



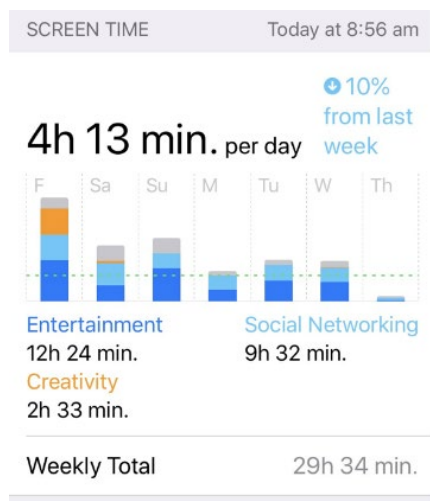
## Principal's Blog - Merici Phone Usage

I have spoken to a few parents recently about some of the options available for limiting and monitoring phone usage. While there are a number of apps on the market, the following have received positive reviews from Merici parents.

<https://familytime.io>

<https://ourpact.com/>

Some students recently educated me on how to see the cumulative screen-time usage for a seven-day period on an iPhone. I would strongly encourage you to ask your daughter(s) to show you their usage which could then hopefully drive a valuable discussion if it seems excessive. See example below...



Our position about phones at school remains the same and is intended to help your daughter maximise learning opportunities:

- Students in Years 7 to 10 should only bring their phone to class when their teacher has specifically asked them to, for a task that requires the technology.
- Senior students should only be using their phones during class time for learning activities.

While many schools have banned smartphones at school completely, including their use at recess & lunch, we believe that it is both sensible and appropriate to continue preparing students for a future filled with technology.

It is helpful for students to learn & practise self-regulation and to achieve a balance between educational & social use of various types of technology. Student are capable of using their laptops to message and communicate, and it therefore seems illogical to ban hand-held devices. We prefer to encourage and support students in developing ownership of their own decisions around the many possible distractions from learning, of which technology is only one.

Although there have only been a few instances of family members calling students in class time, could we take this opportunity to discourage you from doing this during lessons. In the case of an emergency, it would be preferable if you could instead contact the school via student services or the main reception. This would also enable us to plan for how to support your daughter should that urgent situation be significant.

As always, please feel free to contact your daughter's PC teacher regarding any school matters, including the issues above, about which you have concerns or questions.

Regards,  
Phil Coe  
Acting Principal