

# ELLINGTON UNPLUGGED

## Unplug to Connect: A Healthy Balanced Life

Good Morning, EHS Families!

As many of you know, EHS has been working through a **committee of students, staff, and parents** to research and create a school-based “**Personal Electronics Policy**” (“the Policy”) to help moderate the use of cell phones, headphones/earbuds, and smartwatches during EHS academic activities. This work explicitly connects to many of the concepts in the District’s “**Ellington Unplugged**” initiative and is intended to:

- maximize student learning opportunities,
- reduce distractions in EHS academic environments,
- improve interpersonal and relationship skills, and
- cultivate a positive classroom culture that is characterized by human connections.

Here are the **key concepts** of the Policy:

**Personal Electronic Devices** (including cell phones, headphones/earbuds, and smartwatches) **may not be used in classrooms and other instructional areas while school is in session.**

Upon entering instructional areas, students are required to **store their cell phones** in the area’s **cell phone holder**, leaving them there until the students leave the area at the end of the class period. **Other Personal Electronic Devices** (e.g.: headphones/earbuds and smart watches) should be **stored in student backpacks**, to also remain off and unused until students leave the area at the end of the class period. If a student should leave the classroom during the class period, **they may not take their Personal Electronic Devices with them** *unless* they are going to the Main office, School Counseling, or the Nurse’s office (usually for early dismissal).

During the class period, **Personal Electronic Devices may be** used only for **instructional purposes**, as allowed by the teacher and as defined in the teacher’s syllabus for that class. **Personal Electronic Devices may be** used during **passing time**, during **lunch period in the cafeteria**, and during **regular (non-structured) study halls**. Finally, **Personal Electronic Devices may be** used in the **library**, unless the library attendant has asked students to stow them in their backpacks.

A **more detailed**, single-page version of the Policy may be found [here](#).

**The Policy will go into effect on January 25, 2024, the first day of the second semester.** There will be an Advisory Period on the morning of the 25th, where all EHS students will be introduced to the Policy and have an opportunity to ask clarifying questions.

There is significant research supporting the position that **unregulated cell phone use** in high school is **unhealthy for students** and **detrimental to the learning process**. We look forward to seeing the positive results of the Policy that encourages our students to be present, make thoughtful choices, develop meaningful relationships, consume less, and create more. As always, we appreciate **your family’s partnership** in our efforts to constantly **improve student learning and performance** at Ellington High School.

Warm regards,

John R. Guidry, J.D.  
Principal