

15<sup>th</sup> September, 2019

Dear Parents,

Hawar International School students are banned from using mobile phones anywhere on school grounds.

Our students will have to leave their smartphones and smart devices at home unless they are asked to bring it for an educational purpose with a note sent in advance to respective parent(s).

We know today that there is a phenomenon of screen addiction, the phenomenon of bad mobile phone use. Our main role is to protect children and adolescents. It is a fundamental role of education.

Our increasing dependence on smartphones has given rise to the term “**NOMOPHOBIA**” – no mobile phone phobia - the fear of not being able to use your cell phone or other smart device.

And as rates of smartphone and internet addiction rise, so too do the adverse effects of these activities on our brains.

A cell phone which can be used to help a student study can also be used to help a student cheat very easily since the correct information can be saved on the phone, or it can also be located very easily on the internet.

It's hard to separate a teenager from his or her phone, but it might be for his or her good — particularly during the school day.

We are sure by applying this policy that the academic performance of students will improve, the Cyberbullying will be reduced, and we will be cutting down the screen time.

The good thing about schools is that they have secretaries to facilitate emergency calls, so parents can call the school rather than the student. It is easy to locate a student at any point throughout the day, so an important message can be passed along with little effort.

Looking forward to your cooperation

Yours faithfully,

Bilal Okasha  
Principal