

KORTEPOHJA KINDERGARTEN SCHOOL PILOT, USE OF MOBILE PHONES IN SCHOOL AREA

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BACKGROUND TO THE PILOT

- Through the Education Committee's wishes, Kortepohja Daycare School has started experimenting this autumn term with a ban on the use of mobile phones on school grounds and during the school day
- In addition to the staff, the principal presented the matter to the guardians and pupils as well as instructions
- The pilot also includes emotional and interaction skills classes at Keljonkangas and Palokka comprehensive schools
- Let's go through why it's a good idea to limit your mobile phone use
- The results of the pilot from the perspective of guardians, staff and children will also be reviewed

SCREEN TIME AND MOBILE PHONE USE

- Screen time capping: Maximum 2 hours of screen time per day for children; mobile phone, computer and TV. For adults, the amount is 3 hours a day in addition to work
- According to Jari Sinkkonen, a child should have 30 minutes of playing time no more than three days a week
- Affects brain development in areas such as language development and problem solving, possibly also fine motor skills
- Your mobile phone has, for example, a mobile phone. Possibilities related to restricting applications

WHAT CHALLENGES MAY ARISE?

- Difficulty concentrating
- Learning challenges
- Bullying
- Self-esteem and mood challenges
- Sleep challenges
- Immobility Challenges of use and aggressiveness
- School absenteeism Addiction

SURVEY RESULTS/ PARENTS

- 106 parents responded to the survey
- The policy has been considered good and parents think that mobile phones do not belong in school. So we should continue.
- It is taken for granted that mobile phones do not belong in school
- At home, the policy has been discussed with the children
- Does bullying reduce e.g. Secret photography
- Concern: support children; Can music be used as a support when the use of a mobile phone is prohibited? What to do with a transport student if the phone at the principal (with a link ticket) and the parents are unable to pick up the mobile phone? What to do if there is a pressing need to catch a child?

SURVEY RESULTS/ STAFF

- Interviewed student welfare counsellors and public health nurses and sent a questionnaire to other staff
- The experiment was seen as a good one, and the hope is that this line will continue
- Eased teachers' workload when there was no need to intervene
- Students work well according to the rule
- Increased activity during recess
- Parents have been thinking more about ways to limit their child's screen time?
- At the meeting between the nurse and the social worker, the children do not use the phone, there has not been something to point out.
- A few students wondered if they had a cell phone addiction?

SURVEY RESULTS/ CHILDREN

- Interviewed with representatives of the student union 7.11.2023
- The survey for parents also included the opportunity for children to have their say
- A positive experiment that should be continued. Easier to understand this rule than the fact that hats are not worn at school. There are no home challenges with this rule.
- Brought peace to classes and more activity to recess
- Reflect on the reduction of bullying
- Worry about your phone being stolen or if something happens on your way to school and you can't call
- Clear rules for smartwatch use and special situations, such as listening to music, support students

QUESTIONS/ COMMENTS/ IDEAS

- Idea: social media and bullying evening
- How to involve preschool / media education more actively for all age groups