

Dear Parents and Carers,

I hope this message finds you well.

As we approach the Easter break, I am writing to seek your support regarding an issue that is increasingly affecting learners' preparation for their upcoming examinations.

In college, we are working closely with learners to help them balance revision, rest, and wellbeing. As part of this, we have recently asked learners to reflect on their daily screen time. A consistent pattern has emerged: a significant number of learners are spending extended periods on social media platforms such as TikTok and Snapchat.

While we recognise that some engagement with social media can support relaxation and social connection, there is growing evidence within our learner body that excessive use is beginning to impact negatively on revision time, sleep, and overall academic outcomes. Many learners themselves report that they find it difficult to manage distractions from their phones, particularly when studying at home.

We would therefore value your support in addressing this. In particular, we encourage you to:

- Discuss with your child the importance of balancing revision, rest, and leisure time during this important period.
- Support the establishment of routines that limit phone use during revision time.
- Monitor and guide your child's use of social media to ensure it remains proportionate and does not interfere with their preparation.

Your involvement is critical in helping learners develop the discipline and habits required for success. A consistent message between home and college can make a meaningful difference at this stage of their education.

Thank you for your continued support.

Best regards,  
Kenan Drugzani



Head of School at LDE UTC