

# Welcome

## Wick High School



## Mobile phone policy



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## New Mobile phone policy – Why We Are Considering a Change - research suggest.

- **Reduced Distractions:** Mobile phones can be a significant source of distraction for students during lessons, leading to decreased concentration and lower academic performance. Banning them helps maintain a focused and productive learning environment.
- **Enhanced Social Interaction:** Without the presence of mobile phones, students are more likely to engage in face-to-face communication, fostering better social skills, stronger peer relationships, and an overall sense of community.
- **Improved Academic Performance:** Studies have shown that schools that restrict or ban mobile phones often see improved test scores and overall academic performance, as students are less inclined to split their attention between schoolwork and their devices.
- **Reduction in Cyberbullying:** Mobile phones can facilitate cyberbullying, especially during school hours. Banning them helps minimize the risk of students using devices to send harmful or hurtful messages and reduces exposure to negative online interactions.
- **Promotion of Better Habits:** Implementing a no-phone policy encourages students to develop habits of self-control and healthier study routines. This can help them learn to manage their time more effectively and become less dependent on their devices.

# Portree High School – Mobile phone policy

- “We want Portree High School to be a ‘mobile phone-free school’.
- While mobile phones can be brought to school, they are not to be seen, heard or used at any time whilst in the school building. This includes at break and lunch times, during transitions, and before the bell goes to mark the start of the school day. If a student breaches this rule, phones will be removed and can be collected at the end of the day.
- It is recommended that Pupils should use lockers to keep their phones in during the day. Locker keys will be issued at the start of each year, for a £5 refundable deposit.
- There may be circumstances that phones may be helpful or required-arrangements will be made with individual students and their parents/carers. Mobile phones can be used whilst outside.
- Under no circumstances should phones be used to photograph or film any student or member of staff, without their permission.”

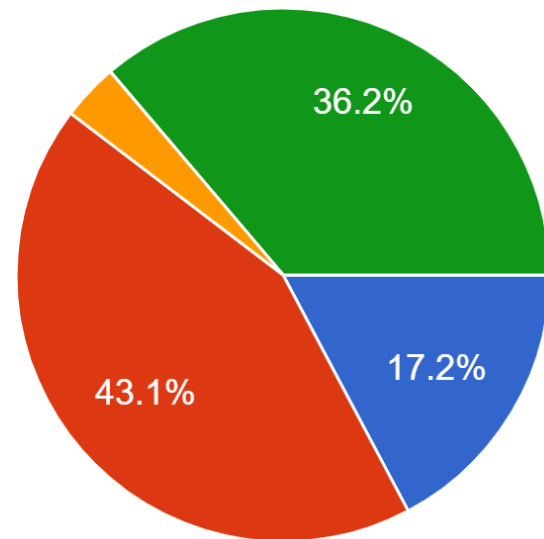
# New Mobile phone policy – teacher survey

- Continue with the current policy: Phones are not allowed in classrooms, must be switched off in bags, and placed on the teacher's desk when students go to the toilet.
- Adopt a "mobile phone-free school" policy: Phones are not to be seen, heard, or used at any time inside the school building, including during breaks, lunch times, and transitions. Phones must be stored in lockers or in school bags during the school day.
- Relax the current policy: Allow phones to be used in classrooms at the discretion of teachers (e.g., for listening to music during independent work or for class quizzes) while maintaining the expectation that phones are kept away during non-authorized times.
- Adopt a balanced approach: Phones remain off and out of sight during class time but can be used during break and lunch times in designated areas within the school building. Phones would still not be allowed during lessons or transitions between classes.

# New Mobile phone policy – teacher survey

Which mobile phone policy do you believe would be most effective for Wick High School?

58 responses



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What challenges or benefits do you anticipate with a "mobile phone-free school" policy

### **1. Improved Student Focus and Engagement:**

- Many responses anticipate increased concentration, deeper engagement, and reduced classroom disruptions.
- Students might be more inclined to participate in face-to-face interactions and conversations during breaks and lunch.

### **2. Reduction in Bullying and Mental Health Concerns:**

- The policy is expected to lower incidents of online bullying and reduce students' anxiety linked to social media use.
- Fewer photos or videos taken without consent could create a safer environment.

### **3. Enhanced Social Skills:**

- A no-phone policy might encourage students to build social skills by communicating more in person.

### **4. More Productive Learning Environment:**

- The absence of phones could lead to fewer interruptions, more on-task behaviour, and a boost in academic attainment.

