

# Boyne Community School



New Mobile Phone Policy-  
Commencing August 2024

# Process so far

1. Survey sent to students, teachers and parents - Results of the Survey will be shared in this presentation.
2. Discussion with Parent Partnership Group and the Student Council.
3. Zoom meeting for parents in conjunction with Blackwater Community School who currently use the system.
4. Zoom meeting between our Student Council and the Student Council from Blackwater Community School.







Meas -Respect

Mórtas -Pride

Muintearas -Belonging

## Opportunities

- Enhanced learning
- Improved communication
- Increased collaboration
- Better and immediate access to information
- Convenience



## Challenges

- Distractions
- Social Interaction
- Cheating
- Equity Issues
- Cyberbullying
- Security Concerns
- Over reliance on technology



# What does the research say?

## Negative Effects:

- **Screen Addiction:** Excessive use of mobile phones, including social media and gaming apps, can lead to screen addiction, which can negatively impact mental health by causing anxiety, depression, and sleep disturbances.
- **Cyberbullying:** Children and young people can be vulnerable to cyberbullying, which can lead to psychological distress and mental health issues.
- **Reduced Physical Activity:** Excessive mobile phone use can lead to a sedentary lifestyle, which is associated with physical health problems and, indirectly, mental health issues.
- **Sleep Disturbances:** The use of mobile phones before bedtime can interfere with sleep patterns, which can have a detrimental effect on mental health.

# What does the research say?

## Negative Effects:

- **Fear of Missing Out (FOMO):** Social media can contribute to the fear of missing out on social events and experiences, leading to feelings of inadequacy and anxiety.
- **Comparison and Self-esteem:** Constant exposure to curated and idealized representations of others' lives on social media can lead to negative self-comparisons and lower self-esteem, particularly among young people.
- **Reduced Face-to-Face Interaction:** Excessive phone use may lead to reduced face-to-face social interactions, which are important for the development of social skills and emotional intelligence.
- **Privacy Concerns:** The sharing of personal information and the potential for online privacy breaches can lead to stress and anxiety.

[Effects of mobile phones on young people](#)

[Prime Time-Tik Tok](#)

# What does the research say?

It's important to be self-reflective and be honest about how social media is making you feel. There are many signs that it might be time to take a break from social media.

"These include, finding you often get annoyed or frustrated with people's content, comparing yourself to others to the detriment of your health, reaching for your phone first thing in the morning and last thing at night, scrolling social media when you're with other people, getting into arguments with people online, feeling deflated when you don't receive the engagement you want on a post, and noticing social media is impacting your work,".

[Should you take a break from social media](#)



# SURVEY

Select one

Excellent

Good

Average

Poor

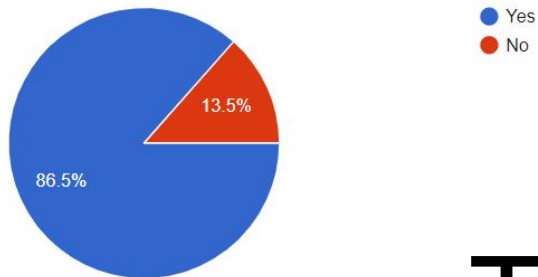
Very poor



# Parents

CAN PHONES REDUCE SOCIAL INTERACTIONS FOR STUDENTS?

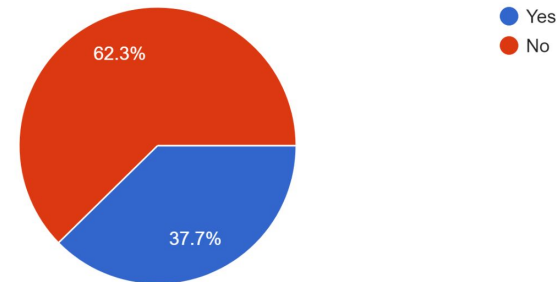
274 responses



# Students

CAN PHONES REDUCE YOUR SOCIAL INTERACTIONS?

