Dear Goldenview Students and Families,

Welcome back GVMS Families! The excitement is immeasurable as we prepare for the upcoming school year. As part of this we want to maximize and enhance the learning and social experience for all of our stakeholders. As part of this focus we want to inform you of an important update to our school-wide policy regarding cell phones and electronic devices. Beginning this fall, all student cell phones and personal electronic devices must be turned to silent and secured in lockers by the 9:30 a.m. bell and remain there for the remainder of the school day. This change reflects both the new State of Alaska educational mandate and the Anchorage School District’s updated Anchorage School District Board Administrative Regulation regarding student device usage. Our goal is to create a learning environment that fosters student engagement, academic achievement, and social connection.

This shift is part of a growing national movement aimed at improving focus and reducing distractions in schools. Research consistently shows that student learning improves when digital distractions are removed from the classroom. A study published by the Journal of the Association for Consumer Research found that “the mere presence of a cell phone reduces available cognitive capacity” (Ward et al., 2017). By keeping phones out of the classroom, we can better support students in staying focused and fully engaged with their peers, teachers, paraeducators, and coursework.

Master educators across the country are seeing the impact of limiting phone usage during the school day. According to a recent report from Common Sense Media, “reducing screen time during school hours supports emotional well-being and can improve mental health outcomes for students” (Common Sense Media, 2023). This policy is not about punishment or control—it is about prioritizing student wellness, connection, and learning during the most critical hours of the day. At GVMS we are focused on maximizing every minute of instruction, every day.

In addition, the National Education Association highlights that “excessive use of mobile devices in school has been linked to decreased academic performance and increased incidents of cyberbullying” (NEA, 2023). By removing this potential barrier to learning, we are taking a proactive step toward continuing to refine our universal practices centered on building a more inclusive and safe learning environment for all Goldenview students.

We understand that this is a change, and we appreciate your support as we implement this important policy. Together, we can help our students develop stronger attention spans, more meaningful social relationships, and deeper learning experiences. If you have any questions or concerns, please don’t hesitate to reach out. Thank you for working with us as we continue to put students first in everything we do.

Warm regards,

Mr. Nogg

Principal

**P.S.**-Please know that any student that has a medical need such as a Continuous Glucose Monitor (CGM) or other medically necessary application will be able to carry their device.

Sources Cited:

\* Ward, A. F., Duke, K., Gneezy, A., & Bos, M. W. (2017). Brain drain: The mere presence of one’s own smartphone reduces available cognitive capacity. Journal of the Association for Consumer Research.

\* Common Sense Media. (2023). The Role of Mobile Devices in Kids’ Mental Health.

\* National Education Association (NEA). (2023). \*Cell Phones in Schools: Tools or Distractions?