



Primary School Screen Time Policy

Screen Time Policy

1. Purpose

This policy sets out how the school uses digital technology and screen-based devices to enhance teaching, learning, communication, inclusion, and operational effectiveness while promoting pupils' wellbeing, safety, and healthy development.

The school recognises that technology can support learning, creativity, accessibility, and engagement when used appropriately. At the same time, excessive or inappropriate screen use may impact physical activity, social interaction, concentration, sleep patterns, and wellbeing. The school is therefore committed to achieving a balanced approach. This reflects current Department for Education (DfE) guidance, which emphasises the educational benefits of technology when used safely, effectively, and in an evidence-informed way. [\[gov.uk\]](#), [\[gov.uk\]](#)

2. Aims

The school aims to:

- Use technology purposefully to support learning outcomes.
- Ensure screen use enhances, rather than replaces, excellent teaching and learning.
- Promote healthy digital habits and online safety.
- Support pupils' physical, emotional, and social wellbeing.
- Minimise unnecessary screen exposure during the school day.
- Ensure equitable access to digital learning opportunities.
- Support pupils with Special Educational Needs and Disabilities (SEND) through appropriate use of assistive technology. [\[gov.uk\]](#), [\[gov.uk\]](#)

3. Principles

The school believes that:

- Technology is a tool for learning, not an end in itself.
- The quality and purpose of screen use are more important than simply measuring time spent on screens.

- Face-to-face interaction, discussion, reading, practical activities, outdoor learning, creative experiences, and physical activity remain central to children's development.
- Screen-based activities should be balanced with non-screen learning opportunities throughout the school day.
- Staff should model responsible and healthy technology use. [\[gov.uk\]](#), [\[help-for-e...ion.gov.uk\]](#)

4. Educational Use of Technology

Screen-based devices may be used to:

- Support curriculum delivery.
- Access educational software and online learning resources.
- Develop digital literacy and computing skills.
- Facilitate assessment and feedback.
- Support research and information gathering.
- Enable creative activities such as coding, design, music, and multimedia projects.
- Provide reasonable adjustments and assistive technologies for pupils with SEND.

Teachers will ensure that digital technology is used only where it adds educational value and supports learning objectives. [\[educatione...ion.org.uk\]](#), [\[gov.uk\]](#)

5. Managing Screen Time During the School Day

The school will:

- Avoid unnecessary or passive screen use.
- Plan opportunities for movement, practical learning, discussion, and outdoor activity throughout the day.
- Ensure digital activities are age-appropriate and linked to learning outcomes.
- Encourage regular screen breaks when pupils are engaged in extended digital tasks.
- Balance digital learning with handwriting, reading physical books, practical investigations, collaborative work, and active play.

The school does not prescribe a fixed daily screen-time limit, as educational requirements vary between year groups and subjects. Instead, staff will make professional judgements based on pupils' age, needs, curriculum requirements, and wellbeing. This reflects government guidance that focuses on healthy and purposeful screen use rather than blanket restrictions. [\[gov.uk\]](#), [\[gov.uk\]](#)

6. Early Years Foundation Stage (EYFS)

In the EYFS, screen use will be limited, carefully planned, and developmentally appropriate.

Technology may be used to:

- Support specific learning objectives.
- Enhance communication and language development.
- Document and celebrate learning.
- Support individual needs.

Screen-based activities will never replace:

- Play-based learning.
- Physical activity.
- Adult-child interaction.
- Outdoor learning.
- Creative and sensory experiences.

The school will follow DfE guidance that emphasises a cautious and intentional approach to screen use for younger children. [\[help-for-e...ion.gov.uk\]](#), [\[gov.uk\]](#)

7. Online Safety

All screen-based activities must comply with:

- Online Safety Policy
- Safeguarding Policy
- Behaviour Policy
- Acceptable Use Agreements

The school will:

- Use age-appropriate filtering and monitoring systems.
- Teach online safety through the curriculum.
- Promote critical thinking when using online content.
- Encourage responsible digital citizenship.

Online safety education will include:

- Privacy and personal information.
- Cyberbullying.
- Appropriate online behaviour.
- Misinformation and digital literacy.
- Reporting concerns. [\[gov.uk\]](#), [\[publicatio...liament.uk\]](#)

8. Physical and Mental Wellbeing

The school will promote healthy habits by encouraging pupils to:

- Take regular movement breaks.
- Maintain good posture when using devices.
- Balance screen use with physical activity.
- Engage in face-to-face social interaction.
- Develop healthy sleep habits through age-appropriate digital wellbeing education.

Staff will monitor for signs that technology use may be affecting a pupil's wellbeing and will work with families where concerns arise. [\[publicatio...liament.uk\]](#), [\[gov.uk\]](#)

9. Partnership with Parents and Carers

The school recognises that healthy digital habits are best developed through partnership between home and school.

