



Dear incoming Year 3 Parents and Carers,

We would like to take this opportunity to welcome you to Key Stage 2 at Hove Junior School.

We are deeply passionate about the all-round education and wellbeing of your child. We look forward to working together with you, to support their development and growth, and to ensure they flourish and reach their full potential.

As part of our commitment to the physical, social and emotional wellbeing of all our students, we would like to inform you that West Hove Infants & Hove Juniors (Hove Learning Federation) is a **smartphone free school**.

What is a smartphone free school?

Smartphones are not permitted to be brought into school by children in Years 3 and 4. Children are permitted to bring them into school in Years 5 and 6 if they are walking to and from school alone. Our policy is that smartphones must not be seen or used whilst on site. Once children arrive in their classrooms, phones must be switched off and handed into their teacher. In the playground on the way into and out of school, they must be kept in bags. Further information on this policy can be found **HERE**.

Why have we chosen to be a smartphone free school?

In recent months, the risks associated with early smartphone use have become much more widely understood. For more information, please see the attached resource list, which offers a great starting point for some further reading and listening.

As your child begins Year 3, the smartphone conversation may be just around the corner. We think it is vital to begin talking about digital wellbeing as early as possible. Please see our [policy on internet safety](#) for further information about how we have these conversations with your child and how we develop learning across the school years to become critical thinkers around strategies for maintaining good digital health.

This focus on digital wellbeing forms part of our excellent program of computing skills, delivered through our ICT curriculum, both in computing lessons and across other areas of the curriculum. We are living in a digital age and it is vital to teach our children the digital literacy skills they will need to access the many advantages technology affords us. Crucially, alongside this, we aim to teach our children to manage these skills with maturity and to develop in them the ability to think

critically about healthy and unhealthy digital habits. We see this as key to helping young people to be happy, healthy and to thrive.

How can you help?

As a school we support the aims of [Smartphone Free Childhood \(SFC\)](#) and we would encourage you to delay giving your child a smartphone.

If you haven't done so already, please consider signing the [SFC Parent Pact](#) to pledge to delay giving your child a smartphone until they are at least 14 years old. Many parents at our school have already signed this pact. You can view the current numbers of pacts [HERE](#). At the time of writing, West Hove Infants and Hove Juniors is top of the leaderboard for schools in East Sussex - something we are very proud of!

Some parents are unsure about signing this pact because they wonder if their child will need a smartphone when they start secondary school. We would like to reassure you that this is not the case. All secondary schools across Brighton & Hove follow the Government guidance which recommends that smartphones are not permitted to be used in school.

If you are interested in discussing this further, you could sign up to our parent SFC WhatsApp group (see resources below for the link). This is an inclusive and supportive group, offering friendly discussion and advice around delaying smartphones, and would be a good place to start if you have any questions.

You can also find further information on our [SFC school webpages](#), and on [SFC Brighton](#). SFC Brighton holds regular information events around the city, so keep an eye out for those. We will also keep you informed of school-run digital workshops and talks throughout the year and look forward to welcoming you in the near future.

Best Wishes,
Hove Learning Federation

Resource list:

- [Short video: "Stolen Childhood"](#)
- [Top tips for parents](#)
- [Dr Rangan Chatterjee and Jonathan Haidt podcast](#)
- [East Sussex Parent Pact](#)
- [SFC Brighton](#)
- [Hove Juniors Smartphone Free Childhood page](#)
- [Portland Road SFC WhatsApp group](#)
- [Holland Road SFC WhatsApp group](#)
- [Smartphone alternatives](#)