

Good evening Coyote Parents,

This is the first in a series of communications with you regarding different topics we'd like to partner with you on as we focus on the growth of your child...our student! We have some very specific policies and priorities at BP, and we want you to be aware and an active participant in ensuring those are met and exceeded by our students.

This first topic I know is probably near and dear to your hearts, and that is our student's devices...namely their smartphones!

This is the first generation of students coming through high school where smartphones have been a regular part of their lives since birth. We have all become accustomed to having these amazing devices and the knowledge and connectivity they carry at our fingertips 24/7. But while our smartphones are amazing devices, it is essential that we understand both the positive and negative ramifications those devices can have on us from a physiological standpoint.

Two years ago, we began to implement a **#Unplug** (click for link) initiative here on campus with the goal of helping our students learn how to disconnect from their devices during class time, so they could better connect to the curriculum, their instructor, and their peers in the classroom. (Unfortunately once covid hit, we had to pause this initiative while our students were on distance learning)

As we learn more and more about the effects of smartphones on students, doing nothing is not an option. I have attached an article for you on the effects of smartphones, to help better understand the purpose behind our #Unplug policy. (click [here](#) for the Harvard study on Smartphones) Interestingly enough, it's not the actual device per se, but rather the effects of the constant connectivity the devices allow. The more we realize this, the more we need to provide limits to that connectivity in order for our students to better engage and connect in class. So we ask all students that when they come into a classroom, to place their device on silent and actually put it in their bag under their desk or away from it being on their person. By doing so, they allow their brains to completely disconnect from incoming notifications and the distractions of social media. It allows them to decompress from the heightened state of subconscious anxiety and become better aware of their surroundings. They can then completely connect more to their peers, their teacher, and the curriculum they're supposed to be learning.

Our devices provide an amazing resource to us, but we need to also know that they can provide a hindrance to learning when our brains are still partially connected to the devices during class. In addition, a suggestion for you at home to help with learning is to have your child do their homework, reading, and studying with their device turned off and actually away from their reach...preferable in another room. It makes a world of difference in not only the efficiency with which they can work, but over time, their improved comprehension in whatever subject their learning at the time.

If you have any questions, comments, or further research you may want to share, don't hesitate to reach out as we continue to partner with you!

Have a great rest of your week Coyote parents!

