Free From Your Phone

'Live in the moment, not in your phone'.



Over use of mobile phones leads to increased anxiety, feelings of loneliness and low self-esteem. Reliance on mobile phones can cause irritation, frustration and impatience.



Why phones are not allowed at Southfields- the research



Beland & Murphy 2015

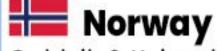
Schools that banned mobile phones got an increase in GCSE results. This effect was most pronounced for underachieving students.



Felisoni & Godoi 2017

For every 100 minutes spent using a phone, a student's ranking in their class dropped significantly compared to their peers.

Why phones not allowed at Southfields- the research



Guldvik & Kvinnsland 2018

Banning mobile phones in schools led to a reduction in bullying among the students.



Bjornsen & Archer 2015

Using phones a lot in class had a negative impact on student test scores, regardless of gender or previous academic achievement.



Adeleke 2017

There was a correlation between increased time spent on phones and decreased academic achievement.

Reminders



Before you come through the gate/entrance ...



Switch off you mobile phone...



Put away airpods/earphones...



And put them in bottom of your bag.

"What will happen if I get my phone out?

- 1. You will have your phone taken.
- 2. The staff member will take your name and tutor group.
- 3. It will go in an envelope and be stored in the safe in the General Office.
- 4. You can collect it at the end of the day from the General Office.
- 5. You Head of Year may decide to meet with your parents/carers if you keep breaking the rules.