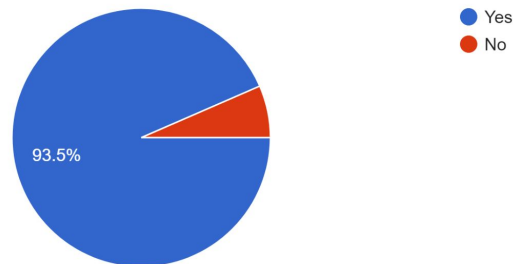
401 responses



# Teachers

CAN PHONES REDUCE SOCIAL INTERACTIONS FOR STUDENTS?

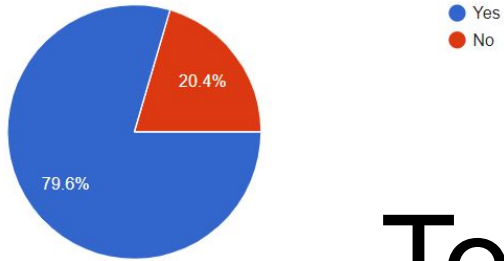
46 responses



# Parents

DO YOU THINK THAT PHONES HAVE A NEGATIVE IMPACT ON A STUDENTS MENTAL HEALTH?

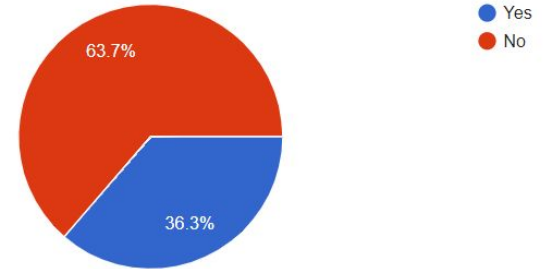
274 responses



# Students

DO YOU THINK MOBILE PHONES HAVE A NEGATIVE IMPACT ON YOUNG PEOPLES MENTAL HEALTH?

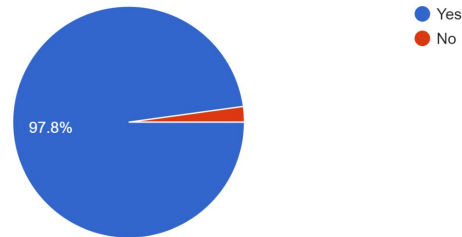
402 responses



# Teachers

DO YOU THINK MOBILE PHONES AFFECT STUDENTS MENTAL HEALTH?

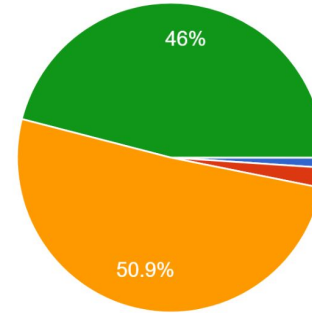
46 responses



HOW OFTEN WOULD YOU CONTACT YOUR CHILD DURING THE SCHOOL DAY?

287 responses

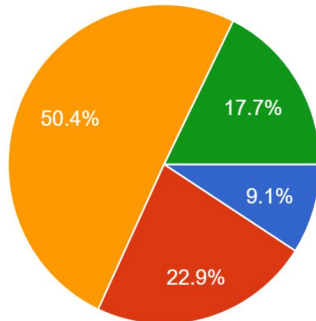
# Parents



- Always (4 - 5 times)
- Nearly Always (2 - 3 times)
- Sometimes (1 - 2 times)
- Never

HOW OFTEN WOULD A PARENT CONTACT YOU DURING THE SCHOOL DAY?

