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Monday 12th January 2026

Papaya Smartphone Workshop

Dear Families,

Today, your child took part in a workshop delivered by Papaya, a charity that works in partnership with Smartphone Free Childhood.

Papaya delivers expert-led sessions designed to educate both parents and students about the connection between smartphones, screen use, and wellbeing. Their approach is supportive and non-judgmental, offering practical advice and realistic solutions to help families and young people develop a healthier relationship with technology – wherever they may be on their individual tech journey.

During today's session, students were encouraged to reflect on how they use their time. They also explored how social media and gaming platforms attracts our attention and continue to retain it in multiple ways. They further explored why this can negatively impact individual well-being and concluded the workshop by identifying three ways they could spend around 10 minutes of their time away from technology that they would like to try out. These ideas have been written on a postcard, which your child should be bringing home today.

We encourage families to take some time to talk together about the ideas discussed in the workshop and the three challenges your child hopes to try. These conversations can be a valuable opportunity to reflect together on balance, habits, and wellbeing.

Below you will find some of the statistics shared during the session, which show how the average number of hours spent online each day can equate to a significant amount of time across a lifetime. These do not take into account time sleeping. We feel these figures are quite striking and help to illustrate why this topic is so important.

PAPAYA

ME AND MY SCREEN



1 hr a day = 2.9 years
2 hrs a day = 5.8 years
3 hrs = 8.7 years
4hrs = 11.6 years
6hrs = 17.4 years
8 hrs = 23.2 years



We are committed to delivering education of the highest quality that supports and challenges all pupils to learn and progress in a secure and happy environment.



If you would like to find out more, please see the links below for further information:

- Papaya workshops - <https://www.papayatalks.com/about>
- Smartphone Free Childhood - <https://www.smartphonefreechildhood.org/>

Thank you for your continued support in helping us work together to promote the wellbeing of our students.

With warm wishes,

Miss Lloyd, UKS2 Phase Lead