



May 2022

## Mobile phones and the impact on student performance at school

Dear Parents/Carers,

An aspect that is always prominent when students begin secondary school is the use of mobile phones and I thought it was important that I clarified our position on them and the impact we believe they have on young people. The vast majority of issues that arise between students, stem from comments made on social media outside of school, which is a parental responsibility to police. Students are allowed a mobile phone on them in school but whilst on site they are to be turned off and not seen. If mobile phones are seen they are confiscated and returned to parents/carers. We educate students regularly about the negative and criminal use of social media, which has a devastating impact on mental health and relationships.

No-one can deny that technology has revolutionised our lives and that day to day tasks are made significantly easier through the use of it. However, alongside those positives, technology does have negative effects too and I would like to draw your attention to some information regarding teenagers and the use of mobile phones. Research produced recently showed that:

- Students who perform a task just in sight of their mobile phone (regardless of if they are using it) do about 20% worse as it still distracts them.
- Phone use every day for longer than 20 minutes at a time leads to poor sleep quality/length.
- Being on your phone within an hour before bed means that you are almost three times as likely to get less than five hours sleep.

Research into the effects of mobile phone use is still in their infancy, however there is already a clear correlation between the use of mobile phones, poor quality sleep and poor performance at school. I have attached an information sheet that further explains the links between exposure to blue light, the light emitted from a mobile phone, and disturbed sleep and other possible health issues. Below are two short, but interesting, articles about the effects that mobile phones have on students and their health.

<https://blog.innerdrive.co.uk/are-students-suffering-from-mobile-phone-addiction>  
<https://blog.innerdrive.co.uk/6-reasons-to-put-your-phone-away>

We feel that it is essential that students are made aware of the negative side effects of using mobile phones and I would be grateful if you could discuss them with your son/daughter. Please consider asking your son/daughter to stop using their mobile phones at least an hour before they sleep and follow the advice in the attached poster 'say goodnight to your phone'.

Yours sincerely,  
James Wilkinson  
Assistant headteacher

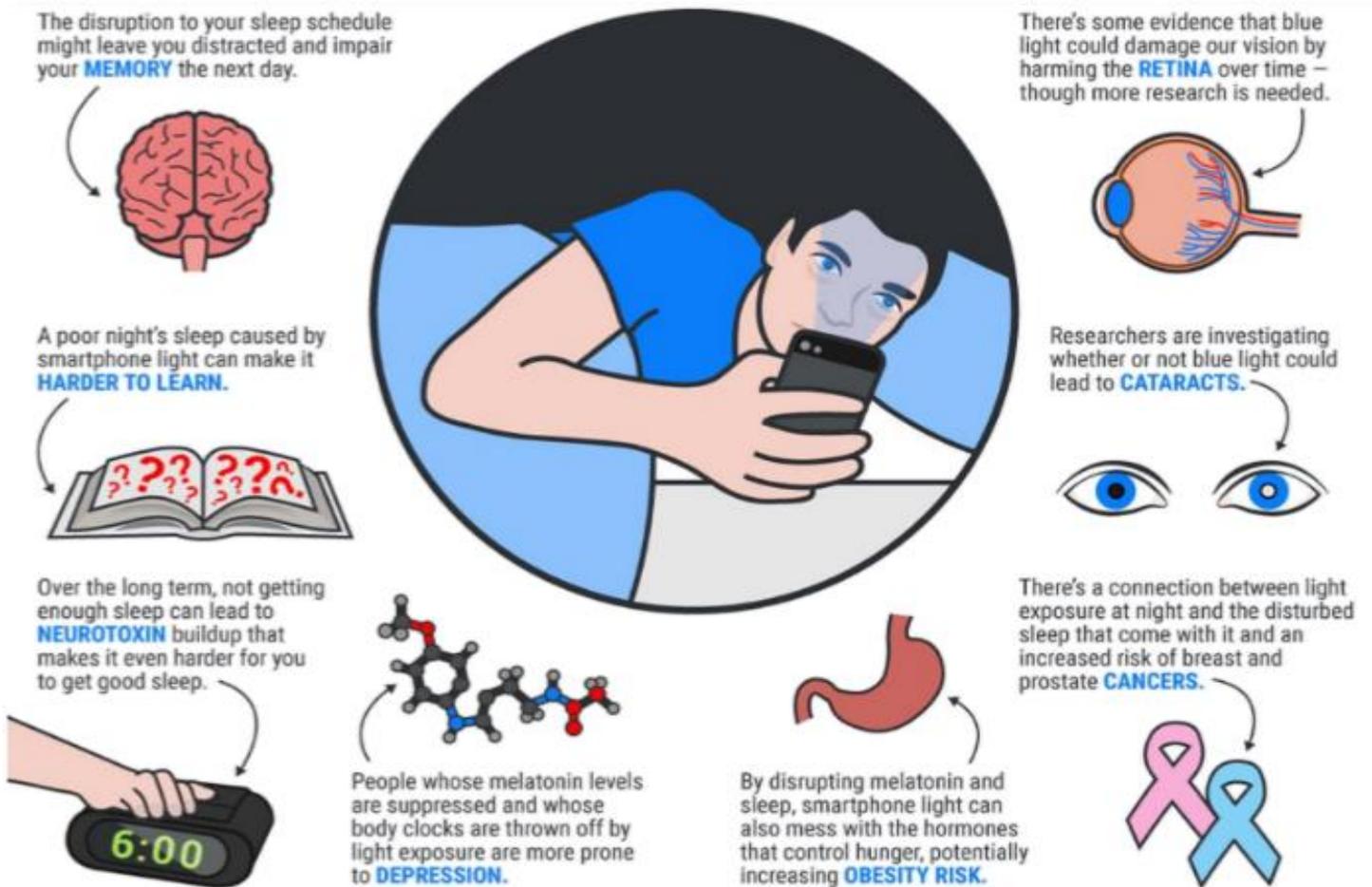
# HOW EXPOSURE TO BLUE LIGHT AFFECTS YOUR BRAIN AND BODY

It may be hard to stop, but looking at your phone at night is a terrible idea.

Smartphone screens emit bright blue light so you can see them even at the sunniest times of day.

But at night, your brain gets confused by that light, as it mimics the brightness of the sun. This causes the brain to stop producing melatonin, a hormone that gives your body the "time to sleep" cues. Because of this, smartphone light can disrupt your sleep cycle, making it harder to fall and stay asleep — and potentially causing serious health problems along the way.

Here's how it works:



Sources: Nature Neuroscience, Harvard Health Publications, ACS, Sleep Med Rev, American Macular Degeneration Foundation; European Society of Cataract and Refractive Surgeons; JAMA Neurology

# Say Goodnight To Your Phone

by @inner\_drive | [www.innerdrive.co.uk](http://www.innerdrive.co.uk)



Don't have your phone in your bedroom ....



If you have your phone in your room, don't read it in bed ....



If you read it in bed, turn down the backlight ....



If you turn down the backlight, set yourself a time limit ....



If you set a time limit, don't get on to social media ....



If you get on to social media, don't read stressful stuff ....



If you read stressful stuff, don't reply to it.

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