



Nightingale Primary School

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Monday 1st December 2025

Dear Parents,

As a cluster of Eastleigh schools, we have been working on adapting our behaviour policies, to reflect the ongoing issues with children and smartphones.

From January 2026, our schools will be smartphone-free for children in Year 5 and below (This will extend to year 6's in the next academic year as well).

This means no smartphones on school grounds for children in these year groups. This isn't about banning or restricting; it's about creating the kind of environment where we believe children thrive – as well as ensuring that children are walking home without the distractions of a smartphone.

We know the pressure around smartphones is growing – for families, for schools and for children themselves. Most of our issues at school tend to be around out of school peer to peer communication via apps like WhatsApp and we can see the issues this is causing with self-esteem and mental health. The expectation to hand one over seems to come earlier and earlier, and yet many of us feel uneasy about it. If you've ever asked yourself, "Is this too soon?" – you're not alone.

That's why we're supporting the growing grassroots movement Smartphone Free Childhood. It's not a top-down campaign. It's a bottom-up one, driven by families, carers, teachers and children – all working together to create healthier childhoods, free from the pull of addictive algorithms and 24/7 internet access.

So what's changing?

From the start of the spring term:

- Smartphones will not be allowed on school grounds for children in Year 5 and below.
- Children who travel independently may bring a basic mobile phone (calls/texts only) with prior permission. These must be handed to the class teacher on arrival and collected at the end of the day.



- Smartwatches will also not be permitted.
- If your child needs to bring a smartphone for exceptional reasons (e.g. medical use), please send in a request to the school office.

Want to connect with other families?

You can learn more and join the local Smartphone Free Childhood WhatsApp group here ([Join your local Smartphone Free Childhood WhatsApp Community](#)) If you'd like to sign the Parent Pact to delay giving your child a smartphone, you can do that here ([Sign the Parent Pact](#)) This isn't about judgement – it's about finding strength in numbers and knowing you're not the only one swimming against the tide.

On Wednesday 7th January at 7pm there will be an online parents' session around smartphone use including: children's mental health, setting boundaries and making informed choices led by Papaya.

We really encourage you to attend and the information will help you make an informed decision for when you give your child a smartphone.

Yours Sincerely



Mrs Hanna Beckett
Headteacher

Through our values of Respect, Courage, Compassion and Friendship, we learn to Inspire to Aspire.