

What do you do in your spare
time to relax?

We are Tapton

1. We are responsible for the world around us
2. We are kind
3. We work hard
4. We follow the rules
5. We are responsible for our learning journey
6. We make the most of the resources available to us
7. We believe we are all capable of excellence

Valuing everyone

Caring for Each other

Achieving excellence

Mobile Phones, Smart watches and devices



Valuing Everyone

Caring for Each Other

Achieving Excellence

Mobile Devices – July 2023

Mobile phones, iPods and other electronic devices such as wireless earphones **cannot be visible in the school building at any time** – this is non-negotiable. This means that students cannot have a visible phone/earphones/ear pods/cables inside the building at any point of the day from entry to leaving. Until further notice students will be able to use devices outside at breaks and lunchtimes and in certain lessons under the supervision of their teachers. If students choose to bring phones/devices to school, **they will be encouraged to put them on 'airplane' mode and they must be put into bags before entering the building; students cannot put phones/devices in pockets, this policy also includes cables hanging out of shirts and from pockets, headphones worn around necks.** This policy will remain under review.



Valuing everyone

Caring for Each other

Achieving excellence

SCREEN TIME

Daily Average

3h 47m



Social Networking

1h 1m

Entertainment

50m

Productivity

36m

Total Screen Time

21h 35m

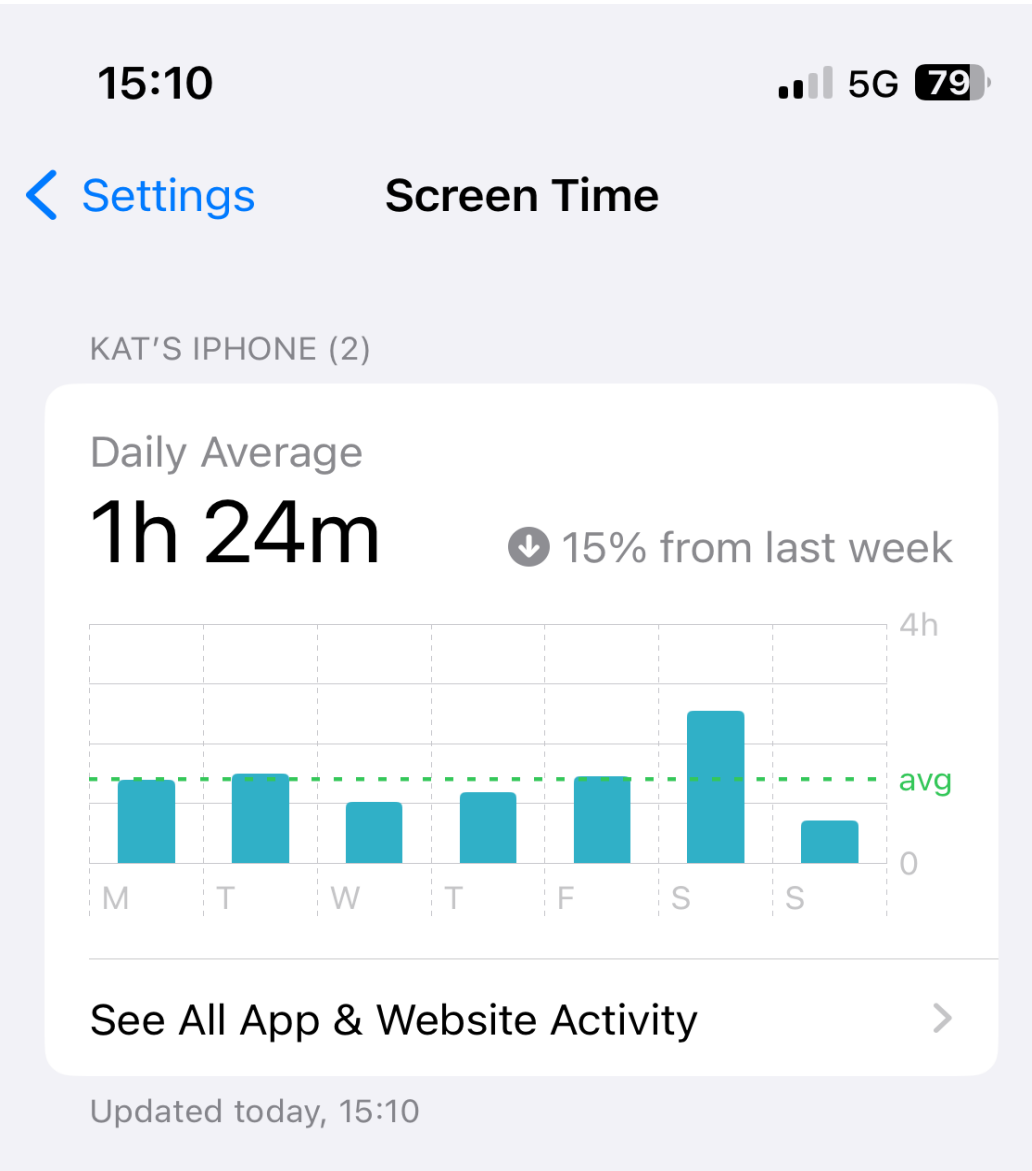
Updated today at 9:41 AM

Phone Usage

