

## YONDR POUCH IMPLEMENTATION

Dear Ballina Businesses and Community Organisations,

Ballina Coast High School is writing to thank you for supporting us to make our school a phone-free space from the **beginning of Term 1 2021**. We understand that mobile phones have great utility, but mobile phone use has increasingly become a source of distraction, anti-social behaviour and conflict both at home, at work and at school.

The Yondr program employs a simple, easy-to-use case that stores a mobile and requires an unlocking base to open. When students enter school grounds they will place their phone in a Yondr case which is then locked. Students maintain possession of their phones but will not be able to use them until they are unlocked at the end of the day. During lessons that require or would be enriched by the use of mobile phones, unlocking stations would be provided for these educational purposes.

**This will affect your operating procedures, particularly in regards to covering expected vacancies. We would hate for our students to be disadvantaged relative to other students at other schools who are still allowed their phones during school time.**

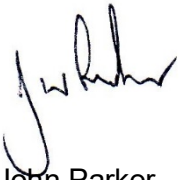
**We would like to invite you to call Ballina Coast High School's Front Office, 02 6681 0100, to leave a message for students. A message will be sent to the student and they will go to the Deputy Principals Office or Admin office to unlock their phones and confirm their availability to work.**

We believe this will allow our students to be:

- Engaged in classroom activities and assignments
- Less dependent on electronics to do classwork
- Less likely to engage in conversations around bullying
- Less likely to be distracted and procrastinate on assignments in class

If you have any queries in relation to the above, please feel free to contact the school on 02 6681 0100.

Sincerely,



John Parker  
Relieving Principal  
Ballina Coast High School

## How Yondr Works



### POUCH

As you enter the phone free space, your phone is placed in a Yondr pouch by our staff.



### SECURE

The pouch is closed and secured. It is handed back to you. You'll keep it throughout the event.



### EXIT

When leaving the space, you'll tap the pouch on an unlocking base to release your phone.

## Some Worthwhile Reading

Phones reduce the amount of time students are bored. Whilst this sounds positive, research has tested and shown that boredom is a driver of creativity and productivity. Boredom allows the mind time to wander, consider complex ideas and form opinions and perspective. People exposed to small periods of boredom for example give more to charities, are kinder to others and actively become more involved in their physical and social environment. Reducing student screen time might increase some boredom but will improve their life.

Andrew Bastawrous, an ophthalmologist says, "There's definitely a myopia epidemic. Many more people are becoming short-sighted than they were a decade ago". This is thought to be a combination of mobile phone usage and a reducing in focusing outside on people and the environment (also affected by mobile phone usage). "The growth of the eye tends to slow down in your late teens and stop. But what's happening is that it isn't stopping. It seems to continue". The implications of this are not just that there are more people needing glasses, potentially severe visual impairment can result in glaucoma retinal detachment and another retinal problems.

According to recent research people tap, swipe, and click an average of 2,617 times per day. For the top 10 percent of users, this number doubled to 5,427 touches per day. Data collected from Apple and Google show that average users unlock their phones 110 times per day. That is equivalent to six to seven times per lesson regardless of if the phone is on the desk or on silent in their pocket or bag. This shows the 'old' strategy is not helping our students succeed.

In the second half of last year more than a quarter of incidents recorded by teachers relate to inappropriate use of mobile phones. Over the same time the phrase "mobile phone" was written 1224 times in relation to negative student behaviour. According to research, (conducted by Spears, Keeley, Bates, & Katz), one in five young people under 18 (20%) reported experiencing online bullying in any one year and of those incidents almost a fifth of victims are exclusively bullied through devices such as mobile phones.

The biggest lament of teachers in regard to mobile phones is that they lead to student distraction and off task behaviour. Texting a friend is a tempting diversion that many students select over being part of the lesson. Observations of student toilet usage during class time indicate that 1 in 10 toilet breaks appear to be coordinated between friends in different classes through the use of mobile phones. The amount of time students are spending out of the classroom to relieve themselves has doubled.

Teenagers who spend five or more hours a day on electronic devices [are 71% more likely](#) to have a risk factor for suicide than those who spend less than an hour a day. Young people who use screens this much are also 52% more likely to sleep less than [seven hours a night](#) – a significant amount of sleep deprivation with potential consequences for both physical and mental health. The more time young adults spend on social media, the [more likely they are to be depressed](#) or [lonely](#). (The Guardian – 12 January 2018)