



## Phone Free Fridays

From Friday 7<sup>th</sup> June, we will be asking students to put their phones away during the school day and every Friday following for the Summer Term.

Reading School are committed to 'Building Good Men'. We want to educate our students positively, by providing opportunities to interact in a polite and confident manner. We also want our students to play and let off steam at break times! We hope that phone-free Fridays will instil a more relaxed and inclusive atmosphere, especially before school and at break and lunch.

Our first trial, 'Screen Free Week', saw many successes with pupils actively engaging in a variety of different activities and indeed with different peer groups, both before school and at break times. However, it was also clear that defined guidelines and accountability for all are required in order to ensure that every student adheres to phone-free time.

This trial is therefore not optional and we want pupils to engage and see the benefits that phone-free time can bring. Those pupils who choose to continue use their phones on Phone-Free Fridays will be appropriately sanctioned.

### Why screen free time is important:

- A chance to interact face-to-face
- A chance to develop and improve conversation skills
- A removal of stress factors that come with screen time / social media
- A decreased risk of negative peer-interactions

### ***What we are asking of students:***

- Turn your phones off and put them away on Fridays. This includes before school, during and between lessons and includes break and lunch times.
- If you do need to use your phone for any reason, you must ask a teacher first.
- If you choose not to follow this on Fridays, you will be recorded on sims and receive a sanction.

### ***What teachers are asked:***

- Actively remind and encourage tutees and pupils about Phone-Free Fridays
- Sanction and record on sims any pupils who have their phones out
- SLT will review the behaviour log weekly for misuse of mobile phones and sanction accordingly

### ***How parents can support:***

- Encourage Phone-Free Fridays (or any other day!) to continue at home
- Have all screens put away and turned off at the dinner table
- Have a set amount of time that phones can be used in the house
- Charge all phones downstairs at night