

Woodlands Academy, Hathaway Gardens, W13  
ODH

Head Teacher: Ms C Hasker

Together We Achieve

Thursday 27th March 2025

Dear Parents/Carers,

**RE: Ealing Mental Health Team upcoming parent coffee morning on Wednesday 2nd April 2025 about Online Safety and becoming a Smart Free School**

At Woodlands, we are very fortunate to have the ongoing support of the Ealing Mental Health Team. This support has included a few workshops last half term on anxiety and challenging behaviours in children, which were both well attended. We would like to invite you to a **workshop on Online Safety, Mental Health and becoming a Smartphone Free School on Wednesday 2nd April 2025 in school from 9am**. This session will discuss how to ensure that children are keeping themselves safe online and how this can impact mental health. We will also be discussing the move to join many other schools in Ealing to become a smartphone free school from September 2025. See the information below regarding this.

Please complete this [Google form by clicking this link](#) or scanning the QR code if you are able to join us, so we have an idea of numbers for the coffee morning. There will be refreshments and it is a good opportunity to network and discuss ideas in the room. It will be run by our Mental Health Practitioners Evie Brooks and Catherine Allison, alongside Ms Moxom.



**Becoming a Smartphone free school (from September 2025)**

We are concerned about the impact of smartphones on our children.

Smartphones are a big part of life today. Most adults have one, and they are great for finding information and staying connected with family and friends.

However, there is now evidence of the negative effects of smartphones and social media on children and teenagers. These include:

- Poor mental health, such as depression and anxiety
- Issues with attention and sleep
- Risks of cyberbullying and exposure to harmful content like violence or inappropriate material
- Smartphones can be addictive and distract children from learning important life skills

Children often get their first phone in primary school, and over 90% of 12-year-olds have a smartphone. This period is crucial for brain development, and the younger a child gets a smartphone, the more potential harm it can cause.

Schools have a role in changing how children use smartphones.

First, we are committed to making our school environments smartphone-free. Children cannot use smartphones during school hours and we do not want your child to bring a smartphone to school.

Second, we encourage you to delay giving a smartphone to your child until they are at least 14 years old. A growing number of parents and schools across the country are choosing to do this. There is widespread support from Ealing Council and Ealing headteachers. We include a list of local schools that are working together on this campaign.

If you need to contact your child while they travel to and from school, a simple 'brick' phone is enough. "Brick" phones do not have internet connectivity, and they are inexpensive.

We would like to work together with parents on this issue. Learning and wellbeing are our top priorities as headteachers. Research shows us that smartphones are detrimental to both. Together, we can make a big difference in our children's lives.

If you would like to find out more about support for parents who want their children to be smartphone free, do please visit [Smartphone Free Childhood](#)

## Smartphone free childhood list of primary schools

### List of local schools that are working together on the smartphone free childhood campaign

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| <ul style="list-style-type: none"> <li>Acton Gardens Primary School</li> <li>· Alec Reed Academy Primary School</li> <li>· Allenby Primary School</li> <li>· Ark Byron Primary Academy</li> <li>· Ark Priory Primary Academy</li> <li>· Beaconsfield Primary School</li> <li>· Belvue School (H)</li> <li>· Blair Peach Primary School</li> <li>· Brentside Primary Academy School</li> <li>· Castlebar School</li> <li>· Christ the Saviour CE Primary School</li> <li>· Clifton Primary School</li> <li>· Coston Primary School</li> <li>· Dairy Meadow Primary School</li> <li>· Derwentwater Primary School</li> <li>· Dormers Wells Infant School</li> <li>· Dormers Wells Primary School</li> <li>· Downe Manor Primary School</li> <li>· Drayton Green Primary School</li> <li>· Durdan's Park Primary School</li> <li>· Ealing alternative provision (EAP)</li> <li>· Ealing Primary Centre</li> <li>· East Acton Primary School</li> <li>Featherstone Primary and Nursery School</li> <li>· Fielding Primary School</li> </ul> | <ul style="list-style-type: none"> <li>· Havelock Primary School</li> <li>· Hobbayne Primary School</li> <li>· Holy Family Catholic Primary School</li> <li>· Horsenden Primary School</li> <li>· John Chilton School</li> <li>· John Perryn Primary School</li> <li>· Khalsa Primary School</li> <li>Lady Margaret Primary School</li> <li>· Little Ealing Primary School</li> <li>· Mandeville School</li> <li>· Mayfield Primary School</li> <li>· Montpellier Primary School</li> <li>· Mount Carmel Catholic Primary School</li> <li>· North Ealing Primary School</li> <li>· North Primary School</li> <li>· Oaklands Primary School</li> <li>· Oldfield Primary School</li> <li>· Our Lady of the Visitation Catholic Primary School</li> <li>· Perivale Primary School</li> <li>· Petts Hill Primary School</li> <li>· Ravenor Primary School</li> <li>· Selborne Primary School</li> <li>· St Ann's School (age 11 - 19)</li> <li>St Anselm's Catholic Primary School</li> <li>· St Gregory's Catholic Primary School</li> </ul> | <ul style="list-style-type: none"> <li>· St Raphael's Catholic Primary School</li> <li>· St Vincent's Catholic Primary School</li> <li>· Stanhope Primary School</li> <li>· The Edward Betham CofE Primary School</li> <li>· Three Bridges Primary School</li> <li>· Tudor Primary School</li> <li>· Vicar's Green Primary School</li> <li>· Viking Primary School</li> <li>· West Acton Primary School</li> <li>· West Twyford Primary School</li> <li>· Willow Tree Primary School</li> <li>· Wolf Fields Primary School</li> <li>· Wood End Primary School</li> <li>· Woodlands Academy</li> </ul> |
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| <ul style="list-style-type: none"><li>· Gifford Primary School</li><li>· Grange Primary School</li><li>· Greenwood Primary School</li><li>· Hambrough Primary School</li></ul> | <ul style="list-style-type: none"><li>· St John Fisher Catholic Primary School</li><li>· St John's Primary School</li><li>· St Joseph's Catholic Primary School</li><li>· St Mark's Primary School</li></ul> |  |
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I look forward to seeing many of you at the next coffee morning on Wednesday 2nd April 2025 at 9am.

Thank you for your ongoing support.

Yours sincerely,

Ms Moxom (Assistant Headteacher)