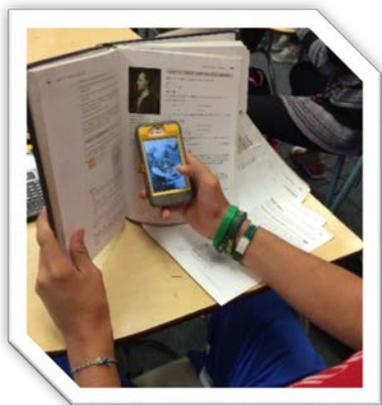


# DISTRICT UPDATES CELL PHONE POLICY TO HELP DECREASE DIGITAL DISTRACTION

*\*Policy enforcement begins 2018-19 school year*

## What's changed?

While students are still permitted to possess cell phones on school property, the new policy update **prohibits the “use of [cell phones] during those periods of time when classes are in session (start of school to the end of school. . .)”**



## Why did the policy need to be changed?

The district and Board of Education recognized that this policy change was necessary to maintain a safe school environment free from distractions that impede instruction and disrupt climate.

## How can I help?

Please review and discuss this change to the cell phone policy with your child before the start of school. Thank you!



## Where can I find more information?

To view the policy in its entirety or to read our Frequently Asked Questions (FAQs) section, please visit our district website at [www.cm201u.org](http://www.cm201u.org).

## DANGERS OF DISTRACTION

- Reduced concentration
- Reduced face-to-face, quality communication
- Increased FOMO (Fear of Missing Out)
- Disrupted sleep
- Increased stress
- Increased procrastination

A recent study found that US students aged 19-24 spend around 95 minutes each day texting, 49 minutes emailing, and 39 minutes on Facebook. Young women are more likely to develop addictive mobile phone behaviors than young men. Those who are addicted to their phone (known as being nomophobic) report experiencing phantom vibrations, which is the phenomenon of checking your phone even when no messages have been received. Research by the Institute of Psychiatry has found that adults who are distracted from work by emails and their mobile phone suffer a fall of 10 IQ points (more than twice the impact on IQ of smoking marijuana).

*(Bradley Busch, The Guardian Teacher Network, 2016)*

# Frequently Asked Questions (FAQ)

## New District Cell Phone Policy

### 1. What is the new Cell Phone Policy?

**7:193 Electronic Signaling and Cellular Communication Devices** - Crete-Monee School District understands the implementation of technology in schools, such as cell phones, can be used as learning tools. However, it is a challenge to make sure students are using them for school-related tasks. A cell phone can easily turn from “classroom learning tool” into “classroom disruption” such as texting, cheating, cyberbullying, disconnection from real-world activities, etc. Students are permitted to possess cellular radio-communication devices, In-Ear Monitor (IEM) devices, Intra Concha devices and/or any other electronic device capable of receiving or sending telephonic messages, electronic messages or text messages while on school property and during school-sponsored functions.

Students are not permitted to use any devices defined in this policy during student attendance days during those periods of time when classes are in session (start of school to the end of school) unless there is a crisis situation within the school which requires communication to obtain emergency services.

Under no circumstances shall a student use or permit a device defined in this policy to be operated in a manner which disrupts the educational process or causes disruption on school grounds or during any school-sponsored functions. This includes, but is not limited to, the wearing of In-Ear-Monitor(IEM)/Intra-Concha devices, behind-the-neck device, over-the-ear device, on-the-ear device, wireless/cordless devices, clip-on devices, devices used to sync by Bluetooth, recording others without their permission, the ringing of a telephone, or any other audible alerts emitted from the device.

No staff member, Building Administration, Central Office Administration, and/or Board of Education Member will be responsible for Electronic Signaling and Cellular Communication Devices that are lost, stolen, and/or left unattended.

### 2. Why is there a need for this policy update?

The district and Board of Education recognized that this policy change was necessary to maintain a safe school environment free from distractions that impede instruction and disrupt climate.

### 3. Where can I read the cell phone policy in its entirety?

To view Board Policy 7:193 you may visit the board policy section 7 under the Board of Education tab on our district website ([www.cm201u.org](http://www.cm201u.org)).

### 4. What if I need to reach my child during the day?

Parents who wish to contact their child during the school day may call the Main Office of their child’s school and leave a message with the office staff.

### 5. May my child use their cell phone in case of an emergency?

Yes, students may only use cell phones during the school day in the event of a crisis situation to obtain emergency services.

### 6. Can students use their cell phones at school-sponsored events outside of the school day (i.e., after school, weekends, etc.)?

Yes. However, please keep in mind that according to policy 7:193, students *must* use all devices appropriately.

### 7. Can students use their cell phones at school-sponsored events during the school day (i.e., pizza party, assemblies, field trips, etc.)?

Yes. However, please keep in mind that according to policy 7:193, students *must* use all devices appropriately.