



TDMS

Wednesday 24 November 2021

Mobile phones and the impact on student performance at school

Dear Parents/Carers

No-one can deny that technology has revolutionised our lives and that many day-to-day tasks and communication are made significantly easier. We know that, during the pandemic, communicating through digital devices has been essential in the lives of young people in completing schoolwork and in staying in touch with their friends. However, more and more people of all ages would appear to be addicted to the use of their phones and devices at all times of the day. We would like to draw your attention to some information regarding teenagers and the use of mobile phones. Research produced shows that:

- Students who perform a task just in sight of their mobile phone (regardless of if they are using it) do about 20% worse as it still distracts them
- Mobile phone use every day for longer than 20 minutes at a time, leads to poor sleep quality and duration
- Being on your phone within an hour before bed means that you are almost three times as likely to get less than five hours sleep

Research into the effects of mobile phone use is still in its infancy, however there is already a clear correlation between the use of mobile phones, poor quality sleep and poor performance at school. We attach an information sheet that further explains the links between exposure to blue light, the light emitted from a mobile phone, and disturbed sleep and other possible health issues. Below are two short but interesting articles about the effects that mobile phones have on students and their health.

<https://blog.innerdrive.co.uk/are-students-suffering-from-mobile-phone-addiction>

<https://blog.innerdrive.co.uk/6-reasons-to-put-your-phone-away>

We feel that it is essential that students are made aware of the negative side effects of using mobile phones and we would be grateful if you could discuss them with your child. We will be speaking to students about the use of mobile phones and the negative side effects next term during assemblies and during tutor time. Please consider asking your child to stop using their mobile phones at least an hour before they sleep and follow the advice in the attached poster 'say goodnight to your phone'.

If you would like to contact someone about this, please do not hesitate to contact Mr Sandell at msandell@tdms.worcs.sch.uk or by telephoning the school.

Yours sincerely

Mr Sandell

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HOW EXPOSURE TO BLUE LIGHT AFFECTS YOUR BRAIN AND BODY

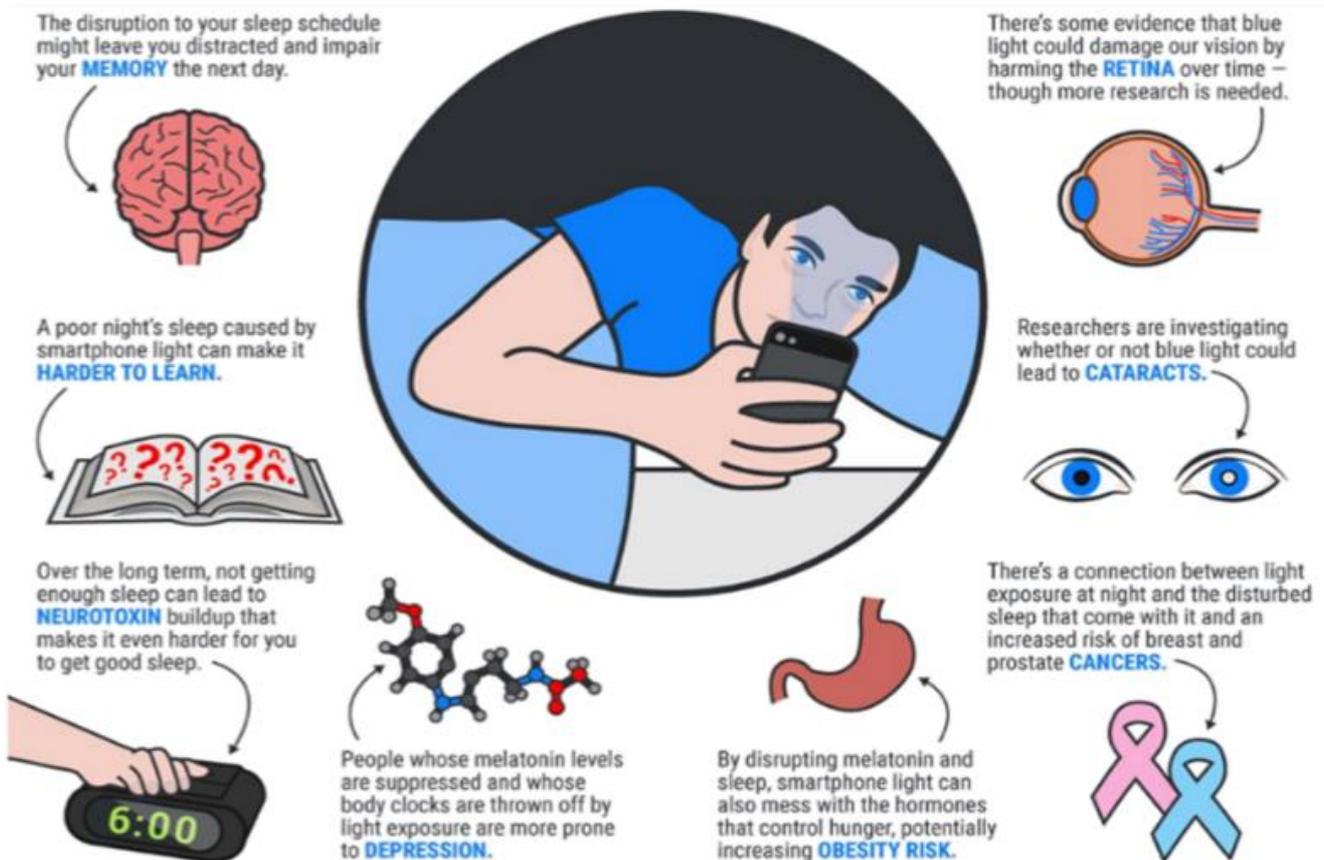


It may be hard to stop, but looking at your phone at night is a terrible idea.

Smartphone screens emit bright blue light so you can see them even at the sunniest times of day.

But at night, your brain gets confused by that light, as it mimics the brightness of the sun. This causes the brain to stop producing melatonin, a hormone that gives your body the "time to sleep" cues. Because of this, smartphone light can disrupt your sleep cycle, making it harder to fall and stay asleep — and potentially causing serious health problems along the way.

Here's how it works:



Sources: Nature Neuroscience, Harvard Health Publications, ACS, Sleep Med Rev, American Macular Degeneration Foundation; European Society of Cataract and Refractive Surgeons; JAMA Neurology

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