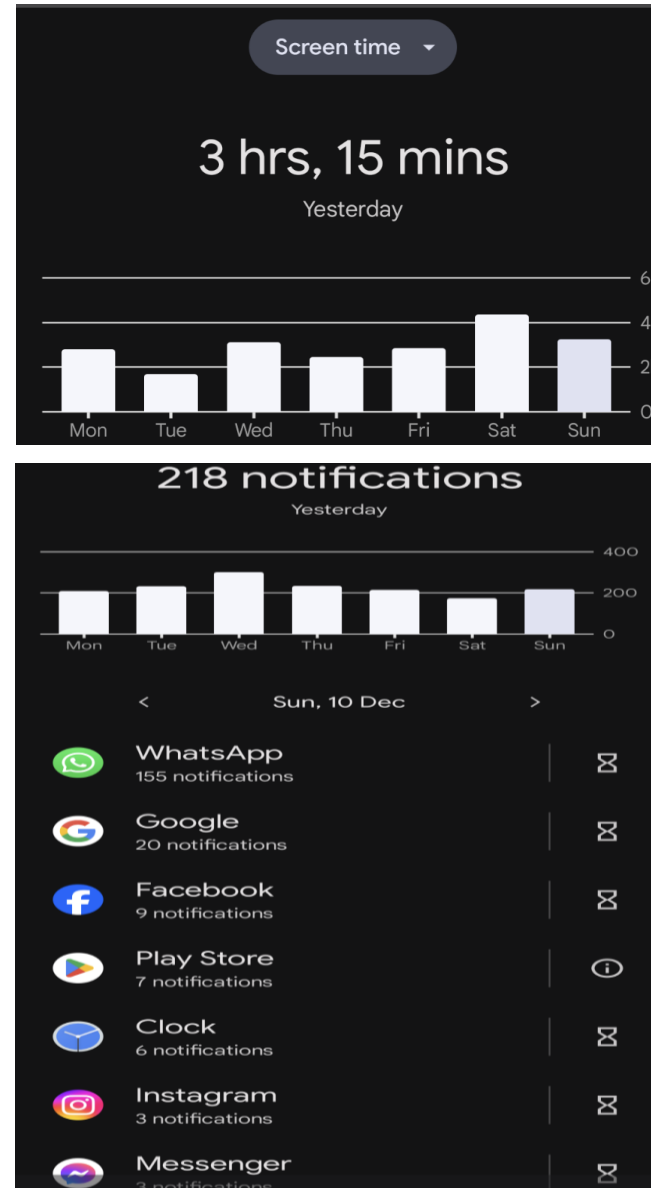
According to 2023 research from DataReportal, the average screen time for users around the world aged 16 to 64 – across different platforms and devices – is **6hrs 37mins** per day.

Mobile devices account for most of this, with the eyes of global users spending an average of **3hrs 46mins** fixated on their smartphones in 2023.

Ms Rhodes



Miss Sharman



Mobile Devices – October 2023

Education secretary to issue new guidance in latest Tory attempt to limit phone usage by students

● **UK politics live - latest updates**



Valuing everyone

Caring for Each other

Achieving excellence

Mobile Devices – January 2024 onwards

‘Mobile phones, smart watches, iPods and other electronic devices such as earphones and wireless earphones are not allowed to be visible on the school site at any time. This means from the moment students enter the site to the moment they leave the site they cannot have a visible device; this also includes at break and at lunchtime. If students choose to bring devices to school, they must put them into school bags before entry onto the site, so they are not at all visible or accessible. Students cannot place devices in pockets. This policy extends to earphone cables hanging from shirts and from pockets and headphones worn around necks. Any student found with a prohibited device will have it confiscated without discussion. First confiscations will go to the school office and can be collected at the end of the school day, all subsequent confiscations will be locked in the school safe and only returned following a meeting with parents and carers.’



