

F.H. COLLINS E-DEVICE / CELL PHONE POLICY

E-devices / cell phones can be a useful tool; they can also be extremely distracting, which prevents effective learning. We are teaching responsible cell phone use. Cell phones may be used in class when the teacher indicates it's an appropriate time.

Cell phones and other devices (including earbuds) must be stored away, in lockers, pockets, or backpacks, or in the classroom storage area, at all other times.

Cell phones and other devices (including earbuds) may be used during breaks and other non-class time.

FYI:

If you use your device inappropriately or at an inappropriate time, some or all of the following will occur (progressively):

a reminder or warning, requirement to put the device in in the classroom "device storage unit," referral to a vice-principal or principal, requirement to leave the phone in the office, conversations with your guardian(s), requirements to leave the device in the office or at home for a period of time, or long-term.

WHY?

Research shows that digital multi-tasking negatively impacts learning, comprehension, recall, and test scores.

While we think we can listen or focus and be on our phones at the same time, research shows that splitting our attention reduces our attention by more than half.

Social media, apps, games and web content are purposefully designed to repeatedly grab your attention. Your brain releases hormones similar to those released in addiction; you are literally developing a real addiction. Time to work on breaking free.

Eye contact, reading non-verbal cues, and initiating conversation are all important social skills for success at school and in life; heavy users of technology show a reduced ability in these areas.

Use of devices while teaching is occurring is distracting for other people, and generally a sign of disengagement and disrespect. Being able to stay engaged for a sustained amount of time is also an important skill.

We want you to be successful!!! We are trying to teach you tools for success!