

# Should schools ban mobile phones

In the classroom a taciturn battle unfolds between education and distraction, As mobile revolutionizes our mind into doomscrolling youtube even though there are many possibilities to be. But are mobile phones good? Are they so obsessive that teachers have to take them away? Are they developing mental or physical harm ? While these pocket size catastrophes offer us connection and convenience , they are becoming black holessucking our lives into them, eroding the potential and spoiling your life. Research shows that countless hours are lost in class times due to some “important” stuff. Each time distracting you for five to ten minutes till full concentration .

In a recent study scientist concluded that students who watch overall tend to be more exposed to cyberbullying and bad people which is correlated wit depression and suicide!. Imagine you're a teacher and you see your class drowsing in like apes hooked onto their phones. And as soon as you start lecturing the students start watching videos or taking a selfie but it does not stop their as then you hear that one of your student took their own life after they were being bullied in the internet while you try to explain it was not you who did not care as you get accused with constand belittlement and hate. A study was done by the NSW deputy and it showed that if you watch more than 2 hours your grades go down by over 15% . PPhone free schools report 35% percent higher grades and a 42% anxiety decrease than a school with phones. Meet Jeffrey who was recorded as a naughty student who got Ds in all subjects but after his school implemented a phone ban Jeffrey has been recorded getting Bs or even As. he said that he can actually focus now and get stuff in time which seemed impossible. While some students might argue that they won't be able to connect with their parents' office phones and school breaks are more than enough to contact the phone and the teacher won't have to listen to the constant ding! of phones.

The choices we make today will make a better tomorrow. Here is a Quote from Danny De Vito who is an American actor and filmmaker ‘ the choices we make today dictate the life we lead’ by using this and banning phones we will lead our life instead of phones leading them for us. By allowing our phones to be the teacher we are being robbed of the chance of undistracted learning and genuine human connection . Countries like France and Italy have already implemented this rule and have been reporting a better social environment and better academic grades. The solution lies in grasp: a comprehensive phone ban during school hours supported by secure storage facilities and clear communication protocols for emergencies. Imagine classrooms where eyes meet instead of scrolling screens, where conversations flow instead of message notifications, and where minds engage with ideas instead of social media feeds. The time for action is now - let's give our children back their right to learn, grow, and connect in a space free from digital distraction.

# Should homework be banned

Imagine you're a teacher and as your class comes in you realise that everyone is slumped, with giant eye sacks. Well what you just imagined is the consequences of homework. We all have had that feeling of achievement when you finish the school day or get past something really tricky but then you are tired and want to take a break. Then you realise your homework is due tomorrow and if you don't you will lose your perfect marks. This is the day in the life of a student. Teachers assign homework to improve cognitive development and strengthen a certain topic, but the current workload is affecting students' wellbeing. Studies show that excessive homework can lead to increased stress, decreased mental health and depression

Extended periods of desk work can impact physical health and the liking for that subject. Meet Jared who sustained an elbow injury by leaning on it while doing homework, he also reported that after extensive homework on algebra which he used to love had changed him into a person who can't stand it. Studies have shown that schools that make homework a necessity report a direct correlation to depression because students that already have a lot to do now have more which makes them believe that they are not enough and they are a disgrace. Extensive homework combined with students screen time leaves barely anything for time to exercise or go outside which can lead to various health concerns.

School breaks are meant to be enjoyed and savoured but instead children are locked indoors to do an essay while they are supposed to interact. Many students are also anxious due to the thoughts that they won't be able to do their homework thus leading to being expelled. Homework is the same as doing what you are supposed to be at home in school like sleeping. Many students have reported sleep deprivation and then been scolded at school for sleeping. You do not even have time to travel to and from lessons, even if you do you are too exhausted to do your other stuff like socialising with friends or family. Students can't even follow their dreams or passions. And things become less fun as you think that you have to do your homework after this and then it becomes a burden all until it is over. Should homework cause people to be antisocial and depressed even if the result is that you become smarter

Should students really lose their mental health, social skills, happiness, and barely gain any academic benefit and have depression and sustain injuries? While homework is important for academic growth, a reduced workload would allow students to follow on to their dreams like being a musician or an actor. A solution to this dilemma is that homework should not become mandatory, that if you can't do homework that you miss out and get hated by your teacher and if you do your homework you can get a reward like a sticker or extra credit. But it is in the hands of the school board if they want a happy utopian school or a sad dystopian school.