

FYI

# THE KIDS SWAPPING THEIR PHONES FOR LONGER SCHOOL DAYS

sky Kids

FYI  
WEEKLY NEWS SHOW

CAN you imagine an 11-hour school day and not being able to use your phone for that whole time? Well, that's what All Saints Catholic College is trialling, in an attempt to tackle pupils' addictions to their phones.

## ● The problem of phones

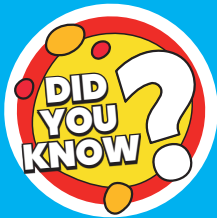
Phones are useful, right? But using them too much is never a good thing. We can end up not spending enough time with our friends and family, or forgetting to go outside to get fresh air. It can even be bad for our health.

## ● What is All Saints Catholic College doing to tackle the problem?

In 2016, All Saints Catholic College banned its pupils from carrying smartphones around school, although they are allowed to keep devices at school, as long as they're out of view in bags or lockers. But more recently, the school has trialled an 11-hour day for pupils, to get them to do activities instead of being on their phones.



Pupils at All Saints have swapped screen time for activities like cooking, drama and sports



THE number of young people with mental health issues has risen by half (50%) over the last three years. Some people say smartphones are a big reason for this.

## ● What does an 11-hour school day look like?

Pupils at All Saints get to school at 7am and leave at 6pm, 11 hours later! But it's not all maths and English. These pupils take part in fun activities like cooking, drama and sports, as well as their regular lessons!



## ● Why was the 11-hour day introduced?

Rebecca Fuller, assistant head teacher at All Saints says: "It was a mixture of reasons that we introduced this. We felt that since the return to school post-Covid-19, we saw lots of students struggling with interacting socially and felt it would be beneficial to them and to students spending too much time on their mobile phones and on social media. There's so much research into social media and the harm it has on mental health. People being unkind to each other, and us having to pick up on issues that have happened on phones.

## ● How effective has it been?

You might think an 11-hour day sounds horrid, but it's actually been pretty popular! Here's what some pupils at All Saints say.



*"You can spend more time with your friends and do more fun stuff!"*

– Mia

*"I thought: 'Why would I want to be at school for 11 hours?' But I gave it a go, and I ended up liking it."*

– Tanaya



*"You kind of forget about your phone because you're having so much fun playing activities."*

– Liam

## GLOSSARY

- addictions** – things people can't stop doing (like looking at their phone), even though they are causing them harm
- banned** – put a rule in place forbidding something
- interacting** – communicating or spending time with others
- beneficial** – helpful or good for someone or something
- research** – careful study and investigation to find out more about a subject or question

Read the articles (from page 22 of Issue 959 of *First News*), then answer the following questions!



**Q1.** Look at the first paragraph (starting 'CAN you imagine...')

Find and copy a word that means 'testing something to see if it works'. (1 mark)

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**Q2.** In what year did All Saints Catholic College ban students from carrying smartphones around school? (1 mark)

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**Q3.** Give three examples of 'fun' activities that All Saints Catholic College students take part in, as well as their regular lessons. (1 mark)

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**Q4.** Why did All Saints Catholic College introduce the 11-hour day? Give two reasons. (2 marks)

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**Q5.** Look at the panel titled 'Did you know?'

Why do you think the author has included this information? (2 marks)

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**Q6.** What do the quotes from Mia, Tanaya and Liam have in common? (1 mark)

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**Q7.** Look again at the first paragraph. Why do you think the author chose the phrase 'addictions to their phones' to describe students' use of their phones at All Saints Catholic College? What effect does this choice of words have on the reader? (2 marks)

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**Q8.** Do you think the 11-hour school day would be popular with students in other schools? Explain your answer with reasons from the text.  
(2 marks)

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**Extended response**

Imagine your school has decided to introduce an 11-hour day. Either write a letter to your head teacher, arguing against the decision and giving reasons why you think it is a bad idea, or compose a speech to be delivered in an assembly, explaining the benefits to your fellow pupils and persuading them to agree to the change.

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## TEACHER ANSWERS

|           |                                                                                                                |
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| <b>2a</b> | Give or explain the meaning of words in context.                                                               |
| <b>2b</b> | Retrieve and record information or identify key details from fiction and non-fiction.                          |
| <b>2c</b> | Summarise main ideas from more than one paragraph.                                                             |
| <b>2d</b> | Make inferences from the text or explain and justify inferences with evidence from the text.                   |
| <b>2e</b> | Predict what might happen from details stated and implied.                                                     |
| <b>2f</b> | Identify and/or explain how information or narrative content is related and contributes to meaning as a whole. |
| <b>2g</b> | Identify and/or explain how meaning is enhanced through choice of words and phrases.                           |
| <b>2h</b> | Make comparisons within the text.                                                                              |

**Q1.** trialling

(1 mark. NC content domain 2a)

**Q2** 2016

(1 mark. NC content domain 2b)

**Q3.** Cooking, drama and sports

(1 mark. NC content domain 2b)

**Q4.** Award 1 mark for each of any of the following (up to 2 marks):

- Students had been struggling socially since Covid-19.
- Students were spending too much time on their mobile phones and social media.
- Research shows that social media can harm mental health.
- School was having to deal with issues caused by mobile phones.

Award 1 mark only for answers that simply state the 11-hour day was introduced to stop students using their phones.

(2 marks. NC content domain 2b)

**Q5.** Award 1 mark for answers that suggest the information in the panel is relevant to the article, because it is about the use of smartphones.

Award 2 marks for answers that suggest the use of a striking statistic linking the use of smartphones to a rise in mental health issues gives justification for, or helps the reader understand, the school's decision to introduce an 11-hour day.

(2 marks. NC content domain 2f)

**Q6.** They are all positive about the 11-hour day.

(1 mark. NC content domain 2h)

**Q7.** Award 1 mark for answers that explain that an addiction is something it's extremely difficult to stop doing.

Award 2 marks for answers that point out that the use of the word 'addiction' underlines for the reader how serious the school thought the situation was.

(2 marks. NC content domain 2g)

**Q8.** Award 1 mark for answers that say yes or no, giving a valid reason.

For example:

- *I think the 11-hour day would not be popular with students in other schools, because they might have other things they want to do with their time when not learning.*

Award 2 marks for answers that say yes or no, using evidence from the text as a reason.

For example:

- *I think the 11-hour day would be popular with students in other schools, because it is popular at All Saints, and even Tanaya, who didn't think she would enjoy it, said she likes it now.*

Do not award a mark for 'yes' or 'no' only.

(2 marks. NC content domain 2d)

**Extended response question**

Accept any reasonable responses that clearly state an opinion based on the evidence of the text, as well as pupils' own prior knowledge and experience. Credit should be given for effective use of the features of persuasive language.