



**Garfield Heights Middle School**  
**Cell Phone Policy**  
**2022-2023**

Garfield Heights Middle School Students and Families:

The cell phone policy at GHMS is one where students put their phones “Away For The Day.” Students have a greater chance of doing better academically and emotionally when they are not tempted to be on their phones. We are also a 1:1 technology District where students will have more access to school sponsored technology throughout the day. “Away For The Day” is an initiative that other schools are adopting nationwide.

Other schools that have made the change from allowing phone use during the day to “Away For The Day,” have reported an increase in academic achievement and a decrease in emotional distractions that can arise from social media.

Why "Away For The Day" benefits students:

1. Cell phones overpower self-control. We know that the control center for impulse control, the frontal lobe, is not fully developed in middle school-aged children.
2. Phones interfere with academic performance. Students who interact with their cell phones in class perform worse on tests—often a full letter grade or more. In fact, just having phones within reach can cause academic performance to decline, whether they are used or not.
3. Phones compromise emotional well-being through social media platforms.
4. “Away For The Day” policies deliver improvements. Schools that changed their policy from allowing cell phones to prohibiting them saw exam scores rise.

Students will be encouraged to keep their phones in their locker throughout the entire school day. If this policy is violated the student will be warned, the phone may be confiscated for the day, or a parent may be asked to pick up the phone from the office. If you need to communicate a message to your student please call the attendance office at 216-475-8105. Also if a student needs to contact home they may do so by using the phone in the attendance office. If you would like to learn more about this initiative visit **[www.awayfortheday.org](http://www.awayfortheday.org)**