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| Version | Date | Revision Author | Summary of Changes |
| 1 | August 2024 | A Passmore | Phones allowed at lunchtime and breaktime |
| 2 | May 2025 | A Passmore | Phones not allowed during the school day |



North Coast Integrated College

Mobile Phone Policy

**Introduction**

At North Coast Integrated College, we recognise the importance of mobile phones in the lives of our students. They serve as valuable tools for communication, learning, and personal safety. However, it is crucial that students learn to use their phones safely, respectfully, and at appropriate times to ensure that they do not interfere with their education or the well-being of others. This policy outlines the guidelines for mobile phone use within the school.

No Phone Usage During the School Day

Students are not permitted to use their phones at any time during the school day. Parents should not text or call their child during school hours. If a message needs to be given to a pupil, parents should contact the school office. Phones that are used during the school day will be confiscated and placed in the school office until the end of the day.

**Photos, Videos, and Recordings**

Students are not allowed to take photos, videos, or recordings of anyone at any time during the school day.

**Dangers of Social Media**

Social media can pose several dangers to students, including:

* Cyberbullying: Students may be exposed to bullying or harassment online, which can have serious emotional and psychological effects.
* Privacy Issues: Sharing personal information on social media can lead to privacy breaches and misuse of data.
* Distraction: Excessive use of social media can distract students from their studies and reduce their academic performance.
* Mental Health: Constant exposure to social media can lead to anxiety, depression, and other mental health issues due to comparison, negative interactions, and information overload.

**Benefits of Reduced Screentime**

Reducing screentime can have several benefits for students, including:

* Improved Focus: Less screentime can help students concentrate better on their studies and improve their academic performance.
* Better Sleep: Reducing screentime, especially before bed, can lead to better sleep quality and overall health.
* Enhanced Social Skills: Spending less time on screens can encourage students to engage more in face-to-face interactions, improving their social skills.
* Physical Health: Reduced screentime can encourage students to participate in physical activities, promoting better physical health.

Policy Review

This policy will be reviewed annually to ensure it continues to meet the needs of the students and the school community. Any changes will be communicated to students and parents accordingly.