



Digital wellbeing

balancing the advantages
of modern technology
with a mindfulness about
how devices are used.

Year 7 & 8 students may only use their mobile phones to contact home between 7.15pm and 8.15pm each day. At all other times the phone will be kept secure by staff. Day pupils are not permitted to bring a phone into school.

Year 9 & 10 students may only use their mobile phones between 5pm and 6.30pm, and between 8pm and 9pm each day. At all other times the phone will be kept secure by staff.

Year 11 should leave their mobile phone in the boarding house during the school day. Exceptions to this are the week before and during school and public exams when they will follow the y9 and 10 rules. Phones will be handed in overnight; students will be allowed them overnight on Saturday.

Year 12 & 13 students may carry a mobile phone with them, but during lesson times, house time and whilst they are eating lunch, they may not use their mobile phones unless directed to by a teacher. They may use their device for College-related work during study periods in line with College expectations, whilst respecting Blue Zones.

Note: additional restrictions may be agreed with students on an individual basis; additional restriction may be enforced during examination periods. HSMs will be able to make phones available by arrangement to contact family if they are in a different time zone.

For all:



Purpose: To create spaces which limit mobile phone usage, promote respect for others, self-awareness and mindful presence. No devices should be used in these spaces.

All: Routes between houses during the school day (8.40-17.00), all corridors, Big Passage, Abbey Church, refectories, Classrooms, library, house common rooms, sports fields, SAC, PAC, Alcuin Room, Big Study.



Purpose: To create spaces where students can drop in briefly and use their devices for learning, communication or personal organisation. Students can use their devices without permission for short periods in these spaces. These spaces should only be used at break and lunchtimes, not during lesson times or study periods.

All: St Nicholas Common Room, Matthews Room, Main Hall, houses.



HABITS, BEHAVIOURS AND SANCTIONS

Activities that are permitted in Green Zones:

- Checking school email and communicating with teachers
- Checking sports / music / drama information
- Using reference or learning materials to support school work
- Classroom quizzes e.g. Kahoot, Quizlet
- Using online reference materials
- Using learning-focussed apps, sites or revision tools
- Using audio or video recordings for learning
- Accessing information on SharePoint, My School Portal or SOCS
- Communication or collaboration with peers on group work when required by the teacher / HsM
- Dealing with urgent arrangements for pickup or medical appointments with parents (day)

Activities that are not permitted in College

8.40-17.00

- Use of social media e.g. Instagram, Snapchat, WhatsApp (whether posting or not)
- Gaming (whether alone or in groups)
- Watching streaming video e.g. Netflix / Amazon Prime / YouTube
- Online shopping
- Taking or sharing selfies or photos / video of each other.

Any time

- Using a VPN
- Any action which may constitute cyber bullying

SANCTIONS

First offence: Confiscation. A negative AP will be given.

Second offence: Confiscation. A School detention for second offence. The detention will include reflective tasks to promote respectful and healthy choices about mobile phone usage.

Third offence: Confiscation. Saturday detention spent on further reflective activities.

Fourth offence: Confiscation. Deputy Head will meet with the student as soon as can be arranged. The student will not have their phone returned to them until this meeting has taken place, and the College reserves the right to ban mobile phone use for a period of time.

Arrangements for confiscation:

The confiscated phone will be put in an envelope by the member of staff with the name and house of the student on it. This will be deposited at the Academic Office. The confiscated phone is turned off by the student and can be collected from the Academic Office 24 hours later (opening hours 8.30am – 5.30pm). If confiscated in house the phone will be kept by the HsM for 24 hours.