



Dear Parents and Carers,

We are writing to share some important concerns regarding children's use of gaming, phones, and online media at home. Recently, a number of our Year 6 pupils have been arriving at school very tired, and several issues have been brought to our attention about the impact of late-night gaming and unsupervised online activity.

Many children have told us they are gaming or using their phones late into the night. This lack of sleep is affecting their concentration, wellbeing, and their ability to engage fully in lessons. We kindly ask for your support in establishing consistent evening routines, particularly on school nights.

We are also increasingly aware that some children are using games, apps, and media that are not age-appropriate. A number of these games include high levels of violence, aggressive language, and intense scenarios that are unsuitable for primary-aged pupils. These can influence how children interact with others and manage their emotions during the school day.

In addition, many popular games allow open voice or text chat. Some of the conversations children are hearing through headsets are inappropriate for their age and may expose them to unsuitable language, behaviour, or interactions with strangers. We are also aware that some children are accessing YouTube and other platforms without adult supervision, where they may come across content that is not suitable for their age.

A further concern is that some pupils seem to struggle with separating the behaviour and fast-paced reactions seen in games from real-life interactions with their peers.

How you can help:

- Regularly check what your child is playing, watching, and who they are interacting with online.
- Review age ratings for games, apps, and media, and consider whether the content is suitable.
- Encourage devices to be switched off at a sensible time each evening to ensure enough sleep.
- Talk to your child about safe, responsible, and respectful online behaviour, and encourage them to speak to you or a trusted adult if something concerns them.

Our priority is to support the safety, wellbeing, and learning of all our pupils. By working together, we can help ensure children enjoy technology in a safe, balanced, and age-appropriate way.

Thank you for your continued support.

Social Media Platforms

1. Snapchat

- Identified as the most concerning app for children, due to features enabling disappearing messages and exposure to drugs, sexual content, and predatory behaviour.

2. X (formerly Twitter)

- Increasing levels of mature adult content, reduced moderation, and higher rates of alerts linked to harmful material.

3. Instagram

- Although improving parental controls, it still appears on lists of apps parents should monitor, with risks around body image, inappropriate content, and messaging.

Online Games & Gaming Platforms

4. Roblox

- Very popular among primary-aged children, but includes user-generated games with risks such as contact from strangers, inappropriate content, and in-game purchases.

5. Fortnite

- Contains combat violence, open voice/text chat with strangers, and pressure to spend money on cosmetics. Categorised as an *adventure game with conflict*, posing safety challenges for young players.

6. Call of Duty

- Explicitly listed as an adventure/combat game with violent content and online interaction — unsuitable for primary-age children.

Other Apps & Communication Platforms

TikTok

- Although not the worst offender in some areas, it still exposes children to viral challenges, adult humour, influencers, and algorithm-driven content not appropriate for younger users. It is also widely recognised as requiring close monitoring.