



ST NICHOLAS' SCHOOL

NURSERY - INFANTS - JUNIORS - SENIORS

Redfields House
Redfields Lane
Church Crookham
Fleet
Hampshire
GU52 0RF

Telephone: 01252 850121
Fax: 01252 850718

Email: headspa@st-nicholas.hants.sch.uk
www.st-nicholas.hants.sch.uk

SLA/swa

8th July 2025

Dear Parents,

As a school community, we are becoming increasingly concerned about the impact of smartphones on our pupils, as are educators nationally and globally.

We are proud that at St Nicholas' we have always been a phone free school, with pupils handing in their phones at the start of the day and having no access to them until the day finishes, but our aim is to take this idea a step further and become a **Smartphone Free School** by January 2026, alongside over 100 other schools in Hampshire.

We all know that smartphones are a huge part of our daily lives and are a fantastic tool for staying connected to our family and friends. However, there is now an alarming amount of evidence and research into the negative effects of smartphones and social media on our children and teenagers. These include:

- Poor mental health - for example – the numbers of teenagers who self-harm has increased, coinciding with the introduction of Smartphones
- Issues with cyberbullying, attention, focus and sleep
- Exposure to dangerous and harmful content – for example - 75% of UK 15-year-olds have been sent videos of someone being beheaded
- Reduction in time spent socialising and out in the fresh air, due to the addictive nature of these devices
- Poor posture

We are, of course, aware that many of the pupils already own a Smartphone, so as of January 2026, the girls will no longer be allowed to bring their Smartphones into school, even to put them in the boxes in reception. The girls are not allowed to use them at school anyway so we don't think that this will have a huge impact on them. We appreciate that several of the pupils take the bus or walk to school, and many are involved in after school clubs and fixtures. If you feel that you need to contact your child on the way to and from school, or after school, there are a variety of "Brick" phones available that do not have

Headmistress: Dr O Wright PhD, MA, BA Hons, PGCE



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connectivity to the internet and are relatively inexpensive.

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

Here at St Nicholas', we would like to work alongside you to safeguard our pupils by preserving their childhoods and protecting their mental health and well-being.

If you would like to find out more about support for parents who would like their children to be Smartphone free, then visit [Smartphone Free Childhood](https://www.smartphonefreechildhood.org/alternatives).

If you have any questions, please do not hesitate to contact me.

Kind regards,

Mrs Stella Lawson

Director of Pastoral Care