



INVERNESS ROYAL ACADEMY
CULDUTHEL ROAD
INVERNESS
IV2 6RE

Telephone – 01463 667800



Ian Adamson
Rector

Dear Parent/Carer,

Re: Mobile Phone Policy – ‘Unplugging to Reconnect’

I am writing to inform you of an important update to our mobile phone policy at Inverness Royal Academy. From **19th February 2026**, we will operate as a **phone-free school**, including during break and lunchtimes. Pupils are strongly encouraged to leave mobile phones at home. Where a phone is needed for travel to and from school, it must be switched off before entering the building, kept out of sight and stored in school bags for the duration of the school day. This includes anywhere in the school grounds.

This change has been introduced following careful consideration. While mobile technology plays an important role in modern life, feedback from employers and staff highlights that over-reliance on phones can affect young people's focus, communication skills and readiness for the workplace. By removing this distraction during the school day, we aim to:

- Improve concentration, engagement and academic progress in lessons
- Support pupils' wellbeing by reducing screen time, stress and anxiety
- Encourage positive, face-to-face social interaction
- Reduce the risk of online bullying during school hours
- Help prepare pupils for professional environments where phone use is restricted

Any phone or headphones seen or heard during the school day will be confiscated. On the first occasion, devices will be returned at the end of the day; repeated incidents will require collection by a parent/carers.

We recognise that this is a significant change and we are committed to implementing it in a supportive and consistent way. Your cooperation is essential to its success. We kindly ask that you reinforce these expectations with your child and **support us in encouraging them to leave mobile phones at home wherever possible.**

Please also note that the school cannot accept responsibility for loss or damage to devices brought on to school premises.

Thank you for your continued support in helping us create a focused, positive and safe learning environment for all pupils.

You can view the policy [here](#) and also see our frequently asked questions [here](#).

Yours faithfully,

Ian Adamson
Rector

Inverness Royal Academy

Our School Values: - Respect, Responsibility, Compassion, Commitment and Honesty
Luachan na Sgoile – Spèis, Dleastanas, Co-fhaireachdainn, Dealasachd agus Onair.

