



Dear Parents, Carers and Students,

Along with the support of our Parent's forum and the Board of Governors we have taken the considered decision to ban student mobile phone use on school site. This means that from the 25<sup>th</sup> June between the times of 8.25 – 3.00 no electronic devices such as mobile phones, music players, head phones or games consoles will be allowed to be used. Students may have these items switched off and in their bags to allow them to use them before or after school.

This decision has been made with the learning and wellbeing of our student community in mind. We have looked at best practice and sought expert advice on the situation and decided this is the best way we can support our pupils while they are part of the Bulmershe School.

The Royal society of Public Health state that rates of anxiety and depression in young people have risen 70% in the past 25 years, their research has shown that 4 out of 5 young people self-disclose that social media makes their anxiety worse. The study highlights a further concern that nationally, 7 in 10 young people experiencing cyber bullying.

Adding to our decision is the "Young Minds" national survey which saw 25% of young people admitting they missed sleep due to social media. The "Heads Together" campaign calls for screen breaks and breaks from social media to better able allow young people to process information, think critically and respond. "Edudemic", an authority on connecting Education and Technology have found that students who attempt to multi-task, checking social media sites while studying, show reduced academic performance and higher stress levels.

Of course the school recognizes the important role of technology in education and preparing young people for the digital age. In confirming our decision to ban phones we have ensured all classrooms and departments can provide the access to technology the students require, and so removing the use of phones within the school day will not negatively impact your child's learning.

Likewise, we understand the connection to you and to home that a phone can offer a child and we have clear processes within school that will allow your child to contact you, or you to contact your child should you need to. We have a dedicated reception service that will be



able to get messages to students in school should you need to contact your child and a student reception where students can go if they need to contact you.

The timeline of delivering this whole school change will be that we will Inform students of the decision and reasons for the ban via assemblies and answer any questions that they may have. We will also have it as an agenda item for the Parents Forum meeting for any parents who have any questions or would like to know more about the policy. We will also be doing assemblies with students the week commencing the 30<sup>th</sup> April to explain the process and reasons to them.

As a whole school we truly acknowledge all the benefits and positive attributes that access to technology and social media can offer, however, we also work daily with the more dangerous attributes and issues and feel we are in the unique opportunity to enforce a 6 hour break from social media. In line with relevant research and best practice we feel this will allow us to better educate and protect the health and wellbeing of our students.

With best wishes,

Amanda Woodfin  
Headteacher