



# Cache High School

Dear Cache High Family,

Like many of you, I have watched the growth of cell phone use among our students with increasing concern. Our previous attempts to regulate phone use in our classrooms have been met with increasing levels of student resistance, and many of our students struggle to focus in class because of issues on social media or group texts with their peer groups in other schools. Students have caused hundreds of dollars of damage to the cell phone pouches we have used for the past several years as they attempt to circumvent the system, and cell phone confiscations are a daily occurrence.

The negative effects of cell phones and social media use on teenagers are now widely known, and Governor Cox has asked each school to ban their use. As I sought to find the best way to remove phones from our schools, I and my staff read *The Anxious Generation*, by Jonathan Haidt, which discusses in great detail how phone use has directly contributed to rising levels of bullying, anxiety, and poor mental health in teenagers – precisely the issues that we are helping our students through every day at Cache High.


The evidence is clear that the use of cell phones and social media among our students is causing great harm, without providing enough benefit to balance that harm. I am therefore implementing a policy to ban the use of all personal electronic devices, including cell phones, smart watches, and any device that can be used to call, text, or access social media in our school.

If you must send your student to school with a PED, we have purchased lockboxes for each classroom. Your student will be required to secure their PED in the lockbox in their first class at Cache High and will not be able to retrieve it until lunch or the end of the school day.

We understand that sometimes parents and guardians need to contact their students during the school day. When you do, please call the school office at (435) 755-0716 or text my personal cell phone at (435) 994-0651, and we will relay your message to your student.

Please don't hesitate to reach out to me directly with any questions or concerns you have about the new policy. It is my firm belief, backed by the Governor's office and the research currently available on cell phone use in schools, that removing personal electronic devices from our schools will dramatically increase levels of classroom interaction, social engagement, and mental health in our school.

Sincerely,

  
Sheri Hansen  
Principal  
Cache High School

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