

Hello Springwood Family,

At Springwood School, we are dedicated to providing a quality education in a nurturing environment, focusing on mind, body, and spiritual development. To foster a focused learning environment based on respect and community, we have established the following guidelines regarding the use of personal electronic devices during instructional time.

Policy on Cell Phones, Smart Watches, and Headphones/Earbuds

- Students are **not permitted to have their cell phones, smart watches, or earbuds out** during instructional time, including class lessons, group work, and any teacher-led activities. This includes all study halls.
- All such devices should be kept **powered off or on silent and stored securely in backpacks or lockers** while classes are in session.
- Devices may be used before school, during lunch, break, and after dismissal, always with respect and consideration for others.

Why This Matters

Research shows that the presence and use of smartphones and similar devices during learning can significantly impact students' mental and emotional health:

- Studies indicate that excessive phone use is linked to **increased anxiety, depression, and lower self-esteem** among youth.
- Notifications and social media distractions reduce attention span and impair the ability to engage deeply with learning.
- Limiting device use during school hours encourages healthy interpersonal relationships, face-to-face communication, and helps build community grounded in Christian values of respect and presence.

By encouraging students to be fully present during instructional time, we nurture their ability to listen, think critically, and connect with peers and teachers in meaningful ways.

Thank you so much for supporting us as we foster the development of self-control, focus, and digital responsibility. If you need to contact your student during instructional time, please call the main office at 334-829-4000, Ext. 0 or email receptionist@springwoodschool.com.

Please reach out to me if you have questions or concerns.

Allyson L. Matthews

Head of School