



Chinook High School

Digital Device Guidelines

Every Decision We Make is for the Academic, Social, Emotional, Physical, and Spiritual Growth of Students.



Our Why

To support **student learning, well-being, and engagement** at Chinook High School, we have developed guidelines for the use of personal digital devices (cell phones) within the school.

Based on observation, research, and input from teachers, students, and caregivers, we believe that cell phone use is having a negative impact on student learning, mental health, engagement, and social and emotional development.

We want to support our students in understanding how cell phones and other personal digital devices impact their learning and wellbeing. As well, we want to teach and model for our students how to use cell phones and devices in an appropriate and healthy way.

Personal Device Guidelines

What Is A Personal Device?

- **Any digital device** that has internet access, texting, music, gaming, or streaming capabilities.
 - For example, but not limited to: **Cell Phones**, iPad, Tablet, Gaming Systems, Meta Glasses, smart watches

Personal Digital Device Guidelines

- **Personal Device is not on your person.** This means that it goes in your bag, locker, or the designated space provided by your teacher.
- Headphones/Earbuds are not in or on ears during teacher instruction.
- No personal digital devices in washrooms or changerooms.
- Notifications are turned off during instruction.
- Teachers will indicate if there are specific learning situations that support personal digital device use.
- Students are welcome to access their devices during breaks and Flex, but are encouraged to build positive in-person interactions.
- Exceptions will be made for medical purposes (i.e. monitoring devices).

Questions You Might Have

<i>How can I reach my child if I need to contact them?</i>	In the event of an emergency, you can always contact your child through the office at 403-320-7565. Every classroom has a telephone. The office can call the classroom to connect with them.
<i>What will happen if a student is struggling with the new guidelines and practices?</i>	Teachers will ask students to place their device elsewhere. This could be in their bag, locker, or designated space in the classroom. Teachers will also reach out to parents to work together to help students understand the new guidelines. Teachers will connect with Administrators for support if your student continues to struggle.
<i>What can parents and guardians do to support students in implementing the new guidelines?</i>	We believe that these guidelines will only be supportive if they are discussed and reinforced within the home environment. Parents and Guardians can avoid texting and messaging during instructional times. Here's a helpful filter...If you want to reach out to your student but deem it is not important enough to call the office, please help support your student by waiting for scheduled breaks in the day (10:55am-12:00pm & 1:20pm - 1:30pm).
<i>What can we do at home to support our student with appropriate device use?</i>	Consider implementing device free times at home. Have open conversations about safe use of social media, apps, and communication. Utilize built-in tools in the settings of your device to support your student with managing screen time, app usage, and content consumption.

We believe in implementing these guidelines with empathy, compassion, care, and through the lens of growth.

Thank you for your ongoing support!

Know Your Why | Aim For Growth | Take Ownership