



**St John's**  
CE Primary School

Isaiah 40:31 'They will soar on wings like eagles'

**Head Teacher:** Mrs T. Cansdale

**Deputy Head:** Mrs M. Milne

### **Y5 & Y6 Family Workshop – Healthy Phone Habits & Online Behaviour: What's Up with WhatsApp?**

Tuesday 21st January 2026

Dear Parents and Carers,

At St John's, we know how important it is that our children feel safe, supported and prepared to make positive choices—both in school and at home. Many of our older children with phones have told us how overwhelmed they feel by WhatsApp groups and the number of notifications they are getting in an evening (into the hundreds) and the pressure and anxiety that this can create with 'fear of missing out' FOMO or worrying someone is talking about them online.

We know from talking to parents that it is really hard to support and is a much bigger issue than home and school can tackle alone. But working together we hope we can help each other. With this in mind, we are pleased to invite our Year 5 and Year 6 families to a special workshop next week. Parents and children will be together – it will be a non-judgmental opportunity for you and your child to talk about the impact of phone use and how to build healthy habits. We will also have plenty of biscuits for that post-school hunger all the children feel!

### **Y5 & Y6 Family Workshop: Healthy Phone Habits & Online Behaviour**

**Tuesday 27th January, 3.30–4.30pm**

**This one-hour workshop is designed for children and parents to attend together. We will explore practical ways to support healthy phone use at home, including building positive habits, understanding the importance of sleep, and knowing what to do if a WhatsApp group becomes unkind or worrying.**

To help remove any barriers to attending, we are offering childcare for younger siblings during the session. Please complete the reply slip below and return it to school by Friday 23rd January or email the office directly to let us know you are coming.

Warm regards,  
Mrs T. Cansdale  
Headteacher

### **Reply Slip – Y5 & Y6 Family Workshop on WhatsApp & Phone Use**

Child's Name:

Class:

Year 5/Year 6

Attending Workshop:

Yes / No

No. of adults attending:

Younger siblings requiring childcare  
(number & ages):

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