

# Eyemouth High School

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Eyemouth High School  
Gunsgreenhill  
EYEMOUTH  
Berwickshire  
TD14 5LZ

A partner in the Berwickshire Learning Community  
Committed to achieving success for all

25/05/2022

Dear Parents/Carers

Like all of us, our young people need to be able to manage their mobile phone use and exposure to the digital world. In school, we work with our students to understand the dangers and distractions that this can bring, as well as the benefits involved.

Since returning from lockdown, we have become increasingly aware of negative issues caused by mobile phone use. You may have noticed that in the news that there is growing evidence that the use of social media and easily accessible web content is impacting on young peoples' mental health. [Aug-Oct'14 JPSY \(ed.gov\)](#). Associated with the use of mobile phones is a growing trend for the use of earphones in the school and we believe that this combination is impacting significantly on the high quality Learning and Teaching that goes on in Eyemouth High School.

Following extensive research and in consultation with staff we believe that the best way forward for our young people is to become a "mobile free" school. We hope to create in all our classes and around school:

- Space for young people to be away from their phones to focus on learning.
- Greater levels of concentration and fewer distractions in classes.
- Opportunities for positive social interactions without phones.
- A reduction in harmful online behaviours, for example, online bullying, shaming or inappropriate images.
- An improvement in health and wellbeing across the school.

We have taken this decision with a view to maximising the focus on Learning and Teaching whilst supporting our students' mental health. Research shows that by removing a considerable distraction we will be able to address a large number of such issues. [The Impact of Mobile Phone Usage on Student Learning | Request PDF \(researchgate.net\)](#)

How will this work?

- Students will be allowed to bring their phones to school but they must be kept in their school bag or their locker at all times inside the building. Phones should be turned off.
- These rules apply similarly to earphones and all other mobile devices – with the exception of school I-pads which are solely focussed on learning.
- We understand that parents/carers may wish to contact their children regarding non urgent matters therefore we have agreed that students may use their mobile phone outside at breaks and lunchtime. There are sheltered areas if the weather is poor.
- Should parents need to contact their child urgently then this should be done through the school office. We envisage this happening rarely and only in genuine cases of emergency.
- Exceptions to this policy will be considered on an individual basis for example on medical grounds.



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We anticipate that you will support us in implementing this policy at the change of timetable on the 6<sup>th</sup> June. We would ask that you discuss these changes with your child and give your support to this change of direction.

Should you have any questions please don't hesitate to get in contact with any member of the Senior Leadership Team.

Kind regards

Mr Chapman, Mrs Patterson and Mrs Fairbairn

