16TH November 2026

Dear Parent/Carer,

As part of our ongoing commitment to safeguarding and supporting the wellbeing of all students, we would like to highlight the importance of monitoring your child's use of online and console gaming.

Gaming can be an enjoyable and positive activity, helping young people to socialise, develop problem-solving skills, and relax. However, schools are increasingly seeing concerns linked to excessive gaming, which can have a significant impact on a young person's health, wellbeing, and education.

Some of the issues associated with excessive gaming include:

- Disrupted sleep patterns due to late-night gaming sessions.
- Difficulty concentrating in lessons due to tiredness and fatigue.
- Reduced motivation to attend school or engage in learning.
- Increased anxiety, frustration, or low mood when unable to access games.
- Reduced physical activity and less time spent engaging in offline hobbies and family activities.
- Exposure to inappropriate content, online strangers, or harmful online interactions.

Sleep is particularly important for children and young people. Regular lack of sleep can affect concentration, memory, emotional wellbeing, behaviour, attendance, and overall academic progress. We are increasingly seeing instances where students report staying awake into the early hours of the morning using gaming consoles, mobile devices, or computers, which can significantly impact their readiness to learn and their engagement in school.

We would also like to remind parents and carers to carefully monitor age-restricted games. In particular, Grand Theft Auto (GTA) remains one of the most popular video game franchises amongst young people. However, GTA is rated **18+** and contains content that is intended for adults, including violence, criminal activity, strong language, drug references, and mature themes. While we appreciate that every family makes its own decisions regarding gaming, we encourage parents and carers to be aware of the age ratings of the games their children are accessing and to have regular conversations about online safety and appropriate content.

Q3 Academy Langley
Moat Road
Oldbury B68 8ED

T 0121 516 7070
E reception@LAN.merciantrust.org.uk
q3langley.org.uk

PART OF THE MERCIAN TRUST

Chief Executive: Mr Daniel Parkes BA (Hons), MA | Headteacher: Mr Peter Lee BA (Hons), M.Ed, PGCE, NPQH, NPQEL

As a school, we have also noticed an increase in student absences, lateness, and reports of tiredness around the release dates of highly anticipated games and major gaming updates. In particular, the anticipation surrounding titles such as Grand Theft Auto (GTA) can lead some young people to spend extended periods gaming, often late into the night. This can have a significant impact on attendance, punctuality, wellbeing, and academic performance. We therefore ask for your support in monitoring gaming activity during these periods and ensuring appropriate boundaries are in place to prioritise sleep, attendance, and learning.

We encourage parents and carers to:

- Be aware of what games your child is playing and who they are communicating with online.
- Check and follow the age ratings provided on games and gaming platforms.
- Set clear boundaries around gaming times, particularly on school nights.
- Ensure devices are switched off and, where possible, removed from bedrooms overnight.
- Make use of parental controls available on gaming consoles and online platforms.
- Encourage a healthy balance between gaming, schoolwork, physical activity, family time, and sleep.
- Speak openly with your child about their online experiences and encourage them to report anything that makes them feel uncomfortable or unsafe.

By working together, we can help ensure that gaming remains a safe and enjoyable part of young people's lives while supporting their wellbeing, attendance, and educational success.

Thank you for your continued support. If you have any concerns regarding your child's online activity or would like further advice or guidance, please do not hesitate to contact the school.

Yours faithfully,

Peter Lee	Mr D Snell	Mrs A Evans
Headteacher	Assistant Headteacher	Attendance and Welfare Officer