



Dear Parents and Carers

As a group of schools we are changing our policy on mobile phones so that children who bring a phone to school will have it looked after by the school during the day.

We are grateful for the views parents expressed in our recent survey.

This letter is to let you know that at some stage during the next academic year each school across the trust will be informing parents of new arrangements for mobile phones.

What we know now

There's a growing shift in how families and schools are thinking about smartphones and young people. More and more parents are choosing to delay giving their children smartphones, and schools across the country are reviewing their phone policies to better support learning, mental health and real-world connection.

When smartphones were first introduced, no one fully understood the impact they would have on young people. But today, there is a growing body of research linking early smartphone use with anxiety, disrupted sleep, increased risk of exposure to harmful content, and reduced time for play, connection and creativity.

We also know that smartphones can have a real impact on learning. A recent study found that students in schools with strong phone restrictions achieved 1–2 levels higher grades at GCSE. As educators, we see daily how phones affect focus, attention and the ability to be fully present in the classroom, even when they are out of sight.

In our recent trust wide survey, 53% of parents agreed that schools should take action in supporting children to experience a phone free day at school, 18% gave a neutral response and 28% disagreed.

Students themselves are recognising the impact that phones are having on their wellbeing.

Our approach at Unity Schools Partnership

Headteachers and trust leaders are agreed that we would like students at schools across the trust to experience a true break from their phones during the school day. We want to give them the chance to connect with their learning, socialise with their friends and enjoy the opportunity to be fully present. Our principles for change are outlined below:

- we believe that childhood is fleeting and precious
- we believe in letting children be children
- we believe technology should be a force for good
- we believe parents should be empowered to parent in the online world
- we believe change starts with all of us

Travelling to school

We want to be clear that we understand the importance many parents see for their children to have access to their phones whilst they travel to and from schools. The disconnect from smartphones will be implemented during the school day. This will mean that students hand their phones over to be looked after during lessons and social time before they are returned at the end of the day.

Medical reasons for needing a phone

A small number of our children will require access to their phones all day. Those students, for example with diabetes, will be supported to access their phones as they need. Where there is a particular need, parents will be welcomed to discuss this with the school.

Supporting families

We know that change can feel challenging – but we also know that it's easier when we do it together. Resetting our relationship with smartphones isn't about turning back the clock. It's about moving forward in a more intentional way, to give our children the best possible start in life. It's never too late to reset boundaries, build healthier screen habits, or take small steps toward a more balanced digital life. If you're interested, we're also sharing some helpful tips from on how families can navigate this together.

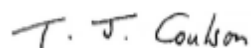
<https://www.smartphonefreechildhood.org/resource/dr-rangan-chatterjee-tips>

Each of our schools will be working through their own approaches to implementing change and headteachers will be writing to you to outline the details for your child's school. School leaders will be choosing the right time to implement change in their settings from September onwards. Headteachers are planning that all schools across the trust to be smartphone free during the school day by September 2026.

We will be explaining the change to students too.

Thank you for the support we anticipate in bringing in this change.

Yours sincerely



Tim Coulson
Chief Executive, Unity Schools Partnership