

Electronic Devices Policy

In a world in which technology plays an increasing role in young people's lives, we are conscious of the need to regularly review our policies on the use of electronic devices both within and outside of lessons. We recognise the potential that technology has to aid effective learning, but also that unfettered access to electronic devices can have a detrimental impact on pupils' concentration, social interaction and the ability to get a good night's sleep.

There is now a significant amount of research that establishes a link between late night screen use and mental health issues, as well as a decrease in academic performance, and this is outlined in the following article:

<https://www.sleepfoundation.org/teens-and-sleep/screen-time-and-insomnia-for-teens>

Following the latest review of our policies, the way in which electronic devices are being managed at Stowe is as follows:

- Third, Fourth and Fifth Form pupils may not have access to their phones during lesson time, and may collect them from Houseparents after activities have finished at 17:00. They may have laptops in lessons as required.
- All phones will be handed out at 12pm on Saturday once lessons have ended.
- All Third, Fourth and Fifth Form pupils are required to hand in their mobile phones before second prep at 19:30 to ensure they do not act as a distraction. They may have access to their phones after prep.
- All Third and Fourth Form pupils are required to hand in their phones, laptops and other electronic devices 15 minutes before their lights out in dormitories or rooms.
- All Fifth Form pupils are required to hand in their phones before bed, but may retain their laptops on the understanding that they will be confiscated for a period of time if they are found to be using them late at night. We have allowed Fifth Form pupils to retain their laptops to give them some degree of responsibility in self-regulation.
- The Fifth Form pupils may keep their phones on a Saturday night at the discretion of their HouseParent.
- If they have brought them to School, day pupils' phones will be collected before the start of the School day in Houses, and they may collect them after activities.
- Phones may be required at other random points in the day or week and will be given out as directed by staff who are running a particular activity.

We are confident that parents will fully support us in protecting good quality sleep and mental health for Stoics, and ensuring we create the best learning environment possible for them. We also recognise that education is an equally important part of this process, and Houseparents will help explain the rationale behind this policy, and why we believe it to be in the best interests of the pupils.