407 responses

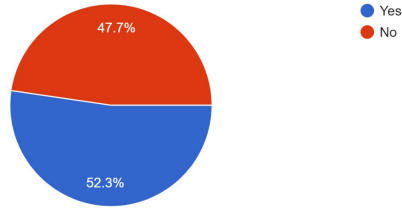


- A lot (4 - 5 times)
- A small amount (2 - 3 times)
- Sometimes (1 - 2 times)
- Never

# Students

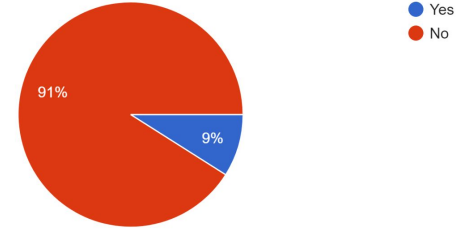
# Parents

DOES HAVING THEIR MOBILE PHONE CREATE A DISTRACTION IN THEIR CLASSES?  
281 responses



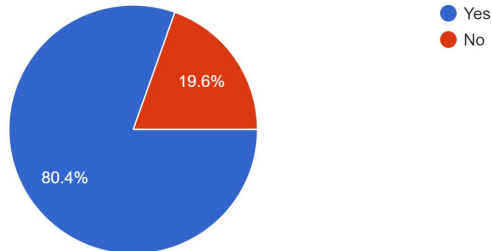
# Students

ARE MOBILE PHONES A DISTRACTION IN YOUR CLASSES?  
401 responses



# Teachers

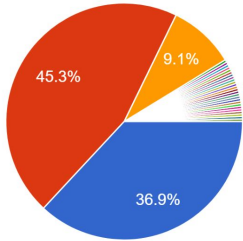
DO MOBILE PHONES CAUSE A DISTRACTION IN YOUR CLASSES?  
46 responses



# Parents

IN YOUR OPINION, SHOULD WE AS A SCHOOL.....

287 responses



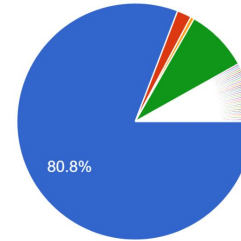
- Keep our current policy
- Move towards a locked storage solution
- Ask students to leave their phones at school
- My child is sent daily emails via Google
- This one is bit different for everyone and we should consider it
- Perhaps hand phones up at the start of each class
- I just feel there needs to be a no phone rule
- I don't think you should take away phones

▲ 1/4 ▼

# Students

IN YOUR OPINION, SHOULD WE AS A SCHOOL.....

407 responses

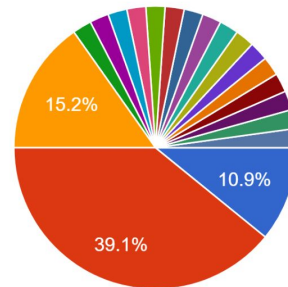


- Keep our current policy
- Move towards a locked storage solution
- Ask students to leave their phones at school
- Implement the use of plastic boxes for phones
- Dont know
- let us on our phones
- Not aloud to confiscate
- I dont know

▲ 1/5 ▼

IN YOUR OPINION, SHOULD WE AS A SCHOOL.....

46 responses



- Keep our current policy
- Move towards a locked storage solution
- Ask students to leave their phones at school
- Phones up at the start of each class
- More in favour of a locker wallet of a kind
- I get my students to put their phone in their bags
- Update and enforce current policy
- If we have a ban on phones we would like to see it

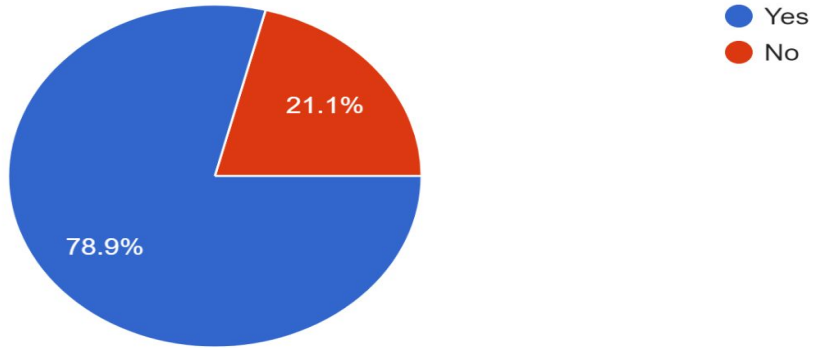
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# Teachers

# Parents

WOULD YOU PREFER IF ACCESS TO THEIR MOBILE PHONE WAS REDUCED DURING THE SCHOOL DAY?

