



# Dobcroft Junior School

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Friday 2<sup>nd</sup> May 2025

## Smartphone Free Childhood Campaign talk – Tuesday 10<sup>th</sup> June 2025 6:00-7:30PM at Dobcroft Junior School

Dear Parents,

We are excited to invite you to a meeting focused on discussion of a **smartphone-free childhood** for our students. As part of our shared commitment to the well-being and healthy development of children, this meeting will provide an opportunity to explore the impact of early smartphone use and to discuss practical ways we can support our children in the growing pressures and distractions of digital devices.



## LET'S TALK ABOUT OUR KIDS AND THEIR TECH



After working as a GP for 5 years, and having three children during her training, **Dr Laura Spells** realised she had developed an interest in child and adolescent mental health. She stepped away from General Practice and instead now works as a Specialty Doctor in CAMHS (Child and Adolescent Mental Health).

An experienced speaker, Laura is a passionate leader in the Smartphone Free Childhood Campaign and is eager to help families thrive in the digital age.

## HELPING FAMILIES TO THRIVE IN THE DIGITAL AGE

Parenting in the **digital age** has never been more complex, with issues surrounding screen time, social media use, and gaming. Many parents are concerned about their children's mental health, especially the impact of screens on it.

In this interactive talk, Dr Laura Spells unpacks some of the **complex issues** surrounding smartphone use and, in a **non-judgmental** manner, aims to help you find solutions that work for your family.

### TOPICS

- The link between mental health and wellbeing and spending too much time online
- Strategies for delaying the smartphone
- Strategies for families to achieve a healthy balance with technology
- Question and discussion time

Whether you're already limiting your child's screen time or just beginning to think about these issues, this meeting will be a useful session that allows you to learn about issues and explore solutions for your family. The meeting is open to parents from all year groups.

*For reference, Silverdale Secondary School, which many Dobcroft children move to, have published the following information: From September 2025, Year 7 students should not bring smartphones, smartwatches or headphones to school; they are 'banned items'. A smartphone is a phone that allows users to access the internet and download apps. Students may carry a 'non-smart' or 'feature-free' phone in their bags so that they can contact their parents or friends on their journey to and from school. If your child has a medical or specific learning need that requires the use of a smartphone, then please contact us during the transition process.*

Many thanks to the parents who have raised this topic and encouraged the links between the school and the PAPAYA organisation.

If you wish to attend, please let us know via the following link: <https://forms.gle/8xVYTXysvEiyZ9hB8>

Many thanks,

Nicola Sexton and Paul Harrison  
Headteacher and Assistant Headteacher

