

# Mobile Phone Policy

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## 1. Guiding Principles

### 1.1 Purpose of policy

To clarify expectations for the use of mobile phones in order to ensure all students develop “a healthy mind in a healthy body”.

### 1.2 Rationale for policy

Research by psychologists in recent years has demonstrated that mobile phone usage by teenagers in schools can be significantly detrimental to learning, well-being and the culture of community. This policy structures and clarifies the expectations for mobile phone usage at the Lyceum Alpinum Zuoz, to foster positive habits of mind and ensure that all adults can also role model these character traits.

### 1.3 Research basis for development of this policy

Dr. Aida Bikic (Lyceum Alpinum alumna, 1996), a renowned clinical psychologist who specialises in studying the impact of mobile phones on children and teenagers, visited the school, observed and interviewed students and provided a recommendation to the school management on how to promote healthy use of mobile phones.

### 1.4 Recommendations for families regarding mobile phones for students

Research on the impact of Smartphone use by teenagers highlights the significant dangers of the use of many apps which are designed to keep their attention, developing dependency on the device, at a time in their lives when their brains are still developing their impulse control.

We also recognise that mobile phones can be useful for young people in being able to contact each other or the school, including if they are going off campus into our beautiful village of Zuoz at authorised times. Below are recommendations for non-smart phone use.

- **Non-smart mobile phones.** Parents are recommended to consider issuing their child with a non-smart mobile phone, which allow your son/daughter to make phone calls and receive/send SMS. A non-smart mobile phone has no access to apps but allows the teenager to remain in contact via telephone and or SMS whenever needed.
  - Examples include basic Nokia models, such as [Nokia 105](#) or the [Light Phone](#).
  - Lyceum Alpinum boarding students may take non-smart phones with them if they are visiting the village after lessons have finished, and before Smartphones would be returned at 19.30.
  - Rules for handing in mobile phones overnight also apply to non-smart phones.

## 2. Expectations for usage of mobile phones at the Lyceum Alpinum

### 2.1 Expectations for adults on campus

Adults, including all staff, school leadership and visitors, are expected to role model the “invisibility” of mobile phones during the hours of 07.30-19.30, in all possible circumstances.

### 2.2 Expectations for day students on campus

- Whilst on campus, Matura day students should have their mobile phones locked in their lockers and either switched off or silent.
- Day Students in the International Section are required to store their mobile phones securely in the International Section office by 07.45 each morning and may collect them when they are due to leave campus.
- Mobile phones should be “invisible” whilst on campus.
- Should day students be seen with their mobile phones on campus, the student should be warned of expectations and the school office informed by email.

- Day students who do not follow the expectations of the mobile phone policy will be required to bring their mobile phone to the school office each morning for safe keeping until they finish school for the day and leave campus.

### **2.3 Expectations for boarding students in classes 1-4 on campus**

- Students in classes 1-4 will store their mobile phones securely in their boarding house office.
- From Monday-Friday students in classes 1-3 will have access to their phones from 19.30-21.30.
- From Monday-Friday students in class 4 will have access to their phones from 16.05-21.30.
- At weekends students will have access to their phones, unless they are not in good academic standing or their behaviour is not meeting expectations.
- If the students are leaving campus for school trips or events, the houseparent on duty may decide to allow students to have access to their mobile phones.
- If they have a non-smart phone, Boarding students in classes 1-4 may access their non-smart phones from 16.05-21.30.

### **2.4 Expectations for boarding students in classes 5-6 on campus**

- Students in classes 5-6 will hand their mobile phones in to boarding staff (Mon-Fri) at 07.30 and can collect them again from their boarding house office after dinner at 19.30.
- Boarding students in I/M 6, as part of their preparation for university life, can collect their mobile phones at the end of academic classes at 16:05.
- With good school performance, this also applies to students of I/M 5.
- Students not in good academic standing, or not following behaviour expectations, can be required to hand their phones in to the boarding house office at 21.30.
- At weekends students will have access to their phones, unless they are not in good academic standing or their behaviour is not meeting expectations.
- If the students are leaving campus for school trips or events, the houseparent on duty may decide to allow students to have access to their mobile phones.
- If they have a non-smart phone, Boarding students may keep their non-smart phones in their boarding house bedrooms.

Zuoz, 1<sup>st</sup> August 2026

For the School Management Team



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