# What challenges or benefits do you anticipate with a "mobile phone-free school" policy

## 1. Enforcement and Consistency:

- Ensuring all staff adhere to and enforce the policy uniformly could be difficult.
- Teachers would need guidance on handling non-compliance, especially if students refuse to hand over their phones.

## 2. Parent and Pupil Pushback:

- Parental concerns about being unable to contact their children, especially during emergencies or for reminders, may cause resistance.
- Students may argue against the policy, citing rights over personal property or needing phones for legitimate reasons like medical apps or accessing timetables.

## 3. Use of Phones in Learning and Accessibility:

- Phones are sometimes used in class for educational purposes, like filming experiments or accessing online resources.
- Students who don't have Chromebooks or need phones for specific learning needs may be adversely affected.

## 4. Potential for Negative Student Behavior:

- Adjusting to the policy might provoke initial resistance, anxiety, or challenging behavior from students.
- Special provisions might be needed for students with medical or special needs.

## 5. Administrative and Logistical Issues:

- The process of confiscating and storing phones could be cumbersome and present liability concerns for damage or loss.
- Clear, enforceable guidelines would be essential to avoid inconsistencies that undermine the policy.

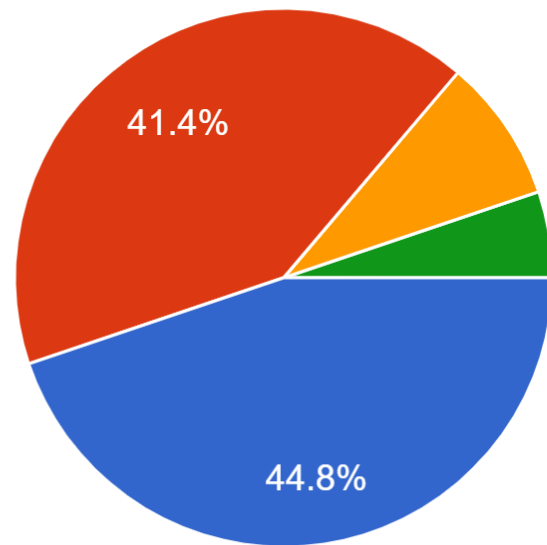
## 6. Teacher Usage and Double Standards:

- Teachers might face scrutiny if they use phones during school hours, creating perceptions of unfairness.

# New Mobile phone policy – teacher survey

Would you feel comfortable enforcing a stricter mobile phone policy where phones are collected if seen or heard in the school building?

58 responses



- A. Yes, I would be comfortable
- B. Somewhat comfortable, but with concerns
- C. No, I would not be comfortable
- D. Unsure

# What steps/support would make you more comfortable and confident to enforce the policy?

## 1. Consistency in Enforcement:

- Staff emphasized the need for all teachers to uniformly enforce the policy to prevent disparities and maintain credibility. Inconsistent application could lead to strained staff-student relationships and undermine the policy's effectiveness.

## 2. Clear Guidelines and Procedures:

- Teachers require a standardized protocol for phone collection and consequences for non-compliance. Guidance is needed on what to do if a student refuses to hand over their phone, including support from senior staff or faculty heads.

## 3. Logistical Challenges:

- Concerns about where to store confiscated phones securely, especially for teachers who move between classrooms. Suggestions included having a central storage location to avoid classroom management disruptions.

## 4. Liability and Responsibility:

- Teachers were worried about potential damage to confiscated phones and the legal/financial repercussions. Ensuring staff aren't held accountable for lost or damaged devices was a common request.

# What steps/support would make you more comfortable and confident to enforce the policy?

## 5. Communication and Parental Support:

- Clear communication to pupils and parents about the policy and its enforcement is critical. Gaining parental support through presentations or workshops that explain the policy's benefits could improve acceptance and adherence.

## 6. Special Considerations:

- Addressing how to identify and manage students who need phones for medical or accessibility reasons. Concerns were raised about how these exceptions would be managed consistently, especially with cover teachers.

## 7. Role Clarification:

- Support staff, such as PSAs, expressed the need for clear authority to enforce the policy and communicate it effectively to students.

