

Some worthwhile reading

Phones reduce the amount of time students are bored. Whilst this sounds positive, research has tested and shown that boredom is a driver of creativity and productivity. Boredom allows the mind time to wander, consider complex ideas and form opinions and perspective. People exposed to small periods of boredom for example give more to charities, are kinder to others and actively become more involved in their physical and social environment. Reducing student screen time might increase some boredom but will improve their life.

Andrew Bastawrous, an ophthalmologist, says “There’s definitely a myopia epidemic. Many more people are becoming short-sighted than they were a decade ago”. This is thought to be a combination of mobile phone usage and a reducing in focusing outside on people and the environment (also affected by mobile phone usage). “The growth of the eye tends to slow down in your late teens and stop. But what's happening is that it isn't stopping. It seems to continue”. The implications of this are not just that there are more people needing glasses, potentially severe visual impairment can result in glaucoma retinal detachment and another retinal problems.

According to recent research people tap, swipe, and click an average of 2,617 times per day. For the top 10 percent of users, this number doubled to 5,427 touches per day. Data collected from Apple and Google show that average users unlock their phones 110 times per day. That is equivalent to six to seven times per lesson regardless of if the phone is on the desk or on silent in their pocket or bag. This shows the ‘old’ strategy is not helping our students succeed.

In the second half of last year more than a quarter of incidents recorded by teachers relate to inappropriate use of mobile phones. Over the same time the phrase “mobile phone” was written 1224 times in relation to negative student behaviour. According to research, (conducted by Spears, Keeley, Bates, & Katz), one in five young people under 18 (20%) reported experiencing online bullying in any one year and of those incidents almost a fifth of victims are exclusively bullied through devices such as mobile phones.

The biggest lament of teachers in regard to mobile phones is that they lead to student distraction and off task behaviour. Texting a friend is a tempting diversion that many students select over being part of the lesson. Observations of student toilet usage during class time indicate that 1 in 10 toilet breaks appear to be coordinated between friends in different classes through the use of mobile phones. The amount of time students are spending out of the classroom to relieve themselves has doubled.

Teenagers who spend five or more hours a day on electronic devices are 71% more likely to have a risk factor for suicide than those who spend less than an hour a day. Young people who use screens this much are also 52% more likely to sleep less than seven hours a night – a significant amount of sleep deprivation with potential consequences for both physical and mental health. The more time young adults spend on social media, the more likely they are to be depressed or lonely. (The Guardian – 12 January 2018)

HOW IT WORKS



CASE

As students enter the phone-free space, phones will be placed in a Yondr case.



LOCK

Once inside, the case will lock. Students keep their phones throughout the day.



UNLOCK

To unlock the case, tap it on any teacher or administrator's unlocking base.

Frequently Asked Questions

Has this happened in other similar schools? Wauchope High School was the first school in Australia to trial Yondr using this model but it has been implemented in over 600 schools in America and was introduced at Lismore High and at Daylesford Secondary College Victoria.

Are Mobile Phones banned at Moruya High School? No. Mobiles can be a very useful educational tool inside the classroom. Teachers will bring unlocking stations to the classroom where appropriate, allowing technology enhanced learning to occur.

What if I want to reach my child during the school day? We want our students to be engaged in their learning. Please contact the main office at 4474 2155 to reach your child.

What if there is an emergency? In case of an emergency, we direct our students to safety first. School staff will be able to unlock a Yondr case in a matter of seconds for students once they are in a safe and secure location.

Will my child's phone be safe? Yes, because students are in possession of their phone in the Yondr case and should keep the case stored away in their backpacks.

What if the case gets damaged or lost? The Yondr case is the property of Moruya High School. The school will provide a replacement at the cost of \$10 to the student and/or have their phone placed in the school safe immediately.