

10.05.2019

Dear Parents/Carer,

**RE: Phone/device usage at home**

I am writing to you, as it has come to my attention that children are sending messages to each other via social media when they should be sleeping.

I have seen screen shots of text exchanges between children as late as 11.45pm and as early as 5.30am!

This means that some children have devices in their rooms, which is distracting them from resting and may account for the tiredness we see in the morning lessons.

**PLEASE** check at home today, remove devices at least one hour before sleeping, and keep them out of the bedroom.



Cheap alarm clocks like the one below can be bought from Argos/ Asda etc for £4.99 (and last!) Therefore, there is no reason for phones to be in bedrooms.

The average 10-11yr old needs between 9.5 – 10.5 hrs sleep a night to be able to function at their best.

Please support your children and make any changes needed today.

Yours sincerely,



Laura Wynne  
Headteacher