## 8. Positive Engagement:

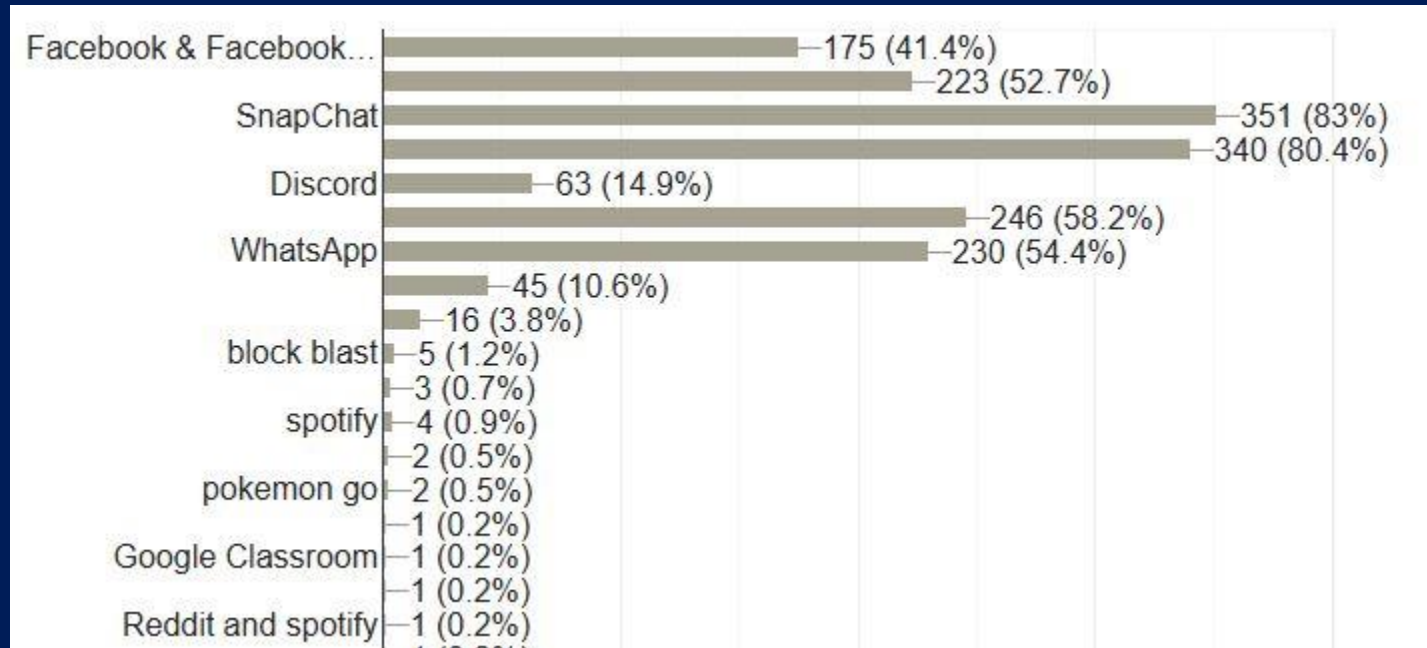
- Some staff mentioned the importance of avoiding negative interactions and ensuring that teachers' main focus remains on teaching. Proposals included designated time (e.g., at the beginning or end of lessons) for students to put their phones away without confrontations.

- Mobile Phone Pupil Survey 2025 - analysis

# At what age did you first have access to a mobile phone?

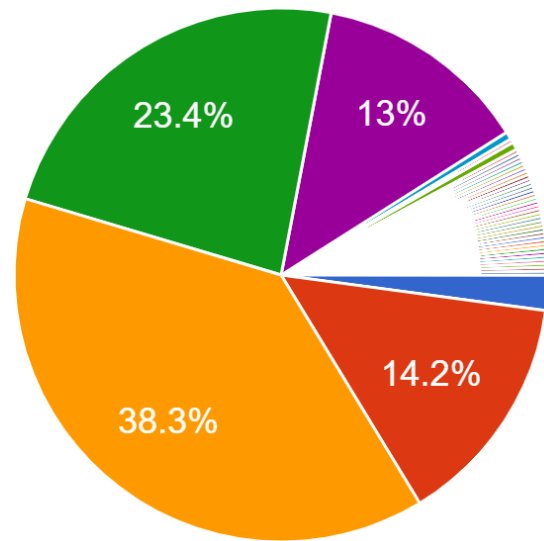
- Some pupils got their first phone as early as age 3 or 4.
- 28% of pupils had their first phone before the age of 8.
- 63% received their first phone before turning 11.
- 29% got their first phone when they started high school.

