



Beam County Primary School

Oval Road North, Dagenham, Essex, RM10 9ED.

7th January 2026

Dear Parents and Carers,

We are writing to share with you a newly published guide from the Children's Commissioner for England entitled : [What I wish my parents or carers knew: A guide for parents on managing children's digital lives](#). (Please press on the hyperlink)

Supporting children's safety is a shared responsibility between families, schools and wider society. As you will be aware, this responsibility has become increasingly complex as children's lives are now deeply intertwined with the digital world. Many parents and carers face difficult decisions about how to balance protecting children from online harm with enabling access to digital spaces that are now central to learning, socialising and play.

This new guide focuses on the everyday challenge of managing children's online habits, recognising the rapidly evolving digital landscape that both children and adults are navigating. It differs from previous guidance by addressing not only online risks, but also the routines, boundaries and habits that shape children's digital lives day to day.

Importantly, the guide was written with the direct involvement of children in England. The Children's Commissioner and her team visited schools, spoke with young people, Youth Ambassadors, and the Youth Special Educational Needs and Disabilities (SEND) Panel to gather their views on what works – and what doesn't – when it comes to managing online life at home.

A striking message from children was that, with hindsight, many would delay access to smartphones for as long as possible. They expressed that they value clear, firm and protective boundaries from trusted adults, particularly when adults have concerns about online content or behaviour.

As a school, we recognise the vital role parents and carers play in supporting children's safety and wellbeing online. We also know that children benefit most when schools and families work together with shared expectations and consistent messages.

We hope you find this guide helpful and reassuring, and that it supports you in making informed decisions about your child's digital life. Please do take the time to read it, and feel free to discuss any questions or concerns with us.

Yours sincerely,

Miss Whittington
Headteacher

Email: office@beam.bardaglea.org.uk, Telephone: 020 8270 4700
beamcountypriaryschool.org

Headteacher: Miss T A Whittington, NPQH, BA (Hons), PGCE
Chair of Governors: Mr L Du Plooy

