



# LUNDAR HIGH SCHOOL

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## Cell Phone Initiative

Starting in fall of 2023, all students who bring their cell phone to class will be required to put their cell phone in a cellphone chart holder. The cell phone will remain in the holder for the duration of the period. Students will take their cell phone out of the holder at the end of class as they leave the room. This applies to all classes.

Teachers will monitor the process of students placing and removing their phones in the cellphone chart holder. Students who bring their cell phone to class and refuse to put their phone in the cellphone chart holder will be asked to visit a success team member to discuss their choice.

Lakeshore School Division provides computers for all students to use. This is technology that LHS students need to use and the school will help in guiding students to use that technology in a positive manner. Cell phones are not required when in class. If someone needs to contact a student while they are in class, please contact the school and the student will be pulled from class.

LHS believes that this initiative will help LHS students use technology for learning purposes. The cell phone is a personal device that students are free to use on their own time and will be put away during class time.

The arrival of the smartphone in 2012 has led to the ability of people to have limitless amounts of information and connection at their fingertips. The smartphone has changed how we do things in our lives.

One impact that we have noticed at school (and been voiced by many parents) has been that smartphone can be a significant distraction to student learning. LHS has been trying to figure out the best way to adapt to this technology which most students possess. In general, the school has been trying to find the balance between access to technology while trying to set limits.

Dr. Shimi Kang is a Canadian psychiatrist who has focused her work on brain development. In her recent book titled *The Tech Solution: Creating Healthy Habits for Kids Growing Up in a Digital World*, the impact of technology including smartphones, is discussed. Below are some important points and statistics regarding the access of technology for our kids.

- Teenagers are getting a large dopamine (happy) hit when they are on their phone and start to crave being on it
- Social media platforms have autoplay functions, which makes it hard for teens to regulate their use and they end up spending more time than intended on their phone
- FOMO (Fear Of Missing Out) is a symptom that teenagers exhibit when they are asked to put their phone away; they think they are missing something important; when the phone is in their pocket or at their desk they are likely to respond and check on it
- Depression in teens has risen since 2012 (year smartphones were in circulation); 50% increase in girls, 21% increase in boys
- Since 2012, suicidal thoughts have increased 70% in girls and 25% in boys
- Over the last 10 years, the number of girls admitted to hospital for self-harm has risen by 62%

- Studies have shown that 72% of teenagers feel the need to immediately respond to social media notifications
- It is important to help guide use of technology, rather than ban technology

Our students are intelligent and capable individuals who are growing up in a technologically advanced world. LHS wants to ensure our students use technology to help their learning and develop positive usage habits. Discussion about this topic is important to have with your child. Together we can best support you child manage learning and technology.

Sincerely,

A handwritten signature in black ink, appearing to read 'L. Grzenda', written in a cursive style.

Lawrence Grzenda  
Principal