



East Brunswick High School

Achieving Excellence with Honor and Integrity



Principal

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Bear Family,

Last year, we communicated with families regarding our shift in cellphone expectations and our efforts to reduce distractions during instructional time. Since then, [New Jersey has enacted new legislation](#), and the New Jersey Department of Education has issued updated guidance requiring school districts to implement a bell-to-bell policy beginning with the 2026-2027 school year.

Under this updated requirement, students **may not use or access personal internet-enabled devices from the beginning of the school day through the dismissal bell**. Bell-to-bell includes **all** class periods, passing time, lunch, study halls, restroom visits, and any other portion of the regular school day.

This represents an important change from last year's expectations, which permitted students to use their cellphones during lunch and passing time. Beginning with the 2026-2027 school year, that use will no longer be permitted.

This law was enacted as a public health measure in response to growing concerns regarding the impact of excessive device and social media use on adolescents.

[Research](#) shows that:

- Nearly 95% of high school-aged students use social media, with many reporting frequent or near-constant use.
- Teens may spend up to 7 hours per day on social media, with a portion of that time occurring during the school day
- Students who spend more than three hours per day on social media are at greater risk for anxiety and depression
- Reducing access to personal internet-enabled devices during the school day is intended to support student learning, improve focus, and increase opportunities for meaningful, in-person interactions with peers and school staff.

Personal Devices

Students will not be permitted to use or access any personal internet-enabled or connected device during the school day. This includes, but is not limited to:

- Cellphones, smartwatches, and smart glasses
- Personal tablets, laptops, and gaming devices
- Wireless earbuds or headphones
- Any similar device capable of connecting to the internet, cellular service, Bluetooth, or another device

If brought to school, personal devices must remain completely powered off and stored out of sight in a student's backpack or another school-approved storage location for the entire school day. Devices may not be accessed during lunch, passing time, or when a student leaves class for any reason.

School-Issued Devices and WiFi Access

The Student Bring Your Own Device, or BYOD, WiFi network has been disabled. Students will not be permitted to connect personal devices to the school network or use cellular hotspots, tethering, or other methods to access the internet during the school day.

When technology is required for an instructional activity, students must use their district-issued device. Personal cellphones, laptops, tablets, smartwatches, or other connected devices may not be used as substitutes for a school-issued device.

Staying Connected During the School Day

We understand that many families have become accustomed to communicating directly with their children throughout the school day. We ask that parents and caregivers not call or text students during school hours, as students will not have access to their personal devices.

If you need to reach your child during the school day, please contact the East Brunswick High School main office. Our staff will ensure that important messages are delivered promptly. Students who need to contact a parent or caregiver may report to the main office or another designated school office for assistance. Students may also use their district-issued email account on their school-issued device when appropriate.

Approved Exceptions

Limited exceptions may be provided when the use of a device is required by a student's Individualized Education Program, 504 Plan, student health plan, or another documented circumstance recognized by law or approved through established school procedures. Any exception must be formally documented and approved in advance.

We recognize that this will be a significant adjustment for many students and families. However, the purpose of this policy is to create a school environment that supports student focus, academic engagement, meaningful in-person interaction, and overall well-being. The success of this initiative will require consistent expectations and a strong partnership between school and home.

Additional information regarding implementation procedures and consequences for violations will be shared before the start of the school year.

Thank you for your continued support and partnership.

Sincerely,



Edward J. Bucior, Ed.D
Principal