# Which of the following social media apps do you use regularly on your phone?



# Per day, how much time do you spend on your phone?

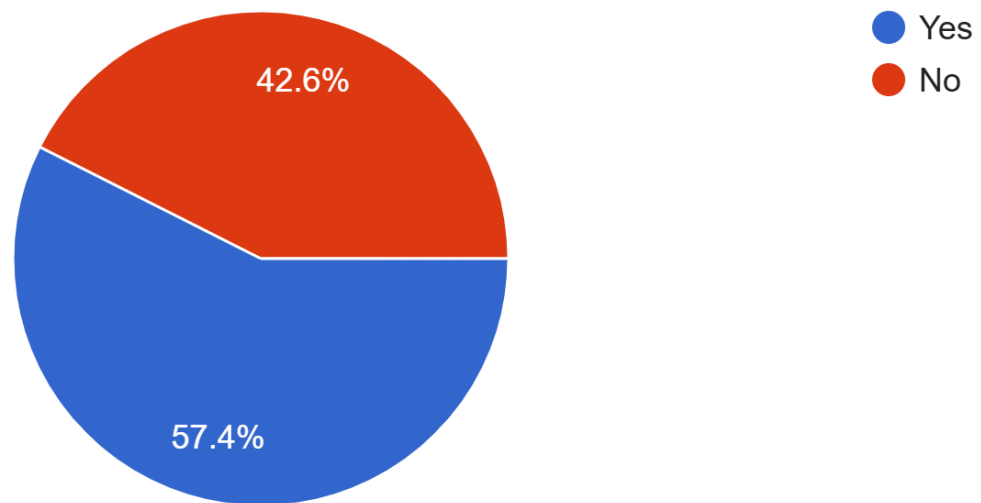
423 responses



- Less than an hour.
  - 1 to 2 hours
  - 2 to 4 hours
  - 4 to 6 hours
  - 6 hours plus
  - 10 hours
  - i use it for music
  - 9 hours
- ▲ 1/6 ▼

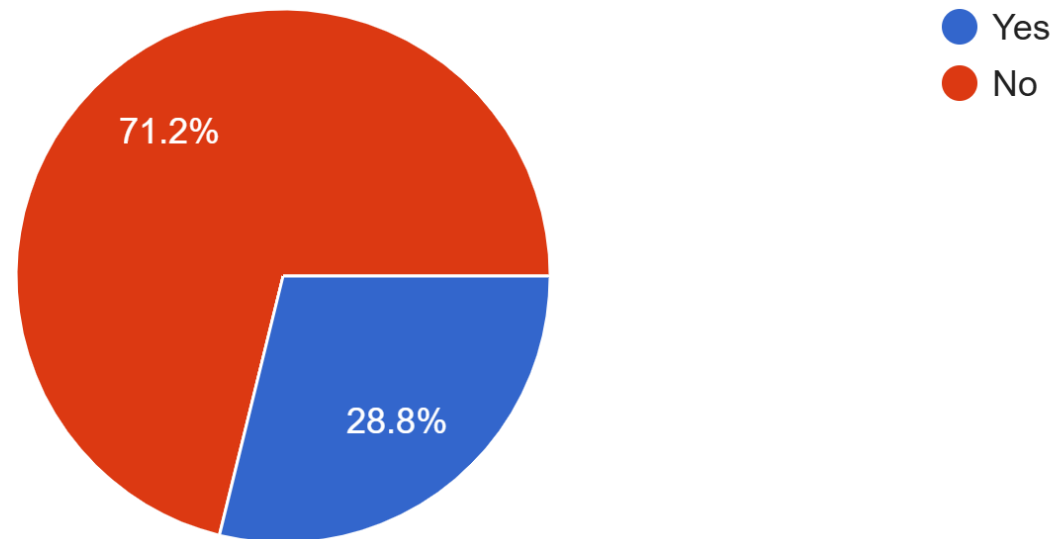
Have you ever been added to a group chat without your permission or one that you didn't want to be part of?

