



Eastbank Academy
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Head Teacher
Jonathan Graham

1 April 2025

Dear Parents and Carers,

MOBILE PHONES IN SCHOOL

At Eastbank Academy we want all young people to be fully engaged and involved in their learning, and for everyone to get the most out of lessons, making every minute count. This, in turn, will ensure a sense of achievement and give pupils the best chance of achieving excellent exam results. Unfortunately, the use of mobile phones in school has become a significant distraction to learning and a negative influence upon mental health and well-being. Moreover, a strong body of research indicates that use of mobile phones in lessons impacts negatively on recall and comprehension, requires up to 20 minutes to refocus on learning, and impacts negatively on behaviour and peer relationships. In addition, phone use in school is a safeguarding issue as we are not aware of who pupils are contacting. In view of this, we need to change our expectations in relation to mobile phones in school.

I fully understand why parents send their sons and daughters to school with a mobile phone. However, from Tuesday 22 April, our expectation is that **mobile phones will not be visible or otherwise available in the school building during lesson time**. This means that young people should not be using, holding, or looking at phones, or otherwise have them out in class, or as they make their way from one class to the next. This also applies to earphones. Pupils *will* be able to use phones and similar devices at break and lunch time, but not at any other times.

At 8:50 am pupils should ensure their phone is silent and secured safely in their school bag, along with earphones, where they should stay for the remainder of the day except, perhaps, at break and lunch time. They will be expected to arrive in class with their phones already in their bags. All teachers will have a mobile phone tray in their classroom. Pupils who bring their phone/earphones out in class for **any reason** will be instructed to deposit the device in the tray for the remainder of the lesson. Devices will be returned at the end of the lesson. In addition, any pupil who is excused from class, for example to use the toilet, will be instructed to leave their phone in the tray. Pupils will be expected to cooperate with all aspects of this arrangement. Parents will be contacted if their son/daughter's use of a mobile phone and/or earphones poses a problem on an ongoing basis. Pupils can continue to communicate with their parents at break and lunch, and parents can make urgent contact via our school office.

This arrangement has been agreed with our Parent Council. I trust I can count on your support also, and that all members of the Eastbank community will recognise that this is a positive development. Please feel free to contact me by phone if you wish to discuss any aspect of this.

I look forward to seeing our young people flourishing at school as a result of these positive changes.

Yours sincerely

Jonathan Graham
Head Teacher



Our School, Our Work, Our Future