Disruption to sleeping patterns: staying up late on social media, or to watch TV, can get in the way of a good night's sleep. Plus, the blue light screens emit can interfere with the production of melatonin, a hormone that regulates sleep.



Eye strain and discomfort: prolonged screen time can lead to dry eyes, headaches, and blurred vision – all symptoms of digital eye strain or, more commonly, “computer vision”.



Obesity: more time on screens generally means a more sedentary lifestyle. This is a risk factor for obesity and other related health issues, including poor posture and musculoskeletal problems leading to neck, shoulder, and back pain.



Mental health issues: excessive screen time – particularly that linked to social media – can contribute to feelings of loneliness, anxiety, depression, and low self-esteem.



Academic and work performance: too much screen time can distract from professional, academic, or even personal responsibilities – leading to decreased concentration, performance, and productivity.

Why?

Research shows that regular mobile phone usage results in habituation to a state of low attention and constant task switching. As an educational institution, we have clear concerns over the impact this has on students' ability to learn.

Dependence on mobile phones also impacts social interactions, and young people's mental health and can be a safeguarding concern.

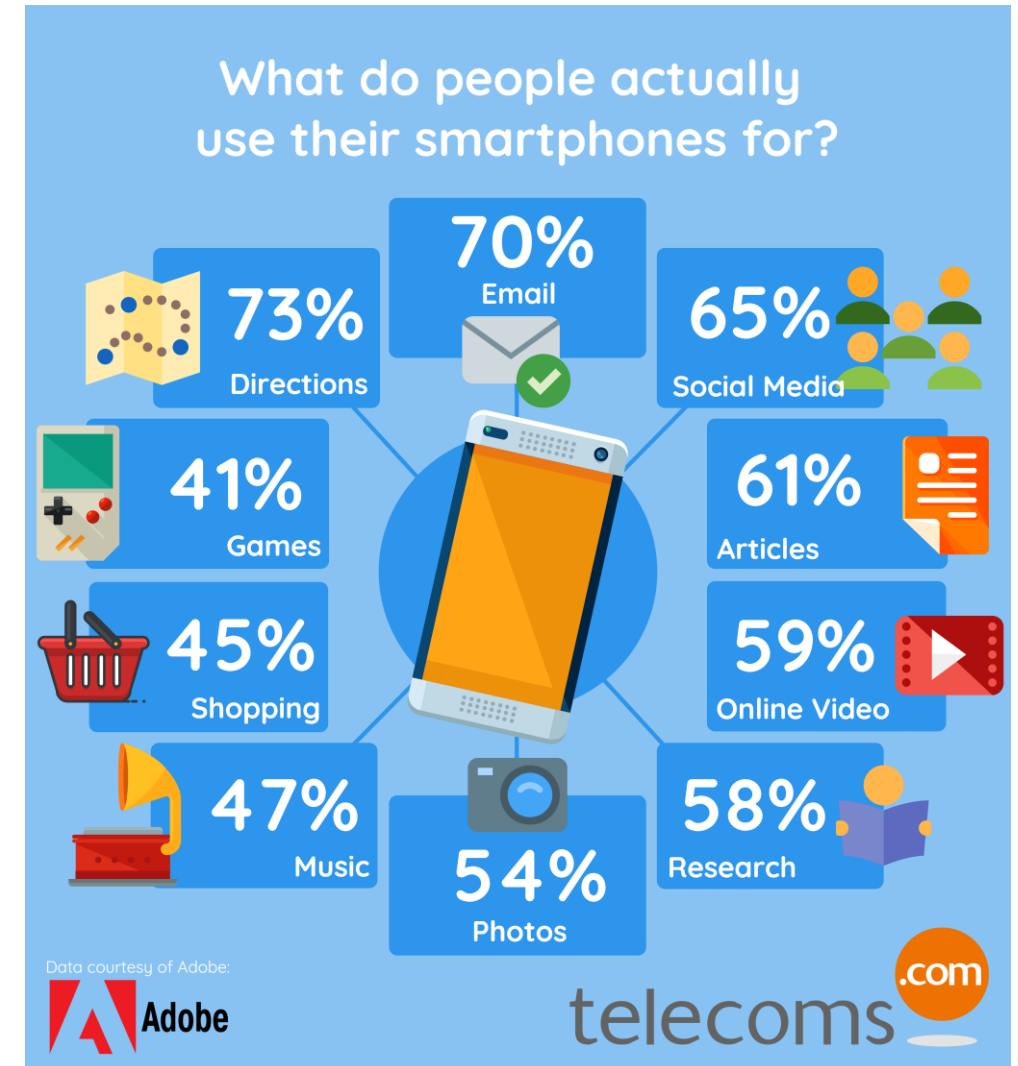
To foster a culture of well-being at Tapton school we often refer to Maslow's hierarchy of needs where we recognise the importance of having a balanced approach to all aspects of life which includes your **digital dependency**.