423 responses



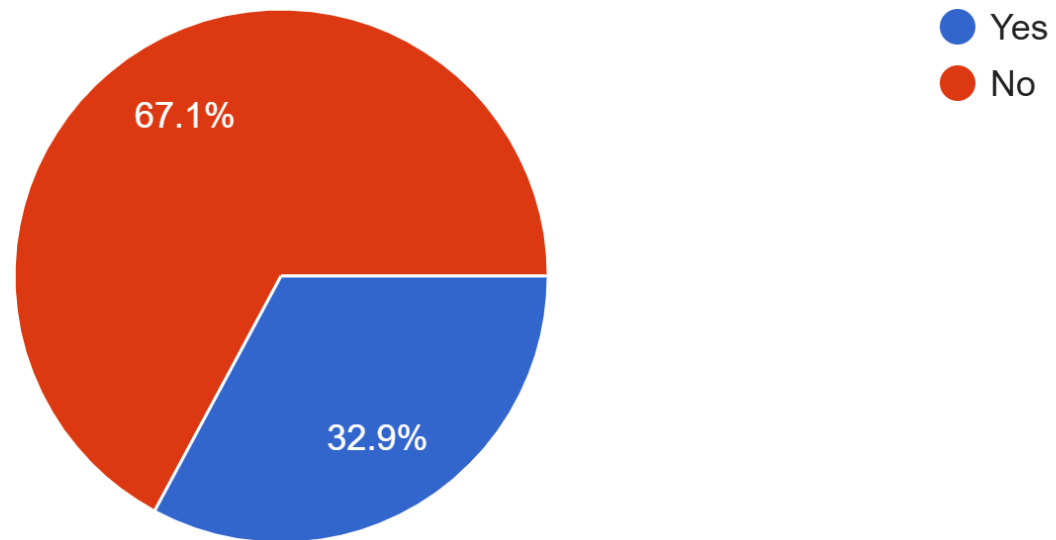
Have you ever seen anything online that has made you feel scared?

423 responses



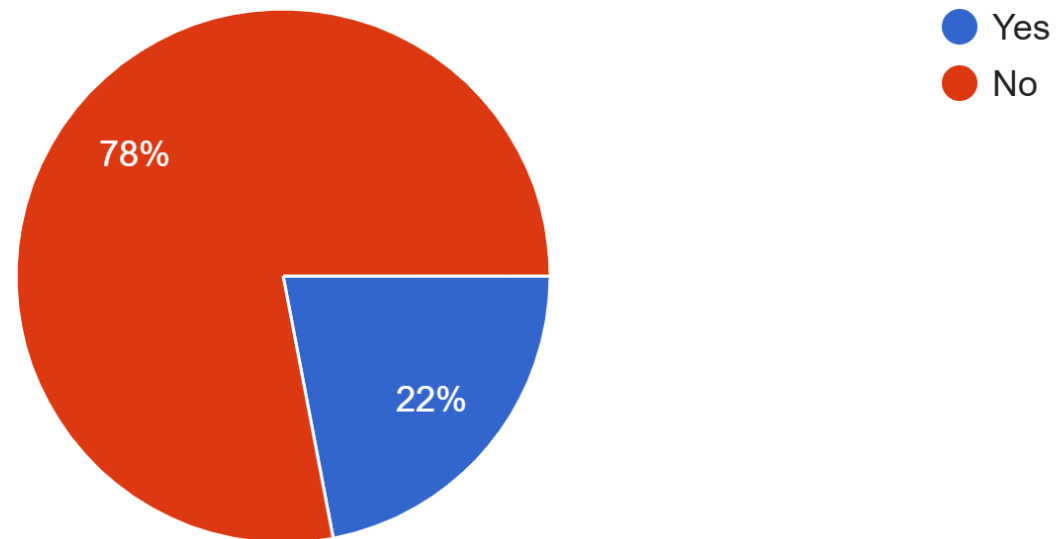
Have you ever seen anything online that has made you feel anxious or worried?

423 responses



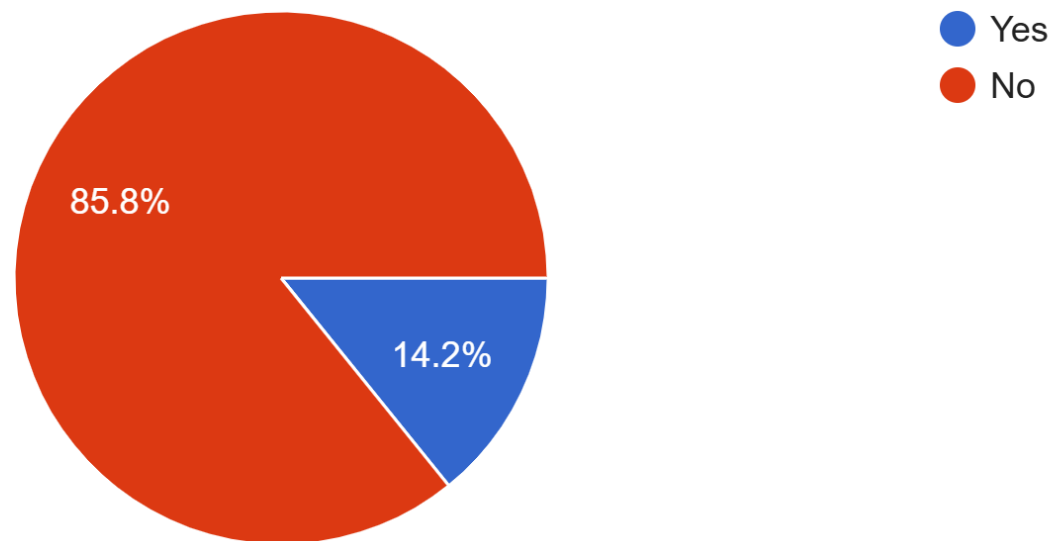
Do you feel your mobile phone use negatively affects your mental health?

