



No

Cellphones in Class!!

A friendly reminder that cellphones are not allowed in the classroom.



Cellphones must stay at lockers

Research highlights why cell phones and social media should not be in public school classrooms:

1. The average distance a typical user scrolls is taller than the Statue of Liberty.
2. Increased Anxiety and Depression: Studies have linked heavy social media use among adolescents to heightened levels of anxiety, depression, and loneliness, which can hinder academic performance and social interactions in the classroom.
3. Distraction from Learning: Cell phones and social media provide constant distractions, making it difficult for students to focus on lessons and engage in deep, meaningful learning, which is essential for cognitive development.
4. Harmful Social Comparisons: The pervasive nature of social media encourages unhealthy comparisons among students, leading to issues with self-esteem and body image, which can negatively impact their mental health and academic engagement.
5. Cyberbullying and Peer Pressure: The anonymity and accessibility of social media platforms have made cyberbullying more prevalent, contributing to a toxic school environment where students may feel unsafe or pressured by their peers.
6. Erosion of Face-to-Face Interaction: Reliance on cell phones and social media reduces opportunities for students to develop essential communication skills and meaningful relationships, which are crucial for their emotional and social growth.

If a student brings their phone to class: The student powers down the device and places it in the designated location. The teacher then takes the device to the Dean of Students and submits a referral.

First offense:
referral with
warning, phone pick
up at the end of the
day

Second offense:
referral with 4:00
detention, phone
picked up after
detention

Third offense:
referral with 5:30
detention, parent
pickup of phone
and student