Central Foundation Girls' School

Transforming lives through a Central Education

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Monday 29th June 2026

Phone Free School Day – The Central Way

Dear Parents/Carers,

You may have seen in the news that aspects of the Children's Wellbeing and Schools Act come into force today. I am writing to inform you about the section regarding phone use in schools.

As you will know, at Central Foundation Girls' School**, we already do not allow the use of phones at any point in the school day.** We have a 'See it. Hear it. Lose it' rule which prevents students using their devices and promotes a learning-focussed environment for all. Students and families can contact one another during the school day via our school office and reception team.

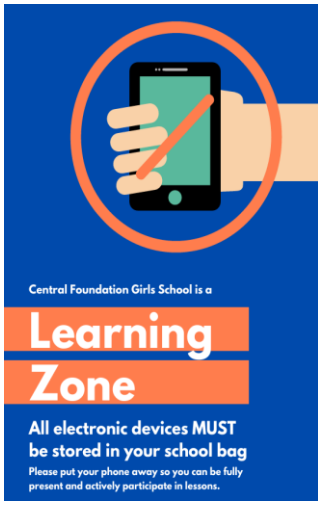
If your child does bring a mobile phone or any other smart technology enabled device into school, they should:

- ✓ Switch it off before they arrive to school
- ✓ Store it in their bags
- ✓ Never use it to take images or recordings of any member of the school community

If a mobile phone or smart device is seen, heard or used in school, it is confiscated in line with our behaviour for learning policy.

Technology has many benefits. However, there is increasing evidence that smartphone use has negative effects on the wellbeing and mental health of young people and poses a few 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. That is why we recommend children are not given smart phones until 14 years old and that they do not access social media at all, in line with new legislation that is expected to come into force later this academic year.

We want young people to prioritise in-person interactions and to benefit from the stronger social skills, empathy and sense of community that school offers. To that end, we will be consulting in full with the entire school community in the next academic year about the future of phones at Central Foundation Girls' School.



Thank you, as always, in working with us to in your daughter's best interests.

Yours faithfully,

Ms C Prince
Headteacher