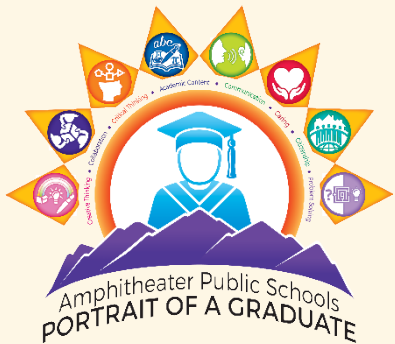




September 10, 2024

Superintendent's Report





Around Our Schools



The Canyon del Oro High School Class of 2025 continued a tradition last week, gathering for the Senior Sunrise. Dorado enjoyed breakfast, coffee, games and taking lots of photos. In the spring this group will come together again for their Senior Sunset before walking for graduation.





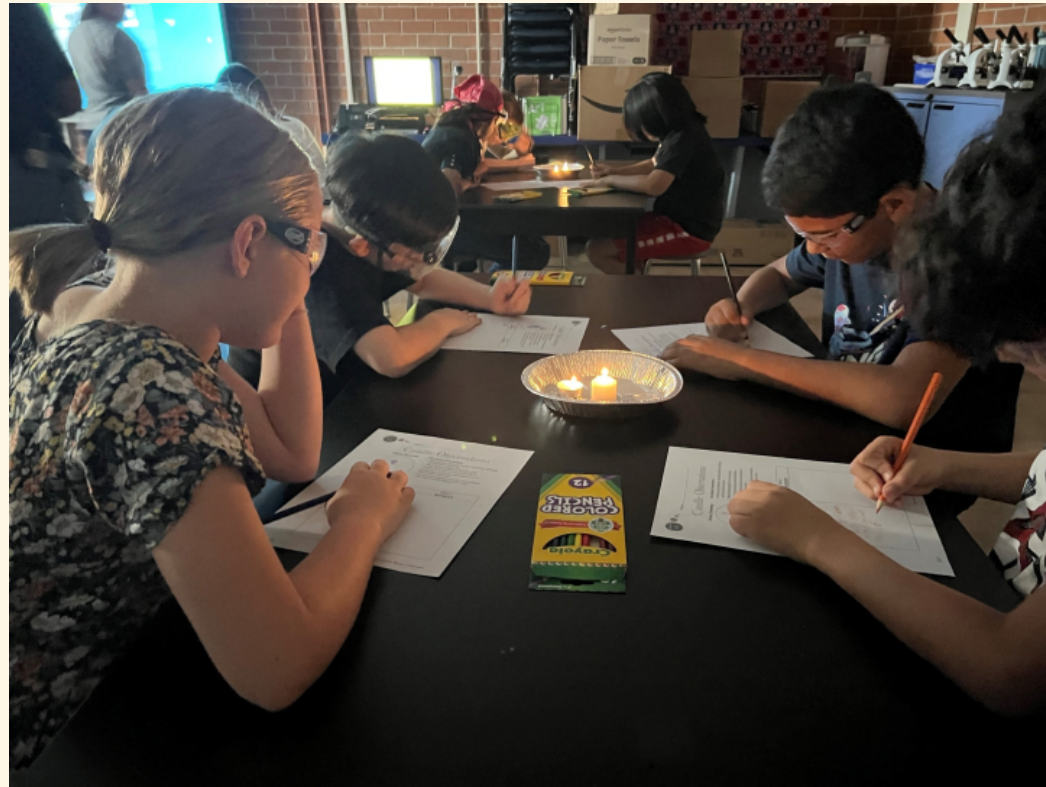
Around Our Schools



Prince Elementary School welcomed Ned and his Mindset Mission recently to learn all about the power of believing in yourself and never giving up. The kids loved the yo-yo tricks, fun stories and empowering messages.



Around Our Schools



Fifth-graders at Walker Elementary School enjoyed hands-on, minds-on learning in the STEM lab last week. They learned about fire by observing flames and candles and documenting what they learned by using their senses.



