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16th October 2023

Dear Parent(s)/Guardian(s),

Please see the letter below from Mary Murphy (School Principal - Combined Waterford Primary Schools). Our Parents' Association would like our school to also adopt and support the **"Gen Free – Let's Go Phone Free"** Waterford Charter for primary schools.

Please have a read through the information below.

Best regards,

Karl Lawless

Acting Principal DNS.

Dear Parent(s)/Guardian(s),

The principals of schools in Waterford City and County have come together to create a charter for all primary school pupils. Welcome to **"Gen Free – Let's Go Phone Free"** Charter for Waterford primary school pupils.

Over the last few years, primary school children across the county have been presenting with increased levels of anxiety and stress. In an attempt to reduce anxiety levels and increase children's wellbeing, we are promoting this charter which discourages the use of smartphones and social media during primary school years. Many young children do not yet have the emotional maturity to deal with the negative aspects that social media can bring. Our aim is to let children **BE** children by following the following three rules;



No smartphones while in primary school



No social media while in primary school



Respect the age rating on video games

We would like to encourage our children to communicate in other ways, without the added pressures of social media. If parents/guardians sign up to this charter, it will remove the pressure often felt by parents to 'give in' and buy a Smartphone.

To be clear this is a voluntary charter and it is not a blanket ban on all screen time. It's our school supporting you to say no to smartphones, social media and inappropriate video games while your children are in primary school.

It's simple to participate, sign the Charter, display it at home and encourage your children to **BE** children!

Thank you in advance for your co-operation,

Mary Murphy

School Principal

Combined Waterford Primary Schools