

23rd March 2026

Smartphone policy across schools in High Wycombe and Princes Risborough

Dear Parents and Carers,

We are writing to you as a group of schools across High Wycombe and Princes Risborough to explain a shared approach to smartphone use.

Our policy to be implemented from September 2026:

Primary schools

- Primary school children will not be allowed to bring smartphones or smart watches onto school premises.
- This policy will apply throughout their time in Reception-Year 6 and be implemented either as an immediate whole-school ban, or smartphones phased out from Year 5.

Secondary schools

- Pupils in Years 7–11 at the secondary schools listed below will not be permitted to bring smartphones or smart watches onto school premises.
- The policy will be implemented either as a whole-school ban, or smartphones phased out over time from Year 7.
- Some schools (that have been highlighted on the list) will instead operate signal-blocking pouches across Years 7-11, from entry to exit of the school site.

Schools will apply this policy with sensitivity, making appropriate individual exceptions; for example, where a device is required for medical needs such as type 1 diabetes.

Each school will be responsible for implementing this policy and will communicate practical arrangements directly with parents. For some schools, this policy reflects or builds on existing practice.

Why are we taking this step?

While smartphones can be useful tools for adults, there is increasing evidence that childhood smartphone use can negatively affect children's wellbeing and mental health and introduce significant safeguarding risks. Impacts include anxiety and depression, online bullying, exposure to harmful content and individuals, impaired attention and concentration, sleep disruption and greater social isolation.

As well as safeguarding the students in our care, we want children and young people to prioritise **learning, friendships and in-person social interaction**, and to benefit from the stronger social skills, empathy and sense of belonging that come from real-world connection.

Schools that have already removed smartphones report calmer learning environments, improved focus, better grades, more active play at break time, better behaviour and fewer safeguarding incidents. However, much of children's smartphone use takes place outside school, which is why parental support is essential.



Supporting families

Alongside this policy, we encourage parents – if they have not already done so – to delay giving children a smartphone until at least the end of Year 9, and to delay access to social media until at least age 16.

If a child needs a device for safety reasons, such as travelling independently, we recommend a **basic phone without internet access** (examples [here](#)).

We know many parents would prefer to avoid giving smartphones to children aged 11–13, but feel under pressure to do so. A clear, consistent approach across schools helps reset expectations and supports families to make confident, informed decisions.

What happens next?

Your child's school will share further details of how this policy will operate locally. We hope you will support us as we work together to ensure children can grow up happy, healthy and free to enjoy childhood for as long as possible .

Signed by:

Secondaries

Cressex Community School, High Wycombe

Godstowe School, High Wycombe

Pipers Corner School, High Wycombe

Princes Risborough School, Princes Risborough (*signal-blocking pouches*)

Sir William Ramsay School, High Wycombe (*signal-blocking pouches*)

Wycombe High School, High Wycombe

Primaries

Abbey View Primary Academy, High Wycombe

Booker Hill Primary School, High Wycombe

Carrington Infant School, High Wycombe

Carrington Junior School, High Wycombe

Cedar Park School, High Wycombe*

Godstowe School, High Wycombe

Great Kingshill Combined School, High Wycombe

Freith Church of England Combined School, High Wycombe

Hazlemere Church of England Combined School, High Wycombe*

Holmer Green Junior School, High Wycombe*

Highworth Combined School, High Wycombe*

Juniper Hill School, High Wycombe

Radnage Church of England Primary School, High Wycombe

Stokenchurch Primary School, High Wycombe

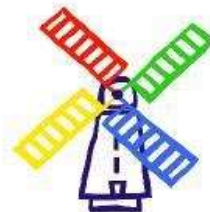
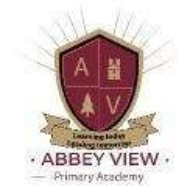
The Downley School, High Wycombe

Tylers Green Middle School, High Wycombe*

Widmer End Community Combined School, High Wycombe*



* part of Chiltern Area Partnership and Guiding Digital Childhoods



For more information and resources please visit:

<https://www.smartphonefreechildhood.org/>

<https://delaysmartphones.org.uk/>

<https://healthprofessionalsforsaferscreens.org/>

