

Hello Health Science 1st year parents:

Starting Monday we will begin to discuss mental health and addiction. I will be showing the 1st part of Netflix's new documentary Social Dilemma. The documentary discusses ways that Facebook, Twitter, Google and Instagram manipulate what we see to keep us on our phones longer. The documentary also addresses how reliant we are as a society to our phones, and how disconnected we really are to our surroundings. I have decided to test the students by initiating a no phone for 24 hours challenge. This will include laptops, tablets, gaming devices and home computers. If you are interested in having your student participate, I will take their phones during their class period and place them into a box. I will then place the box in my cabinets that can be locked. The student will then be given their phone the following day during their class period. I will need your help at home to make sure that the student does not get on another device. My goal is to show the students how reliant and dependent we really are to our phones. The students will have a worksheet to keep track of during the 24 hours. Please complete the form specifying if you want your student to participate or not in the challenge. I have given your student an incentive that if they go the 24 hours without their phones then they will not have to take the test, labeling the skeletal bones. If you have any questions, please feel free to reach out to me.

Thank you,

Kendra Anderson, LVN Health Science Teacher

I, parent of: _____ give my child permission to participate in the no phone for 24 hour challenge. I understand that the student's phone will be taken up, locked in the cabinet over night and returned to them the following day.

Parent Signature

Date: _____

I, parent of: _____ do not give my child permission to participate in the no phone for 24 hour challenge.

Parent Signature

Date: _____