The school will:

- Share information and guidance with parents and carers.
- Promote age-appropriate online safety practices.
- Encourage balanced use of technology outside school.
- Provide advice and signposting to relevant resources where concerns arise.

Parents and carers are encouraged to:

- Establish clear routines for device use at home.
- Support healthy sleep habits by limiting device use before bedtime.
- Encourage a balance between screen-based activities and physical, social, and creative activities.
- Monitor the content children access online. [\[gov.uk\]](#), [\[gov.uk\]](#)

10. SEND and Accessibility

The school acknowledges that screen-based and assistive technologies may be essential for some pupils with SEND.

Where appropriate, digital devices and applications may be used to:

- Support communication.
- Improve accessibility.
- Reduce barriers to learning.
- Increase independence.

Any adjustments for SEND pupils will be considered individually and should not be restricted solely by general screen-time considerations. [\[help-for-e...ion.gov.uk\]](#), [\[gov.uk\]](#)

11. Roles and Responsibilities

Governing Body

- Approves and monitors this policy.
- Ensures compliance with relevant guidance and legislation.

Headteacher

- Oversees implementation of the policy.
- Ensures staff receive appropriate guidance and training.

Staff

- Use technology purposefully and safely.
- Promote balanced screen use.
- Monitor pupil wellbeing and engagement.

Parents and Carers

- Support healthy digital habits at home.
- Work with the school where concerns arise.

Pupils

- Use technology responsibly.
- Follow school rules and acceptable use agreements.
- Report concerns to a trusted adults

12. Monitoring and Review

The school will review this policy annually or sooner if significant changes occur in DfE guidance, safeguarding requirements, or technology use within the school.

References

This policy has been informed by:

- Department for Education (DfE) guidance on the use of technology in education. [\[gov.uk\]](#)
- DfE guidance and advice relating to children's screen use and wellbeing. [\[gov.uk\]](#), [\[gov.uk\]](#)

- DfE safeguarding expectations, including filtering and monitoring requirements. [\[gov.uk\]](#), [\[publicatio...liament.uk\]](#)
- Education Endowment Foundation guidance on effective use of digital technology in schools. [\[educatione...ion.org.uk\]](#)

Appendix A: One-Page Guide for Parents and Carers

Helping Your Child Develop Healthy Screen Habits

Why does the school use technology?

At our school, technology is used to support learning, creativity, communication, and digital literacy. We carefully plan when and how screens are used so that they enhance learning rather than replace important activities such as reading, writing, discussion, practical work, play, and physical activity. This approach reflects current government guidance, which promotes purposeful and balanced use of technology. [\[gov.uk\]](#), [\[gov.uk\]](#)

What are healthy screen habits?

Healthy screen habits focus on **how screens are used**, not just the amount of time spent using them.

Children benefit most when screen use is:

- Purposeful and age-appropriate.
- Balanced with physical activity and outdoor play.
- Combined with face-to-face conversations and family time.
- Used alongside reading, creative activities, and hobbies.
- Regularly interrupted with movement breaks. [\[gov.uk\]](#), [\[help-for-e...ion.gov.uk\]](#)

Simple Tips for Home

1. Create Screen-Free Times

Consider having screen-free periods during:

- Family meals
- Before school
- Family activities
- The hour before bedtime

Regular routines help children develop healthy habits. [\[gov.uk\]](#)

2. Encourage Balance

Try to ensure your child enjoys a range of activities, including:

- Outdoor play
- Sports and exercise
- Reading
- Creative activities
- Socialising with friends and family

3. Be Interested in What They Are Doing

Talk to your child about:

- The games they play
- Videos they watch
- Websites they visit
- What they enjoy online

Shared screen use and conversations help children develop critical thinking and online safety skills. [\[gov.uk\]](https://www.gov.uk)

4. Set Clear Expectations

Agree family rules about:

- When devices can be used
- Which apps and games are allowed
- Appropriate online behaviour
- What children should do if something online worries them

Online Safety

Please remind your child to:

- ✓ Keep personal information private
- ✓ Use respectful language online
- ✓ Tell a trusted adult if something upsets or worries them
- ✓ Never communicate with strangers online without parental knowledge
- ✓ Report unkind or inappropriate behaviour

These messages are reinforced through our curriculum and safeguarding procedures. [\[gov.uk\]](https://www.gov.uk), [\[publicatio...liament.uk\]](https://publications.parliament.uk)

Signs Your Child May Need Support

Adopted: 17.9.26 To be reviewed: 31.10.28

You may wish to review screen use if your child:

- Becomes upset when devices are removed.
- Is regularly tired due to device use.
- Loses interest in activities they previously enjoyed.
- Spends less time with family or friends.
- Shows changes in behaviour linked to online activity.

If you have concerns, please contact the school so we can work together to support your child.

Working Together

By working in partnership, parents, carers and school staff can help children enjoy the benefits of technology while developing healthy, safe and balanced digital habits that support their learning, wellbeing and development.

If you would like advice or support regarding your child's use of technology, please contact the school office.