



The Forest High School

Mobile Device Procedures

The Forest High School has simple guidelines around personal mobile device use at school.

Use

- Mobile devices should be switched to flight mode, with their Wi-Fi disabled, when entering the classroom.
 - Mobile devices should always be stored in a location that does not distract the student from learning.
 - Mobile devices will be confiscated if they are distracting a student from learning.
 - Personal mobile devices, unless identified in a student's Individual Learning Plan, are not essential to classroom learning.
 - All app usage requires teacher's permission.
 - All contact with your child during school hours must occur through the front office. Phone calls and text messages during class time distract the student from learning.
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Mobile Device Ban

- Students who repeatedly infringe the mobile device procedures will either:
 - a. be banned from bringing their device to school
 - or*
 - b. during roll call will deposit their mobile device in a secure locker for the day
 - The school has procedures for confiscating phones that are being used inappropriately. All confiscated phones are deposited to a Deputy Principal, who will store in a locker until collected.
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Liability

- Mobile phones are not required at school. We discourage students bringing their own phones if they are unable to regulate their behaviour.
- Students who use a personal mobile device or accessory at The Forest High School do so at their own risk. Do not bring a device you cannot afford to replace.
- While the device is at school or during a school related activity, The Forest High School will not be responsible for any loss, theft or damage to the device, or data stored on the device.
- Trays, drawers, or boxes supplied by teaching staff for mobile phones are for voluntary student use only. In this voluntary use, The Forest High School will not be responsible for any loss, theft or damage to the device.
- Parents and students should consider whether their device requires insurance and whether specific accidental loss and breakage insurance is appropriate for the device.

Rational

Why the need for procedures specific to mobile devices?

The use of electronic devices is ubiquitous in our society. While we all enjoy the benefits of having this powerful device, the negative impact on our mental health and wellbeing is becoming increasingly clear.

Most of us check our phones 85 times per day¹. In a Stanford University study of cognitive control in media multitaskers, they found frequent interruptions; kill prioritisation, decrease work quality, drains energy, increases stress, hampers creativity, and shrinks and rewires your brain².

Objectives

We all share a responsibility to ensure students are equipped with the technical skills and social and emotional competencies to use technology responsibly and respectfully.

For the majority of our students, self-regulation and personal responsibility will ensure a healthier and happier school community.

Where students are unable to regulate use of their mobile device at school, an individual ban may be implemented. We also suggest counselling for students who are unable to regulate phone use.

During breaks, students are encouraged to rest their brains, be social, be active, and eat. Device use is discouraged during these times. Students need to be mindful of themselves and others, and be alert to their surroundings at the playground. Students are not to walk using a phone or laptop, nor have headphones at a volume that prevents hearing when others speak.

BYOD

Bring your own device (BYOD) allows students to use personal mobile electronic devices at school to access the NSW Department of Education (DoE) Wi-Fi network to access courses and content, apply learning in a digital platform, and to research material. **Tablets** and **laptops** are the preferred technology for students who require regular access to technology in the classroom. For most students, The Forest High School provides necessary access to technology through computer rooms, the library, and mobile device loans.

The term 'device' refers to any mobile electronic equipment, including assistive technologies that have the capability of connecting to the DoE's Wi-Fi network.

Students and parents must be aware of and consent to the program's boundaries described in the BYOD Student Agreement.

A single appropriate device for all students is not mandated. Appropriate devices are dependent on a student's stage of development and pattern of study.

The full policy on BYOD is available here: <https://theforest-h.schools.nsw.gov.au/about-our-school/rules-and-policies/bring-your-own-device/byod-program.html>

¹ https://www.researchgate.net/publication/283305882_Beyond_Self-Report_Tools_to_Compare_Estimated_and_Real-World_Smartphone_Use

² Stanford University; "Cognitive control in media multitaskers", Eyal Ophir Et. Al. – Institute of Cognitive Neuroscience, University College London, Kep Kee Loh Et. Al. Higher Media Multi-Tasking Activity Is Associated with Smaller Gray-Matter Density in the Anterior Cingulate Cortex