Mobile phone usage

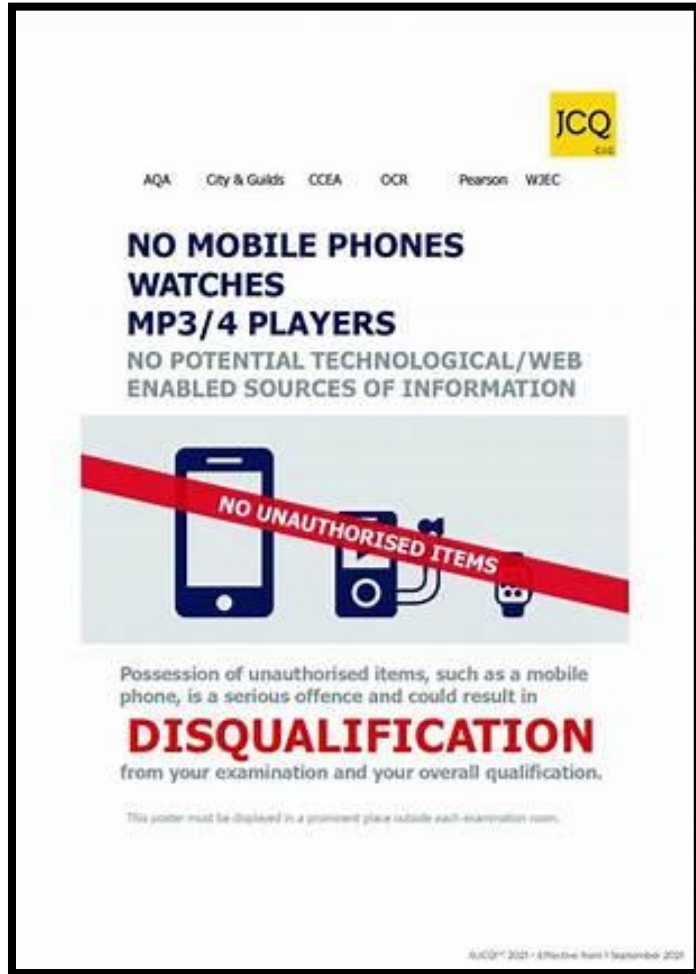
Whilst mobile phone usage can be beneficial this is not the case all the time.

At school, your primary focus must be learning. We have all the resources available for you to reach your potential and you do not need your phone, device or smartwatch.

Playing games, checking social media, shopping are not helping you achieve excellence.



Preparation for GCSE and A-level Exams



How are we preparing you for your GSCE and A-levels examinations?

- only black pens in school
- toilet use
- punctuality
- access arrangements
- Phones and watches
- Equipment checks
- + more

Consequences of our actions

- There will always be a consequence for your action.
- If your electronic device is confiscated for the first time, you can collect it at the end of the school day.
- For all subsequent times you parents and carers will need to come into school for a meeting.
- If they are unable to come into school for a meeting, we will keep it in the school safe until they can.
- Refusal to handover your phone will be treated as defiance, and this will result in a suspension

What do I do if...

Q - I need to call home.

A – We will contact home for you.

Q – I do not know what my next lesson is.

A – Make sure you use your planner and your paper timetable.

Q – I am not well.

A – The medical room team will contact home if necessary.

Q – I need to take pictures of my work.

A – Your teachers can support you with this.

Q – I need to check the time.

A – Every classroom has a clock.

Q – I need to look at Satchel:One.

A – Use the computers in the library before and after school or at lunchtime.

Q - Home need to contact me.

A – Families can always contact the office who will pass a message to you.