



## Professionalism - Inclusion - Pedagogy - Curriculum

---

Dear Year 7 Parents and Guardians,

Firstly, it was great to see you on Friday 4<sup>th</sup> July for the start of your child's transition to Langdon Park, so again a very warm welcome. I am writing to you specifically regarding smartphones as I know this is possibly a time when you will be considering providing your child with a phone as they start secondary school.

As a group of Tower Hamlets Headteachers we have discussed at length the impact that smartphone use is having upon young people. There is now extensive research and some Local Authorities in the country have banned smartphones in schools. I will be attending further meetings with Tower Hamlets Council on this matter.

This letter explains that, from September 2025, that the new cohort of students joining **Year 7 at Langdon Park in September will not be allowed to bring a smartphone to school** for the duration of their studies from Years 7-11. We also strongly advise that you delay allowing your child to have a smartphone at all until they are aged 14 or older, and to delay access to social media until they are 16.

### **Why have we made this decision?**

Although there are many benefits, there is increasing evidence that smartphone use has negative effects on the wellbeing and mental health of young people, and poses a number of significant safeguarding risks. Smartphone use has been linked to impaired attention and focus, sleep deprivation, mental health issues, online bullying, exposure to harmful online content and people, increased risk of mugging, and increased loneliness and social isolation. We want young people to prioritise in-person interactions and to benefit from stronger social skills, empathy and a sense of community real-world interactions.

At Langdon Park, similar to other schools there is a mobile phone ban already in place and so children are protected from some of the issues outlined above. Our policy states that any phones or electronic devices seen or heard in school are confiscated and returned to a parent or carer the following day (see website for further details).

However, these risks remain outside of school. We encourage parents to delay allowing children to have a smartphone at all until they are aged 14 or older, and to delay access to social media until age 16.

As a parent myself I fully appreciate the need to provide your child with a mobile phone especially as they move to secondary school for safeguarding reasons. Plus, we all want our children to develop greater independence but also to be safe. So, if you feel your child needs a device for safety reasons, consider instead a phone without internet connectivity (a 'brick' phone), an Airtag or a fully locked down phone with no internet or communication apps installed.

Having spoken with many parents we know that many of you are keen to delay giving your child a smartphone at the age of 11, 12 or 13. So, we hope that the position we are adopting at Langdon Park will support you in your decision to ask children to wait until they are older to get a smartphone.

We require your support in our aim to make sure that your children are happy and safeguarded by being smartphone free. I will remind you that during the school day you can contact the school reception should you need to get an important message to your child. We also ask that you update the school of any changes of numbers or contact details during the school year.

The Year 7 team will be available at the Byron Street gate every morning and at the end of each day. You can also find me on duty by the DLR station or I am available at my Headteacher Open Surgery. We very much appreciate the importance of being available to you should you have questions or queries.

I would encourage you to look at the information on the school website including our policy and advice from the NSPCC regarding online safety (links below). We do live in different times, certainly from when I was at school, and new technologies provide many great opportunities but we must all work collectively to ensure our children use this technology responsibly and safely.

Should you have any questions or queries then do let us know.

Yours sincerely

Mr N Langham  
**Headteacher**

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

<https://www.langdonparkschool.co.uk/page/?title=Online+Safety&pid=512>





