



*If we believe,  
we will achieve.*

## Chalkwell Hall Junior School

London Road, Leigh-on-Sea, Essex SS9 3NL

T: 01702 478570

E: [office@chalkwellhall-jun.southend.sch.uk](mailto:office@chalkwellhall-jun.southend.sch.uk)

W: [www.chalkwellhall.co.uk](http://www.chalkwellhall.co.uk)

Headteacher: Andy Newnham

16<sup>th</sup> January 2026

Dear Parents/Carers,

### RE: Mobile Phone & Social Media Parent Workshop – Wednesday 28<sup>th</sup> January 6pm

Following the success of the last parent workshop we are pleased to invite parents to the next discussion group, with a continued focus on the critical subject of mobile phones and social media in the lives of our children and how we can promote healthy habits online.

Please note that this event is for **parents only**, as the topics discussed are not be suitable for children. As such, we are unable to accommodate or allow children to attend. Thank you for your understanding.

During the session you will have the opportunity to share experiences, discuss challenges you face, and learn from one another in a supportive environment. We will also present recent research highlighting the effects of mobile phone usage and social media on children's mental health. Understanding these implications will empower parents to make informed decisions regarding their children's technology use.

As part of this discussion group, your reflections will contribute to a positive and forward-thinking research project exploring how social media affects primary-age children. By sharing your experiences, you'll help us build a richer understanding of parental perspectives and real-world challenges, all while remaining completely anonymous. Your voice will directly shape the supportive tools and practical guidance we develop for families, making this an exciting opportunity to influence meaningful change.

Additionally, practical tips and strategies will be shared to help you guide your children effectively. Topics covered will include setting healthy boundaries, encouraging positive online behaviour, and fostering open communication about their digital experiences.

Your participation in this discussion group promises to be an enriching experience, offering both advice and support for you and your children as we navigate the complexities of the digital age together.

If you would like to register your interest, please complete the form below.

[Mobile Phone & Social Media Parent Workshop Wed 28th Jan - Sign Up Form](#)

Kind regards,

Andy Newnham  
Headteacher