Around Our Schools



Chef Gowen's Ironwood Ridge High School culinary students started this year strong, working on perfecting their baking skills as they also learn technical and professional standards aligned to their Culinary Arts Program.



Around Our Schools

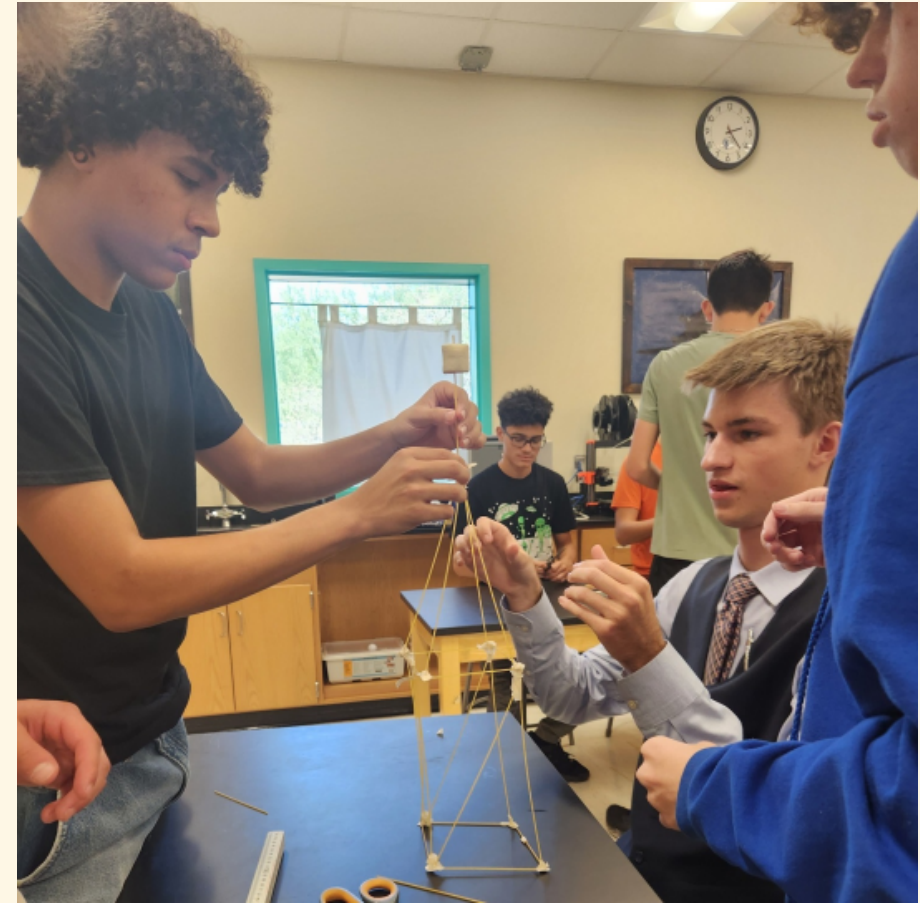
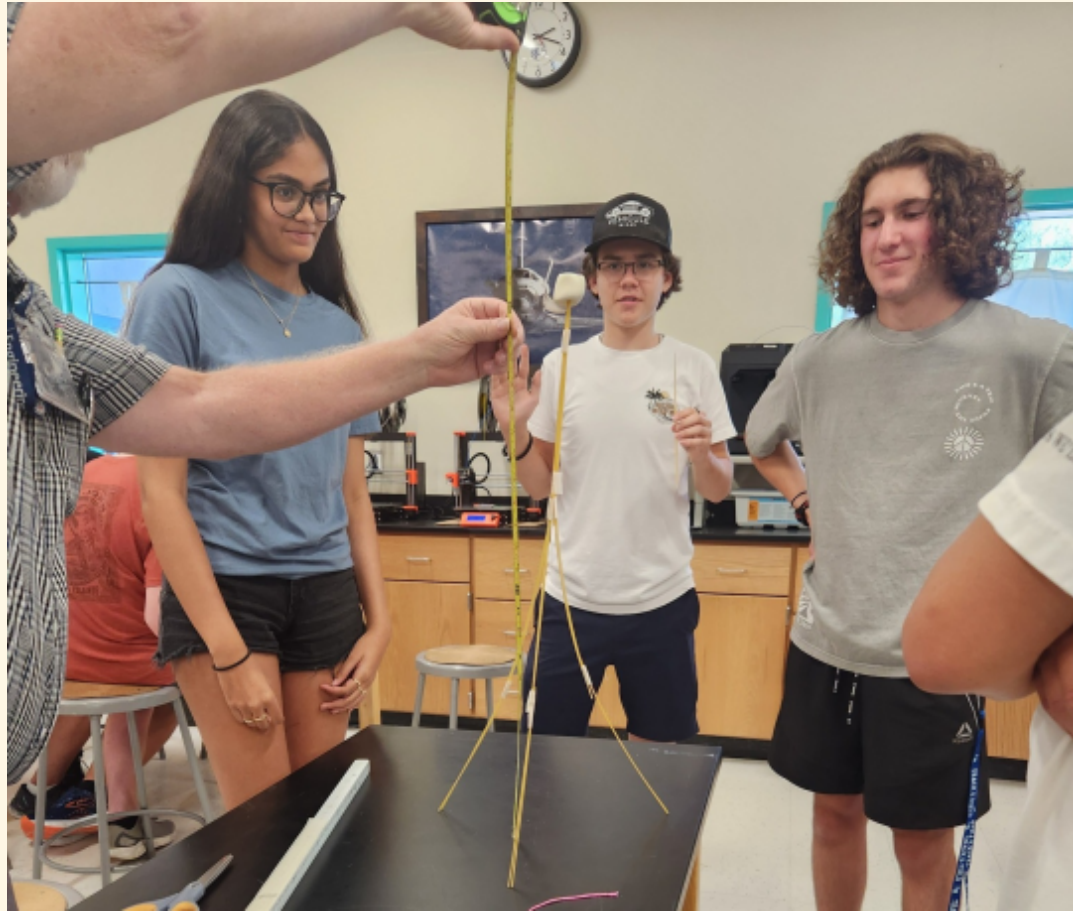


