

March 2026



UXBRIDGE
HIGH SCHOOL

Dear parent/carer

Monitoring Social Media Use and Online Behaviour

We are writing to express our growing concern regarding the use of social media among our Year 7 students. While social media can be a positive tool for communication and creativity, it also presents significant risks when not closely monitored.

Recently, we have been dealing with several incidents in school that have stemmed from online interactions taking place late at night. These include unkind messages, online arguments, and in some cases, bullying and threatening behaviour. Such behaviour not only affects students' wellbeing but also impacts their focus and relationships during the school day.

We would like to remind all families that **mobile phones are not permitted in school**. This policy is in place to help maintain healthy relationships, reduce distractions and support a positive learning environment.

We urge all parents and carers to take an active role in monitoring their child's social media use. This includes:

- **Regularly checking** the platforms your child is using and the content they are engaging with.
- **Discussing appropriate online behaviour** and the importance of kindness and respect in digital spaces.
- **Ensuring that devices are removed** from bedrooms before bedtime to support healthy sleep routines and reduce the likelihood of late-night messaging.

Safety first:

- Remember, WhatsApp has a 13+ age restriction.
- We teach children online safety and responsible communication ("think before you send!"). However, online activity still requires adult oversight.

If you are ever concerned about a child's safety online or offline, please do not hesitate to contact the police via 101 for non-emergencies.

We understand that parenting in the digital age can be challenging and we are here to support you. If you have any concerns or would like advice on how to manage your child's online activity, please do not hesitate to contact us.

Thank you for your continued support in helping us create a safe and respectful environment for all our students.

Yours sincerely

R Scaife
Assistant Principal

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