

Sa-Hali Secondary 2025/26

Personal Digital Devices



Sa-Hali has implemented new restrictions on personal digital devices* in alignment with provincial and district recommendations. Research has clearly shown how social media platforms impede student learning, put youth at risk and have negative effects on mental health. Further, we know that personal digital devices and social media applications have a negative impact on Sa-Hali's core values - **Safety - Community - Accountability**. These restrictions are intended to promote online safety and focused learning environments for our students.

Bell-to-Bell Expectations

- **During class time (from bell-to-bell), personal digital devices will remain in lockers, backpacks/purses, or holders provided by classroom teachers. Phones will be off or in silent mode.**
- **During class time, all school areas, including bathrooms, hallways, and common areas will be designated CELL PHONE FREE.**
- **During class time, airpods, headphones or listening devices connected to personal digital devices will not be permitted.**

* Personal Digital Devices means any personal electronic device that can be used to communicate or access the internet, such as a cell phone, tablet or other smart devices.

Essential Supports - students who are exceptions to these expectations will be identified by our LART, Counselors or Administration

In case of emergencies, communication can be handled through the office.

All adults at Sa-Hali Secondary are tasked with maintaining our learning environment and keeping students safe. It is expected that students will adhere to these guidelines and any reasonable requests regarding cell phones, or other digital devices (ie. Please put your phone in the phone holder). Failure to comply with adult requests will be dealt with in a tiered system of progressive discipline.

- Progressive interventions by classroom teachers may include individual conversations with students, and communication with parents/guardians via email or phone.
- Continued disruptions to the learning environment may result in phones, or other digital devices, being held in the office.
- Chronic offenders, and students who demonstrate defiance may be referred to administration for follow-up. This may involve a parent/admin conversation to establish individual student plans for success.

As well as promoting online safety and focused learning environments, restrictions on personal digital devices can support Sa-Hali's Core Values.

Community

At Sa-Hali we value connection as a foundation to build a sense of belonging for all, in order to create an inclusive, positive learning environment.

Restrictions can:

- *Allow for connection through "disconnection".*
- *Increase opportunities to foster face-to-face interactions and build interpersonal communication skills.*
- *Gain of time for other community building activities.*

Safety

At Sa-Hali we value an environment where physical, psychological and emotional safety are a priority.

Restrictions can:

- *Provide safer classroom and bathroom experiences.*
- *Reduce cyber bullying, photos and videos shared without consent, and sextortion.*
- *Calm the nervous system, lessen the effects of addiction and reduce instances of anxiety and depression for our students.*

Accountability

At Sa-Hali we care about the impact of our actions on others. We work together for academic excellence, personal growth and a culture of integrity.

Restrictions can:

- *Foster opportunities to teach healthy boundaries with cell phone use.*
- *Allow for better quality work and potential for improvement of grades due to reduced distractions.*
- *Promote lateral accountability for teachers and admin working together to implement, model and support phone-free learning environments.*

Would you like to learn more about cell phone addiction and its impact on student learning and wellness?

[CBC - Nov 2023 - Social Media Impacts on Teens](#)

[Screenagers resources and links](#)

[E-Mental Health - Unplug and Connect - Keeping Families Strong](#)