Mr. Crist recently assessed the skill levels of Amphitheater High School welding students based on technical standards. The assessments help guide the instruction for each of the students, an example of personalized learning in CTE.

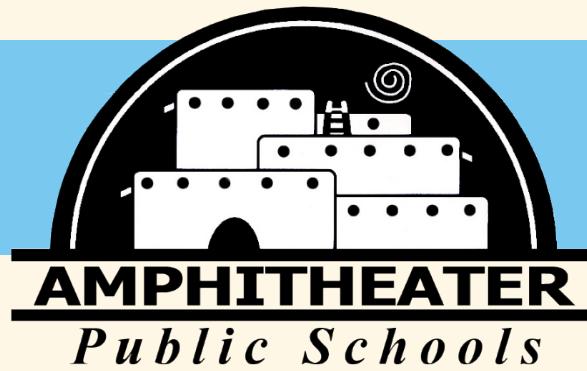




Around Our Schools



Engineering students at Ironwood Ridge High School are learning work toward mastering standards through hands-on activities, including last week's Marshmallow Challenge.



Let's Talk.

*(About cell phones,
but without using them.
You know...like in person).*



Defining the Problem



- 97% of students used their phones during school hours for an average of 43 minutes per day.

Radesky, J., Weeks, H.M., Schaller, A., Robb, M., Mann, S., and Lenhart, A. (2023). *Constant Companion: A Week in the Life of a Young Person's Smartphone Use*. San Francisco, CA. Common Sense Media.



- Nearly 60 percent of students said that they spend more than 10 percent of class time on their phones.

McCoy, B. (2016). Digital Distractions in the Classroom Phase II: Student Classroom Use of Digital Devices for Non-Class Related Purposes. *Journal of Media Education*, Vol 7, No. 1, pp. 5-32.