423 responses



Do you feel your mobile phone use negatively affects your ability to learn?

423 responses



# What do you think are the advantages of pupils being allowed to have mobile phones in school?

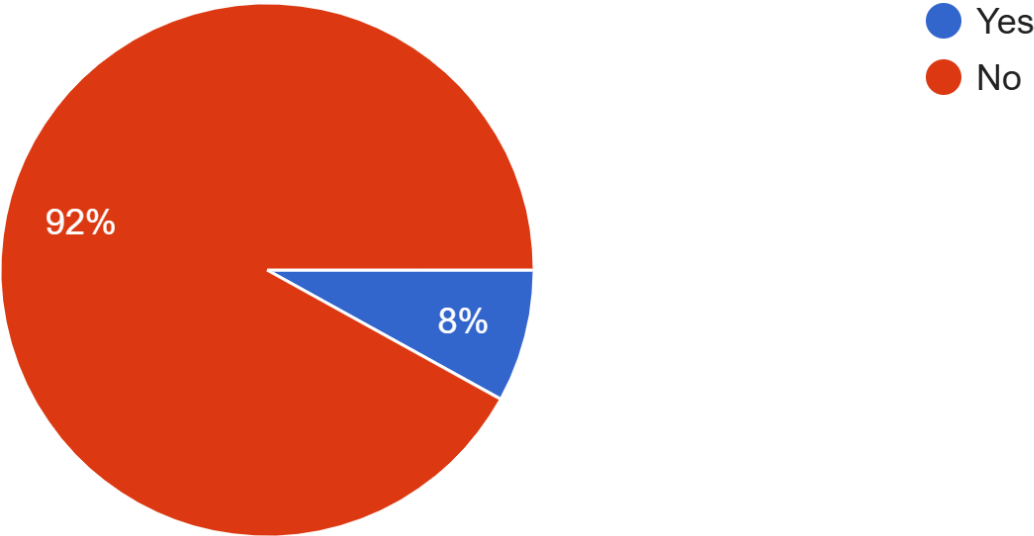
1. Communication with Parents and Family
2. Paying for Lunch / Apple Pay
3. Access to Learning Tools and Resources
  - Phones are seen as a backup or supplement to Chromebooks, or as a source of: Educational apps, Timetables, Notes, Photos of work, Research.
4. Listening to Music to Focus or Regulate Emotion
5. Social Coordination and Wellbeing

# What do you think are the disadvantages of pupils being allowed to have mobile phones in school?

- 1. Distraction in Class
- 2. Inappropriate Use / Rule-Breaking
- 3. Taking Photos / Videos Without Permission
- 4. Cyberbullying and Social Issues
- 5. Reduced Engagement / Poor Behaviour

# Would you support a total ban on mobile phones in Wick High School?

423 responses



# Please explain your answer to the question above.

## 1. Communication & Emergencies

- Students rely on phones to contact parents in emergencies, arrange pickups, or deal with medical needs. Many feel the office isn't always a practical alternative, especially for private matters.

## 2. Fairness & Responsibility

- Most oppose a full ban because they feel it's unfair to punish all students for the actions of a few. There's frustration over perceived double standards—teachers can use phones, but students can't.

## 3. Daily Use & Practicality

- Phones are used for paying for lunch, accessing timetables, messaging friends, and listening to music. Many see them as essential for navigating school life.

## 4. Emotional Well-being & Safety

- Phones help students feel connected, safe, and less anxious. Some expressed fear about not having their phone if something went wrong on the way home.

## 5. Enforcement & Alternatives

- Many believe a ban wouldn't work in practice—students would still bring phones. They suggest clearer in-class rules, storing phones during lessons, or consistent enforcement instead