



Mobile Phone Use at Cowra High School

As part of a review of the electronic devices policy at Cowra High School and in response to emerging research, Cowra High School has acknowledged the need for an update of its management of student mobile phone use. The purpose of this information is to provide students, parents, carers, staff and community members a simple process to reduce angst and confusion.

Cowra High School now has a “not seen, not heard” approach to mobile phones. ***This means that phones and/or ear pieces must be off and out of sight during all learning times.*** The aim of this approach to management is to empower students to make good choices in an autonomous fashion.

Current research informs us that when an individual has their phone on their person they can suffer the following:

- Lower concentration
- Increased fear of missing out
- Reduced memory
- Altered views of reality
- Increased stress and anxiety

Our school is committed to providing the very best possible educational opportunities for our students and as such, we are asking for parent and carer support to ensure our students do not have their mobile phone on during any learning time. ***All electronic devices are only to be used if explicit permission is given by the teacher in charge.***

NO warnings for mobile device misuse will be given to students. The following process will occur if a student is unable to abide by the updated policy:

During all learning time (including roll call, assemblies, meetings and study periods)	<ul style="list-style-type: none">• Mobile phone and/or ear piece - NOT SEEN / NOT HEARD• Mobile phones may be used appropriately before school, after school, and during recess and lunch breaks.
Mobile phone <i>seen and/or heard</i>	<ul style="list-style-type: none">• Blue slip or Head Teacher/Deputy Principal intervention• Phone handed in to the front administration office
Collection of phone	<ul style="list-style-type: none">• Mobile phone can only be collected from the front administration office by a parent or carer
Repeated confiscation of phone	<ul style="list-style-type: none">• Further discipline through Cowra High School discipline procedures

Further communication regarding updates to Cowra High School digital device procedures is available on the school website and in the school newsletter. Please contact the school on 63421766 or via email cowra-h.school@det.nsw.edu.au if you require further information.