285 responses



I would rather put my phone in my bag. Most of these options for phones freak me out. If a stricter policy gets added then I'm getting a note from home to explain how that's not good for my mental health. Because it's not. I use my phone to ground me during freak outs. And if it was at the front all day I would not be able to focus on school, for I would worry it would be stolen.



I feel like my phone will be stolen if it is in the box and I feel I'd be bullied about the phone that I own because it's not the best one.

# Student Voice

My screen got cracked because I had to put my phone in a box and someone made it crack, so that's why I'm not putting my phone in any boxes anymore.

Phones are a massive problem in the school.

Handing up my phone feels weird and unsecure. Last time I have done that someone took my phone and started taking photos on it I refuse to have to hand up my phone.



Mobile phones should be banned in school, students don't have to communicate with parents while they are in school.

Thank you for trying, a smartphone is not an educational tool, the damage social media can cause through unnecessary dramas and distractions from mild to severe and the impact of this repeated distraction on developing brains and their education, is where educators need to take the lead.

I was shocked by the school allowing the kids to use their phones in class. I had naively assumed they would be locked away. I thought they would only be used in cases of emergency. Not in every free period! I definitely welcome change in this regard.

# Parent Voice

Mixed feelings when phones used in class for learning - but impossible to control social media use. Impossible task for staff. Respect to the school for all efforts.



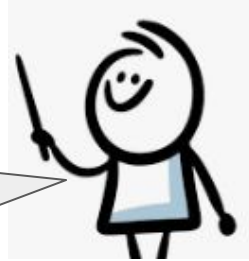
I only need my children to have a phone at school in case I need to contact them when school finishes about collecting them. I'd be happy for less access to phones in school to avoid distraction and encourage social engagement and a break from the constant social media bombardment young people are under these days.

I honestly think when students have a phone in their possession all day it's a huge distraction and prevents students from conversing. Students are in a safe environment and a member of staff can call parents if needed.

The impact phones are having on the students ability to socialise and communicate with one another is detrimental. It really acts as an obstacle to building relationships between students and therefore a sense of community overall among the student body.

# Teacher Voice

Although they can be a fantastic tool more often than not they are a distraction. And they are too tempting to use for activities other than class work.



We need to be guided by International Research which shows that the Educational benefits of phones in school are minimal. Many countries are taking legislative steps to ban the use of Smart Phones in School. We should be doing the same.



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## CREATING PHONE-FREE SCHOOLS ACROSS IRELAND

### HOW IT WORKS

Students bring their Pouch with them to school. Under staff supervision, students turn off their device and put it in their Pouch upon arrival or in the first class.

Students press the green button to secure their Pouch and hold on to it for the day. Students cannot access their phones.

Students tap their Pouch on the Base to open it as they exit. Students take their Pouch home with them.



When you're walking around school you don't see as many people sitting on their own.

Students who relied on their phone were isolated this pushes them to mix.

Has solved a lot of issues.

## Student Feedback from Blackwater Community School.

Lots more laughter in the school.

Haven't had one complaint of someone who couldn't be contacted by parent-ring office and it is put up on Vsware.

Improvement with Juniors as they were the ones more likely to video.

People don't feel as vulnerable.

Feel in the school  
that it has been a  
positive move!

Concentration levels  
are up.

## Overall feedback from Blackwater Community School.

Only in Year 1 so we  
will look at academic  
results this year to  
see if there has been  
an impact.

People are paying  
more attention in  
class.

Make sure you have  
clocks in all rooms!

# Next steps for our school

Letter home to Parents  
Open consultation on the policy until Friday May 10th.