary School
Brookland Infant & Nursery School	Queen Elizabeth's Girls' School
Brookland Junior School	Queen Elizabeth's School
Brunswick Park Primary & Nursery School	Queenswell Federation
Chalgrove Primary School	Rimon Jewish Primary School
Childs Hill Primary School	Rosh Pinah Primary School
Christ Church Primary School	Sacks Morasha Jewish Primary School
Christ's College Finchley	Sacred Heart Roman Catholic Primary School
Church Hill School	Saracens Bell Lane Primary School
Claremont Primary School	Saracens High School
Colindale Primary School	Shalom Noam Primary School
Coppetts Wood Primary School	St Agnes' Catholic Primary School
Copthall School	S St Andrew's CofE Primary School
Courtland School	St Andrew the Apostle Greek Orthodox School

Danegrove Primary School
Deansbrook Infant School
Deansbrook Junior School
Dollis Primary School
East Barnet School
Edgware Primary School
Fairway Primary School and Children's Centre
Finchley Catholic High School
Foulds School
Frith Manor Primary School
Garden Suburb Infant School
Garden Suburb Junior School
Goldbeaters Primary School
Hasmonean High School for Boys
Hasmonean High School for Girls
Hasmonean Primary School
Hendon School
Hollickwood Primary School
Holly Park Primary School
Holy Trinity CofE Primary School
Independent Jewish Day School
Jewish Community Secondary School
Kisharon School
Livingstone Primary and Nursery School
London Academy
Manorside Primary School
Mapledown School
Martin Primary School
Mathilda Marks-Kennedy Jewish Primary
Menorah Foundation School
Menorah High School for Girls
Menorah Primary School
Mill Hill County High School
St James' Catholic High School
St John's CofE Primary and Nursery School
St John's CofE Primary School N11
St Joseph's Catholic Primary School
St Mary's and St John's CofE School
St Mary's CofE Primary School EN4
St Mary's CofE Primary School N3
St Michael's Catholic Grammar School
St Paul's CofE Primary School N11
St Paul's CofE Primary School NW7
St Theresa's Catholic Primary School
St Vincent's Catholic Primary School
Summerside Primary Academy
Sunnyfields Primary School
The Annunciation RC Junior School
The Archer Academy
The Compton School
The Henrietta Barnett School
The Hyde School
The Orion Primary School
The Pavilion Study Centre
The Totteridge Academy
The Windmill School
Trent CofE Primary School
Tudor Primary School
Underhill School
Watling Park School
Wessex Gardens Primary School
Whitefield School
Whitings Hill Primary School
Woodcroft Primary School
Woodridge Primary School
Wren Academy