



Moor House School & College

Mill Lane, Hurst Green,  
Oxted, Surrey, RH8 9AQ  
info@moorhouseschool.co.uk  
www.moorhouse.surrey.sch.uk  
01883 712271

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Dear Parents and Carers,

## Mobile Phone Use

I hope this letter finds you well. As the school year progresses, I wanted to address a growing concern that affects our students' well-being and academic performance: Inappropriate and excessive use of mobile phones.

In today's digital age, mobile phones are integral to our daily lives, providing numerous benefits such as easy access to information, educational resources, and the ability to stay connected with family and friends. However, it is crucial to recognise the potential downsides, particularly for our children.

Excessive use of mobile phones can lead to various negative consequences. Research has shown that mobile phone addiction can disrupt sleep patterns, leading to fatigue and decreased concentration in class. It can also contribute to increased anxiety and depression, as constant connectivity can foster a sense of dependence and social pressure.

Moreover, the overuse of mobile phones can hinder academic performance. When students spend excessive time on their devices, they are more likely to be distracted from their studies and less engaged in classroom activities. This distraction can result in poorer grades and a lack of interest in learning.

We encourage you to help us address this issue by setting healthy boundaries for mobile phone use at home. Here are some suggestions:

- 1. Establish Tech-Free Zones:** Designate areas in your home where mobile phones are not allowed, such as the dinner table or bedrooms.
- 2. Set Time Limits:** Encourage your child to limit their screen time and take regular breaks from their devices.
- 3. Promote Other Activities:** Encourage participation in physical activities, hobbies, and face-to-face interactions with family and friends.
- 4. Model Healthy Behaviour:** Demonstrate balanced mobile phone use yourself, as children often emulate their parents' habits.



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As a school, we are committed to supporting our students in developing healthy technology habits. We will continue to educate them on the responsible use of mobile phones and the importance of balancing screen time with other activities.

Please see the attached document regarding phone withdrawal guidance for parents & carers.

Together, we can help our children navigate the challenges of the digital age and ensure they grow up to be well-rounded, healthy individuals.

Thank you for your cooperation and support.

Warm regards,

**Darren Heine**

**Operations Manager, Residential Care**

**DDSL, responsible for E-Safety**

**Email:heined@moorhouseschool.co.uk**



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