- More than 50% of kids get 237 notifications per day — while some receive as many as 4,500 every day. About 23% of these notifications occurred during school hours.

Radesky, Weeks, Schaller, Robb, Mann and Lenhart, *supra*.



- Social media is nearly universal. 40% of 8 to 12-year-olds are on social media. 95% of teenagers are on social media.

Office of the U.S. Surgeon General (2023). *Social Media and Youth Mental Health: The U.S. Surgeon General's Advisory (2023)*.





Defining the Problem

- Teens spend nearly 5 hours a day on social media apps. And, 41 percent of teens with the highest use of social media rate their overall mental health as “poor” or “very poor”.

American Psychological Association, Monitor on Psychology (April/May 2024).

- Each additional hour of screen time increases the odds of suicidal behavior.

Chu, J., Ganson, K., Baker, F., Alexander, T., Jackson, D., Murray, S., Nagata, J. (2023). Screen time and suicidal behaviors among U.S. children 9–11 years old: A prospective cohort study. Preventative Medicine. Vol. 169.



Mental Health Effects

- More than 3 hours a day on social media doubles the risk of poor mental health including experiencing symptoms of depression and anxiety.

Office of the U.S. Surgeon General (2023), *supra*.

- Phones prevent face-to-face communication, and research indicates face-to face interactions are linked to better mental health.

Shpancer, N. (May 30, 2023). Face-To-Face Communication: Healthier Than Digital? www.PsychologyToday.com (blog).

- Rates of school loneliness have doubled since 2012.

Twenge, J. M., Haidt, J., Blake, A. B., McAllister, C., Lemon, H., & Le Roy, A. (2021). *Worldwide increases in adolescent loneliness*. *Journal of Adolescence*, 93, 257–269.

- Since 2010, young people have experienced a 134% increase in anxiety and a 106% increase in depression.

Haight, J. (2024). *The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness*.



Mental Health Effects

- 22% of high school students have seriously considered suicide in the past year.
10% have attempted suicide in the past year.

Centers for Disease Control (2023) Youth Risk Behavior Survey 2011-2021.

- 95% of teachers say anxiety and depression is a problem in public K-12 schools.

National Education Association (June, 2024). Member Polling Results: Social Media, Personal Devices, and Mental Health.



Teaching and Learning Impacts

- 72% of high school teachers report cell phones are a major distraction in the classroom.

Thornton, B., Faires, A., Robbins, M., and Rollins, E. (2014). *The Mere Presence of a Cell Phone May be Distracting; Implications for Attention and Task Performance*. *Social Psychology*. Vol. 45, Iss. 6.

- Students not using their phones during class wrote down 62% more information. They also scored a full letter grade and a half higher on a multiple-choice test.

Kuznekoff, J. and Titsworth, S. (2013). *The Impact of Mobile Phone Usage on Student Learning*. *Communication Education*. Vol. 62, Iss. 3.

- Youth reporting loneliness are more likely to drop out of school at the age of 16.

- Jefferson, R., Barreto, M., and Verity, L., and Qualter, P. (2023). *Loneliness During the School Years: How It Affects Learning and How Schools Can Help*. *Journal of School Health* Vol. 93, pp. 428–435.

- 35% of teens admit to using their cell phones to cheat.

