



PARENT/STUDENT/TEACHER CONCERNS	THOUGHTS ON HOW BEST TO ADDRESS
<i>Students should be educated first on life without phones, before a new policy is put in place.</i>	Getting comfortable with a set block of time without the use of phones is part of learning how to not use them.
<i>Students with medical needs use their phones as a health management tool.</i>	Students with medical issues that require cell phones will continue to have access to their phones via a 504 plan.
<i>For students with anxiety and depression their phone is a lifeline to their parents and caregivers.</i>	While the use of cell phones has been shown to exacerbate both anxiety and depression (especially amongst female students), MVRHS students can access our team of adjustment counselors and move into separate spaces such as the iCare suite if needed.
<i>Students' phones are their social support network.</i>	These social networks still exist and the goal is to encourage more face-to-face communication and socialization for 6.5 hours of their day. Also, since <i>everyone</i> will have their phones Away for the Day, the fear of missing out (FOMO) on something online should actually be reduced!
<i>Students use phones to check their daily schedule.</i>	These schedules are still available online and, in most cases, easier to browse on a laptop, which every student will have.
<i>... to communicate with sports teams.</i>	The SportsYou app will be incorporated into students' MVRHS.org accounts via Chrome
<i>... to communicate with clubs.</i>	Clubs have active Google Classroom pages for communication and Google Classroom is easily accessible via school-issued Chromebooks
<i>... in photography class.</i>	Teachers can still lock/unlock pouches if the academic setting requires it.
<i>... when reporting for the school newspaper.</i>	Audio recording can be done via Chromebooks mics...
<i>... to listen to music and noise that helps them focus.</i>	Although research has shown that music often distracts students just as often as they help to focus them, noise canceling headphones and old-school ear plugs work very

	well to reduce outside noise. Those will be allowed and available.
<i>... to communicate with employers.</i>	“Real-life” practice: Many employers require employees to use email as a primary form of communication, not texting.
<i>... for staying organized, as an organizational tool.</i>	With full access to the Google educational apps suite, students will have no problem staying organized on their school-issued Chromebooks.
<i>... to document injustice, for protection from bullies.</i>	We have cameras in every public space and the use of cell phones has been shown to exacerbate bullying as a whole.
<i>... in emergency situations.</i>	Our district’s Emergency protocols already require us to refrain from cell phone use in Emergency situations (such as lockdowns, etc.) to reduce interference with emergency call centers and communication between first responders.
<i>When “taking” away phones, we must simultaneously prioritize opportunities for independence and autonomy.</i>	Seniors in good standing can earn the privilege of unlocking their phones and leaving the building during lunch.
<i>Teach students mindful and intentional use.</i>	As mentioned above, one of the big goals of the Away for the Day movement is helping students manage their usage by limiting it to certain times of the day.
<i>Create more opportunities to engage more socially during school hours.</i>	Also mentioned previously, having phones Away for the Day will encourage more face-to-face communication and socialization.
<i>More opportunities to deal with boredom, awe, wonder.</i>	One of the most addictive aspects of cell phone usage stems from the dopamine kick that the body receives as a result of the instant gratification that cell phones provide. By reducing these dopamine kicks, people learn to deal with boredom and look elsewhere for awe and wonder.
<i>Teachers as models.</i>	Teachers should also not be using their phones during instructional time! That said, things like two-step verification for emails require cell phone usage for staff from time to time.
<i>Create an emotionally supportive environment — no shame or judgment around the negative behaviors students exhibit in response.</i>	By design, having the same rules and expectations for everyone means no one should feel shamed or singled out for their behavior. Additionally, the staff is aware that this transition will be difficult and might take some time for us to adjust as a community.
<i>Teachers adapting to the classroom without phone use.</i>	One less thing to worry about typically makes for a happier, more productive classroom teacher!