



OUR REF : .....

TRN : 104153998000003

DATE: 19<sup>th</sup> September 2025

**To: Parents of all Students at St. Mary's Catholic High School, Dubai -**  
**NO PHONE POLICY DURING THE WORKING**  
**DAY AT SCHOOL.**

Dear Parents,

**Greetings from St. Mary's.** We are writing to you to discuss the policy about mobile phones, particularly after the recent ban on all MOBILE PHONES from the Ministry of Education in certain schools and their strong encouragement to Dubai private schools to adopt similar policies.

Parents and educators are consistently invested in the safety and well-being of our children. We would like to talk about the negative impact that the increasing presence of smart phones and social media is having on our children.

We can now find considerable data and evidence that clearly link early exposure to smartphones, digital devices and social media to mounting mental health issues among young people. Research into this area has found that children who avoid social media and smartphones in their formative years, experience better mental health, improved academic performance and stronger friendships.

While we may feel pressured as parents to provide these experiences to our children, we must ask ourselves the important question- Are we really adding value to their lives by prematurely exposing them to a digital world they are not emotionally mature enough to cope with? Moreover, this brings another question – Are we further exposing them to the dangers of online predators and strangers in this digital world who pose a huge risk to our children?

Governments across the world are beginning to take action. The UAE Ministry of Education has completely banned smartphones from school premises. These major changes clearly reiterate what research has shown –young minds need time to develop before being exposed to the highly addictive nature of these technologies.

St. Mary's Catholic High school currently enforces a no-phone policy during the working day for years 1-11 and this will now be extended to years 12 and 13. It is imperative that every child has a learning experience in school without the distraction of a mobile phone. At St. Mary's Catholic High School, we are of the firm belief that children should wait until at least 14 before owning a smartphone and 16 before being exposed to social media. We also understand that technology has a place in modern life, but that must also go hand-in-hand with the emotional and psychological maturity to cope with the ramifications of the digital world.

There are alternatives- basic mobile phones that allow for calls and messages without the distraction of social media and unending notifications. We strongly encourage parents to explore these options while prioritising reading, real-world interactions, physical sports and meaningful family time.

Let us stand together as parents and educators to protect our children's well-being over social pressures. Let us help our children better build value system that are based on integrity, kindness and humility, while creating an environment where our children develop a keen sense of resilience, a sense of empathy towards others and grow up as skilled and creative individuals without the premature pressures of the digital world.

Yours sincerely,



**Mr. Paul Asir Joseph  
( Principal )**