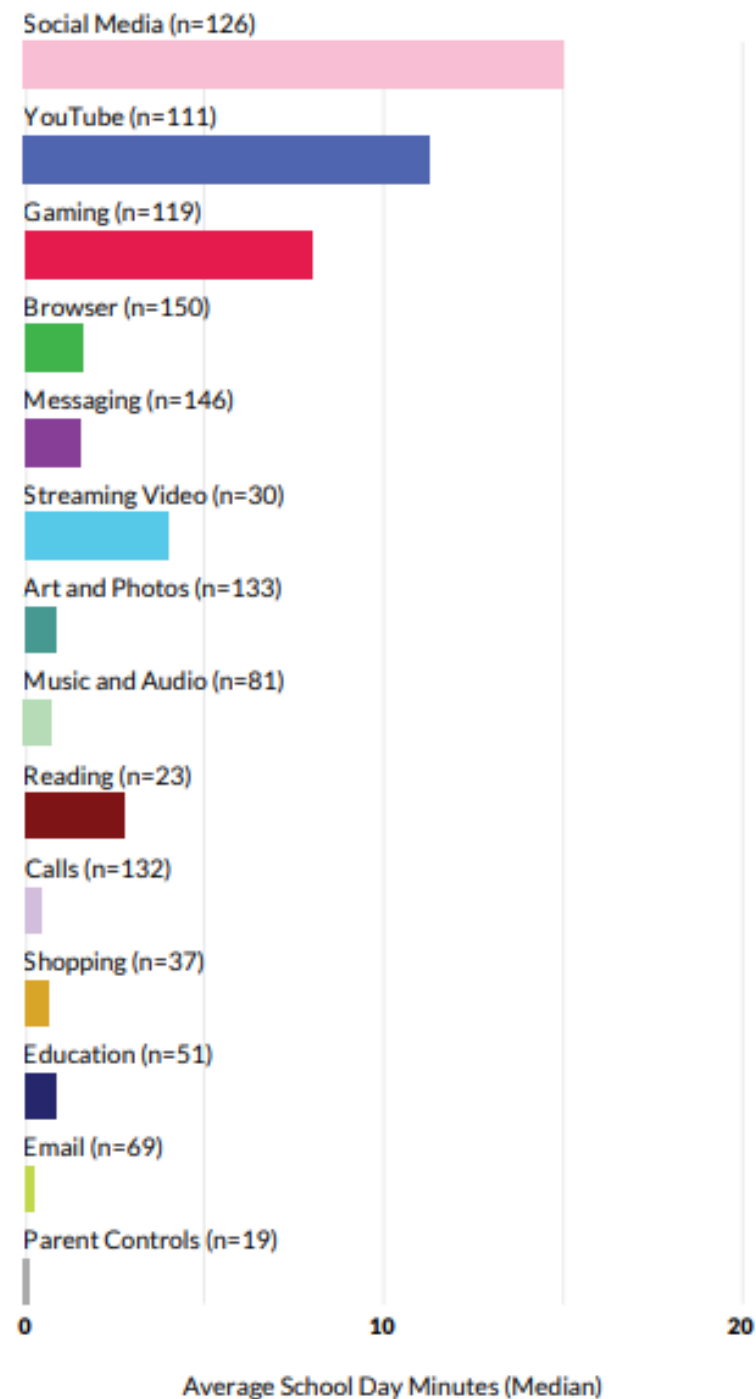
Radesky, J., et al. (2023), *supra*.



Teaching and Learning Impacts:

