

Cell Phones and Electronic Devices

Phones and other electronic devices(including headphones) must be out of sight in classrooms and stored in backpacks. If phones are seen in class or in the hall during instructional time, the student will place their phone in the classroom cell phone locker and the following disciplinary steps will be implemented. If a student needs to use the hall pass during class, they will leave their phone in their backpack in the classroom.

1. The phone will be labeled and placed in the office for the student to pick up at the end of the day and parents will be notified
2. Parents will pick up the phone in the office and the student will not be allowed to bring it back to school for a period of time.
3. A Parent Meeting and plan will be made to help the student with electronic devices.

Ogden High School

Cell Phone - Electronics Policy

FAQ

WHAT IF THERE'S AN EMERGENCY AT SCHOOL?

- Cell phones should be kept in backpacks during the day as long as they are off and students would be able to contact parents.

WHEN CAN CELL PHONES OR ELECTRONICS BE USED AT SCHOOL?

- Cell phones and other electronic devices may be used on school grounds before school, during hall transitions, during lunch, and after school.

WHAT IF I NEED TO CONTACT MY STUDENT?

- Students can respond to parents before or after school, during transitions, and at lunch. Parents can contact the main office if they need to get ahold of their student. (801) 737-8700

Positives of regulating cell phones during class time

Regulating cell phones at high schools can have several positive impacts on students, the learning environment, and overall school culture. Here are some potential benefits:

Reduced Distractions in Class:

- Implementing cell phone regulations helps minimize distractions during class, allowing students to focus on the lesson, participate actively, and enhance their learning experience.

Improved Academic Performance:

- With fewer distractions, students may experience improved academic performance as they can concentrate better on their studies and engage more effectively with classroom activities.

Enhanced Classroom Atmosphere:

- A regulated cell phone policy contributes to a more positive and focused classroom atmosphere. Teachers can create an environment that encourages active learning and participation.

Promotion of Face-to-Face Interaction:

- Limiting cell phone use encourages students to engage in face-to-face interactions, fostering better communication skills and interpersonal relationships.

Prevention of Academic Dishonesty:

- Restricting cell phone use helps prevent academic dishonesty, such as cheating during exams or using unauthorized resources for assignments, promoting a fair and honest academic environment.

Improved Time Management:

- Students may develop better time management skills when not constantly engaged with their phones. This can contribute to more effective study habits and a balanced approach to extracurricular activities.

Reduced Cyberbullying and Social Pressures:

- By regulating cell phones, schools can minimize opportunities for cyberbullying and the negative social pressures that can arise from constant online interactions. This contributes to a safer and more supportive school environment.

Encouragement of Physical Activity:

- Without the constant pull of phones, students may have more time and inclination to engage in physical activities during breaks, promoting a healthier lifestyle.

Promotion of Digital Literacy Education:

- Schools can use the opportunity to teach students about responsible digital citizenship and the appropriate use of technology. This prepares them for a world where technology is an integral part of everyday life.

Increased Focus on In-Person Learning:

- Regulating cell phones reinforces the idea that the primary focus during school hours should be on in-person learning, discussions, and interactions, encouraging a more immersive educational experience.

Parent-Teacher Communication:

- Limiting cell phone use can facilitate better communication between parents and teachers. Parents may be more likely to receive timely updates and important information without competing with constant digital distractions.

Promotion of Mindfulness:

- A regulated cell phone environment allows students to be more present in the moment, fostering mindfulness and reducing stress associated with constant connectivity.

It's important for schools to communicate these benefits to students, parents, and staff, fostering understanding and support for the cell phone regulations. Balancing technology use with the educational goals of the school can contribute to a more positive and focused learning environment.

Negative impact of cell phone use:

Excessive cell phone use among high schoolers can have various negative impacts on their academic, social, and emotional well-being. Here are some of the potential drawbacks:

Distraction and Reduced Academic Performance:

Constant texting, social media notifications, and other phone-related distractions can significantly impact students' ability to focus on their studies, leading to lower academic performance.

Sleep Disruption:

The use of phones, especially before bedtime, can disrupt sleep patterns. Blue light emitted by screens can interfere with melatonin production, affecting the quality of sleep and contributing to sleep deprivation.

Social Isolation:

Excessive use of phones, particularly in social situations, may lead to social isolation. Students may miss out on face-to-face interactions and the development of crucial interpersonal skills.

Cyberbullying and Online Harassment:

High schoolers are vulnerable to cyberbullying and online harassment through social media platforms. Excessive phone use can expose them to negative online experiences that affect their mental well-being.

Reduced Physical Activity:

Spending extended periods on phones may contribute to a sedentary lifestyle, reducing the time available for physical activities. This can have long-term implications for physical health and well-being.

Impaired Communication Skills:

Excessive texting and reliance on digital communication may hinder the development of effective verbal communication skills. Face-to-face communication is crucial for personal and professional success.

Decreased Attention Span:

Constant exposure to short, attention-grabbing content on phones may contribute to a shortened attention span. This can impact a student's ability to concentrate during class and engage in deep learning.

Academic Dishonesty:

Cell phones provide easy access to information, making it tempting for students to engage in academic dishonesty, such as cheating during exams or plagiarizing assignments.

Mental Health Issues:

Excessive phone use has been associated with mental health issues, including anxiety and depression. Social comparison, cyberbullying, and exposure to negative online content can contribute to these challenges.

Poor Time Management:

Excessive use of phones, especially on social media, can lead to poor time management. Students may spend significant amounts of time on non-academic activities, affecting their ability to prioritize and complete tasks.

It's important to note that not all students will experience these negative impacts, and some may use phones responsibly. However, addressing these potential drawbacks through education, setting boundaries, and promoting responsible phone use can contribute to a healthier and more balanced high school experience.