



MOBILE PHONES AT SHS

RELATIONSHIPS FOR LEARNING



There is an emerging body of evidence that the misuse and overuse of mobile phones not only affects pupils' achievements in school, it can also contribute negatively to mental health.

With the introduction of iPads at Selkirk High School it is clear that mobiles no longer have a useful role in the classroom. It is also clear that the overuse or inappropriate use of mobile phones is increasingly a factor in academic underperformance and in health and wellbeing concerns.

We therefore ask for the support of all parents with our approach to managing phones in school.

- Parents and carers of S1/2/3 students are asked to ensure phones are left at home.
- We also recommend seniors do not bring phones to school. If they do so, teachers require them to be off and in bags and out of sight during class time and between classes.

Naturally there will be times when parents and carers need their children to have their phones due to after school arrangements or for other reasons. Please discuss with the school and ask students to keep their phones off and in bags until the end of the day. Students who have a special arrangement who are unable to resist getting their phones out may cause a sense of unfairness amongst their peers.

Does our approach make a difference?

Since its introduction, our approach is making a significant difference: time is no longer being wasted at the start of lessons with students arriving glued to their phones and thoughts miles away from learning; nor are students needing to be re-focused as they find the temptation to peek at their notifications too great in class; trips to the toilet appear to be in decline and shortening in duration!

The pastoral team are very confident that this approach is reducing the anxieties of individuals whose difficulties are so often exacerbated by inappropriate use of phones at social times- and that the mental health of students is positively affected by a more balanced and less dependent relationship with their phones.

Selkirk High School

Values in Action



Head Teacher Mr J Bryson
Hillside Terrace, Selkirk
TD7 4EW
01750 20246



@SelkirkHS
@SelkirkHighSchool
www.selkirkhighschool.org.uk

Others point out that this approach is more in line with the expectations of the world of work and will help prepare students for this.

It's also been lovely to see students talking to each other at lunchtime too, rather than swiping through their social media posts!

As extra curricular activities get underway, we hope to see more and more students constructively engaged at lunchtimes and we are confident our resilient young people will soon get used to our expectation about phones.

One parent has asked me why students can't keep phones in bags in class time but have them at lunch. This is a good and reasonable question! My answer is that this has been our policy for the past two years and remains our approach for seniors. However, it simply has not worked for our junior students, more and more of whom simply cannot resist the pull of their phones.

I am particularly thankful to parents because I know some of you may be having battles at home about this. I thank you for your efforts and urge you to consider the benefits to your child of less screen time. It may be that the students who resist this most strongly are also the ones who may benefit from it the most!

In short- thank you for your help with this. Like parents and carers, headteachers know very well that what is right is not always popular and what is popular is not always right!

Mr Bryson

