



30 January 2019

Dear Parents and Caregivers

Update on mobile phones and computer games at IGS

I write to provide you with an update on our initiative at IGS to limit students' mobile phone use and their access to computer gaming while at school. Excessive computer gaming has been [recognised by the World Health Organisation as a potential "disorder" and "disease"](#).

At IGS we want our students to have time away from gaming and distractions. Therefore there is to be no use of gaming from when students arrive at the School until they depart for home.

If you feel your child is having issues with the amount of time they spend playing computer games, either at home or at school, then it is probably a good idea to put measures in place to limit this. Feel free to communicate with us here at the School if you need support or strategies, as we understand that these types of issues can be difficult to manage. Consulting a healthcare professional might also be worth considering.

To help students to reduce their time on computer games, any student who is using their device for gaming at school risks having a range of measures put in place, which may mean that their laptop or phone is removed from them for a period of time.

Mobile phones are to be locked in student lockers from arrival until the end of school for Years 7 to 9. This removes a very tempting distraction from their grasp and better allows students to maximise their learning and involvement in their school community.

In 2019, Year 10 must also have their mobile phones locked away, except when they leave the campus at recess and lunch.

Thank you for the messages of support for our actions in this area in 2018 and for sharing success stories. Many students have commented that it is helping them, albeit a little reluctantly at first!

Please remember that you and your child may consult your child's Tutor, Head of House, Head of Year and the School Counsellors for assistance.

Yours sincerely

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