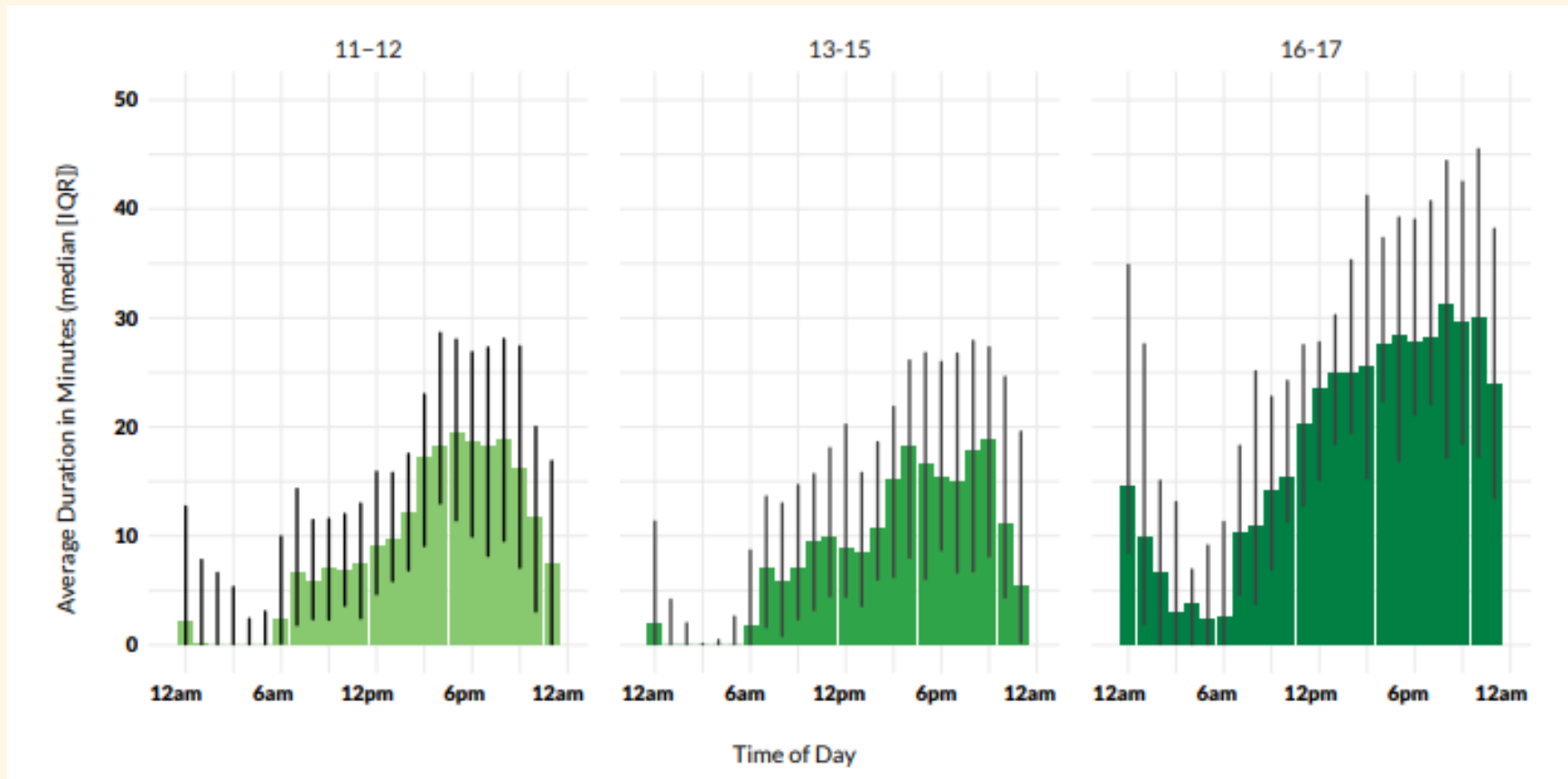
Median duration of use of different smartphone app categories during school hours

Source: Radesky, J., et al. (2023), *supra*.



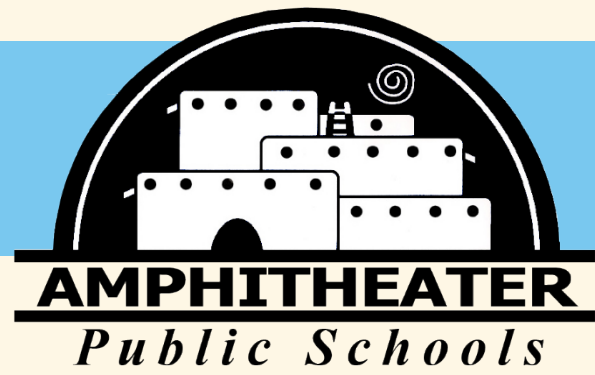


Teaching and Learning Impacts



Hour-by-hour plots (from midnight to midnight) of average smartphone use in minutes, split by age group.

Source: Radesky, J., et al. (2023), *supra*.



Thank you.

