

22<sup>nd</sup> March 2024

Dear families,

### **Mobile Phones**

You may have seen reports in the media recently, regarding guidance issued to schools from the Department for Education (DfE) on the use of mobile phones in schools. It is a government expectation that all schools have a complete digital detox on mobile phones.

Mobile phones risk unnecessary distraction, disruption and diversion. One in three secondary school pupils report that mobile phones are used in most lessons without permission. This not only distracts the single pupil using the phone, but disrupts the lesson for a whole class, and diverts teachers' efforts away from learning.

The government guidance is backed by UNESCO research which has found that excessive mobile phone use is linked to reduced educational performance, and that high levels of screen time has a negative effect on children's emotional stability. The UNESCO research found that even just having a mobile phone nearby with notifications coming through is enough to result in students losing their attention from the task at hand and **it can take students up to 20 minutes to refocus on what they were learning once distracted.**

In addition, the DfE advise that **one in five students have experienced bullying online.** By removing mobile phones from the school day, we can create a safe space where pupils are protected from the risks and dangers associated with social media and cyber-bullying, as well as the peer pressure and possible stigma associated with owning what are often expensive devices.

**Three in ten pupils cite making and maintaining friendships and their mental health as a cause of worry, anxiety or depression.** By removing mobile phones, children and young people can spend more time staying active and socialising face to face with their peers, activities which have a positive impact on wellbeing.

As a reminder to students, mobile phones should not be used by students during the school day. They should be turned off on arrival at school in the morning and should be kept in bags, turned off, until the end of the school day. Phones will be confiscated if they are being used in school and if this happens more than once, parents/guardians will be asked to come into school to collect them. The Dixons Brooklands Academy policy with regard to mobile phones is very simple **'See it, Hear it, Lose it'**. **The policy will be rigidly enforced when students return on Monday 8<sup>th</sup> April 2024.**

### **Uniform**

As a reminder, upon our return on Monday 8<sup>th</sup> April 2024, students should return to the Academy in the correct uniform.

- Students will arrive to school in their blazer, jumper (optional), tie and black shoes (trainers are not allowed without supporting evidence from a doctor).
- Any false nails applied over the Easter break should be removed in appropriate time for the return to school. False nails can cause injuries if they are ripped off and they can also hinder a student's ability to participate fully in lessons which has a detrimental effect on their learning. Please note any nail varnish should be natural in colour.

- Students are permitted to wear one stud in their ear and a wristwatch. We understand the financial cost and sentimental value of these items and don't want them to get lost or damaged during the school day.
- Hoodies do not form part of the school uniform and should not be worn on Academy premises.

**Any students arriving in school from Monday 8<sup>th</sup> April onwards, in breach of this policy, will be placed in red line room until the correct uniform standards are applied.**

Yours faithfully

**Mrs K Gardner**  
Head of School  
Dixons Brooklands Academy