

WFHS Student Reflections on Cell Phone Policy

Student Letter #1:

March 29, 2023

Dear Ms. Bachmeier,

I hope your day is going well. This is seniors M and L, from West Fargo High School. We are reaching out to you today to share our thoughts on the new phone policy this year, and why we think it is important to keep this policy.

This policy is beneficial to students social health in more ways then one. It helps students to be more social with their peers and with their teachers. As well as helping them to make more relationships with those around them. This is important because, students can have a harder time in school if they feel they are alone or don't have those relationships with others or with their teachers, and this policy is allowing student to get out of their comfort zone and spend more time being socially active with those around them. When students aren't distracted by their phones it is creating a better learning environment and helping their social health.

We would like to make sure that you plan on keeping this policy in the years to come, we think it is important that student maintain good social health, and this policy is helping do that. Without a policy such as this one set in place, student are less likely to socialize with their peers and those around them, which is very important.

Thank you for taking the time to read and understand our thoughts. Please let us know if you have any questions or concerns.

Sincerely,

M and L

Student Letter #2:

March 24, 2023

We are writing to talk about how school impacts our social health. We wanted to thank you for implementing the out of sight out of use cellphone policy. Initially we did not like the policy because we were very attached to our phones. Now we really appreciate it because it has helped us stop being so reliant on our phones. The cellphone policy has impacted us in many positive ways. For example, students are not checking there phones as much throughout the day, leading to them socializing more with their peers. Some other dimensions of heath that are being influenced is students emotional and intellectual

health. Students emotional health is benefiting by taking out certain stressors in their life that involve their phone. Students intellectual health is benefiting by giving them more opportunities to open up to new ideas and the world. We would like to recognize this policy for opening up more time to socialize with peers and cut down on students screen time. A personal experience I have experienced is I made new relationships in classes, such as my Field Biology class. I've started to communicate with people I never used to talk to. As a group, we recognized students becoming more open to communication inside their classrooms. Other students and administrators should be appreciative of this policy because students grades are becoming better and not checking their phone as often. Teacher's would appreciate not seeing students being distracted while in class. In conclusion, the cellphone policy is very beneficial to a students social health.

Sincerely,

J, T, C

Student Letter #3:

Good day Ms. Bachmeier,

Today I just wanted to say that cell phone use policy is good for students. As I read in that policy cell phones must be out-of-sight and out-of-use from the first bell to the last bell of all classes, including during study halls and within flexed learning spaces that are an extension of a classroom . Some dimensions of health that are being influenced are mental health. Also that this policy or procedure affects the kids and teachers as it improves their ability to focus. The reason I wanted to recognize this policy as a thank you is because it shows students how to socialize and help improve their focal point. I think it helps me also as I use my phone a little bit too much. As with this policy it helps me stay away from social media and socialize in reality. As for other people like I said it also makes others do the same as well. Like for example I am at school lunch and I see people on their phone instead of socializing. I feel like they should appreciate this policy as it helps improve themselves with school and being social even outside of school. Like as well as if you are having dinner with parents or grandparents this policy really puts the focal point of not having a cell phone out and enjoying the moment more.

Kindest regards,

N and G