



OUR LADY OF LOURDES
CATHOLIC PRIMARY SCHOOL

THE GREEN
ROTTINGDEAN
BRIGHTON BN2 7HA
www.ourladyoflourdesprimaryschool.co.uk



Important Information re: Smartphones

Monday 6th October 2025

Dear Parents and Carers,

Following our recent parent survey, I am pleased to share that **97% of parents support a firmer approach to smartphones in school**. Thank you for taking the time to share your views and for your commitment to keeping our children safe and focused on their learning.

As our children grow older, many families begin thinking about giving their child a mobile phone for safety and communication. We completely understand this, particularly for those children who start walking home alone. We've all been put in an impossible position, including families, schools – and children themselves – when it comes to smartphones. The pressure to hand one over seems to come earlier and earlier, but the truth is, so many of us feel uneasy about it.

After listening to our parent's views, which were overwhelming in support of clearer guidance around the use of smartphones at school, we have decided to implement some changes to our approach.

What's staying the same?

At Our Lady of Lourdes, only children in Years 5 and 6 (with parental permission) who walk home alone, are permitted to bring a phone to school. These phones are kept safely in the school office during the school day and returned to the children at home time.

If your child is **currently** in Year 5 or Year 6 and already owns a smartphone, they may continue to bring it to school under our usual school rules.

If your child brings a phone to school, it must be **switched off and put away the moment they step onto school premises**, including **before and after school hours**.

What's changing?

For children entering year 5 in September 2026, who walk home alone, we will be asking that any phones brought to school are non-smartphones. This is an important consideration if you are intending to buy a phone for your child.

To summarise, we would encourage parents of children who are currently in year 4 or below, to purchase a non-smartphone, when the point comes that their child will be walking to and/or from school on their own.

For all our children, we strongly recommend that parents **choose a basic mobile phone (such as a Nokia-style phone) rather than a smartphone**. We know many of you want your child to be safe travelling to and from school, and a basic mobile phone provides that reassurance without the added risks.

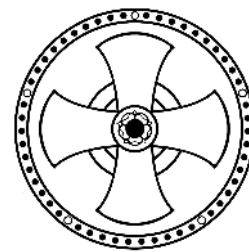
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Headteacher: Anita Philbrook



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Why are we changing?

There are several important reasons for this:

Fewer distractions and better focus

Smartphones can be extremely distracting for children because of apps, games, and constant notifications. Research shows that reducing phone access in schools can improve behaviour and learning outcomes.

Better sleep and mental health

Excessive screen time is linked to sleep problems and anxiety in children. A simple phone avoids the temptation to use screens late at night.

Protecting children from online risks

Smartphones provide access to the internet and social media, exposing children to risks such as inappropriate content, online bullying, and social pressure. A basic phone keeps communication simple and safe.

Encouraging real-life social skills

Limiting smartphone use helps children build strong face-to-face friendships and communication skills, which are so important at this age.

Link to alternative options:

<https://www.smartphonefreechildhood.org/alternatives>

Link to sign the Parent Pact:

<https://www.smartphonefreechildhood.org/parent-pact>

Cardinal Newman's Stance:

As we are a feeder school for Newman, many of you may be wondering what their stance is on this matter. Claire Jarman, Head of Cardinal Newman, has introduced, Yondr pouches for all Newman children, to totally restrict access to phones from 8.40am - 3.05pm. Children bringing phones into school have to lock them, via these pouches, between the hours stated above.

Thank you for responding to the survey and for all your support as we move forward in our effort to create healthier childhoods, giving our children the chance to learn, grow and thrive.

Kind regards,

Anita (Headteacher)

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