



Greswell Primary School and Nursery

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Use of Social Media and Gaming

Subject: Supporting Our Children with Social Media, Gaming, and Sleep Routines

Dear Parent/Carer,

I hope this message finds you well. I am writing to share some important information regarding the use of social media and online gaming, and the impact these are having on some of our children both at school and at home.

This message is based on feedback from our pupils in Years 3–6 (please see the attached survey results), as well as insights from professionals across various services.

Why This Matters

As headteacher, it is my responsibility to ensure every child receives the best possible education. Over time, we've seen a growing number of children spending significant time on technology, which has led to:

- Online arguments that carry over into school
- Use of inappropriate language
- Children arriving at school tired due to late-night screen use

We need your support to ensure all children arrive at school ready to learn. Our data shows that those who do this consistently make the most progress at Greswell.

Age Ratings

Age ratings for apps, games, and films are set with input from professionals such as educational psychologists. These ratings are in place because younger children may not be emotionally or mentally ready to process certain content.

Social Media Use

Many children are using apps that are not age-appropriate. In our survey, children reported using:

- WhatsApp
- Snapchat
- TikTok
- Facebook
- X (formerly Twitter)
- Instagram

All of these platforms have a minimum age requirement of 13. This means no child at Greswell should be using them. Some children also reported hearing inappropriate language and messaging strangers online whilst using the apps.



Ambition
Community Trust



Online Gaming

While some games are age-appropriate, the conversations during gameplay often are not. Our survey revealed:

- 98 children heard inappropriate language while gaming
- 86 spoke to strangers online
- 90 played games rated 15+, including Grand Theft Auto, which contains highly inappropriate content

Bedtime Routines

Children aged 8–11 should get at least 10–11 hours of sleep per night. However, our survey found:

- 61 children use technology between 10:00 p.m. and midnight on school nights
- 46 go to bed after 10:30 p.m.
- 54 use technology after midnight on weekends
- 60 go to bed after midnight on weekends
- 110 admitted to using technology without their parents' knowledge, with 25 doing so most nights

How You Can Help

- Remove apps that are not age-appropriate
- Allow access only to age-appropriate games
- Monitor your child's use of phones, tablets, and other devices
- Be aware of conversations during online gaming
- Set limits on screen time
- Establish a clear cut-off time for technology in the evenings
- Maintain a consistent bedtime routine
- Remove devices and controllers from bedrooms at night

This message is intended to raise awareness and support your child's wellbeing and education. Thank you for your continued understanding and cooperation.

Mr Cooper
PROUD Headteacher

