#### Yondr Pouches are Coming to Franklin



Dear Franklin Families,

For the 2025-26 school year, Franklin will be a phone-free space for all students to foster a more focused and engaging learning environment using a program called Yondr.

While we believe that phones have great utility, we have found that learning and social behavior improve significantly when students are fully engaged with their teachers and classmates. Along with our belief that school climate benefits from a phone free environment, Portland Public Schools passed a new district-wide cell phone policy requiring students to have their phones away all day. In order to meet the requirements of the district policy, every student will secure their phone and smartwatch in a personally assigned lockable Yondr pouch upon arrival at school. At the end of their school day, students will have access to unlocking stations to open the pouches. Students are responsible for bringing their assigned Yondr pouch to/ from school daily. Limited exceptions will be based on specific medical needs.

Research supports phone-free schools:

- Improved academic performance
- Increased student engagement
- Enhanced focus and concentration
- Reduced distractions and disruptions
- · Stronger social interactions and collaboration among students

If you haven't read "The Anxious Generation" yet, it's an important read. (The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness is a 2024 book by Jonathan Haidt which argues that the spread of smartphones, social media and overprotective parenting have led to a "rewiring" of childhood and a rise in mental illness.)

The decision to implement Yondr pouches, as a tool to help us all meet the new policy and improved practice, was made after conversations with Franklin High School stakeholders that included educators/staff, parents, and students. In the upcoming weeks, we will be providing more detailed information as we fine tune our new cell phone policy and procedures. In an effort to best serve your child, we appreciate your full support in the adoption of Yondr at Franklin HS.



The cost for the initial purchase and startup for Yondr pouches is sizable. We will add the cost of Yondr pouches on our fall suggested donations sheet and we will be collecting donations all summer for this cause. If you would like to make a tax deductible donation to help cover the start up costs please use this link or the QR code to make a donation. Thank you for your support.

Go phone free Lightning!

Dr. Zulema Naegele, Principal

#### YONDR



#### IMPACT OF PHONE-FREE SCHOOLS

Studies, legislation, feedback, and survey results underscore the impact of phone use on adolescents.





#### SURGEON GENERAL WARNS THAT SOCIAL MEDIA MAY HARM CHILDREN AND ADOLESCENTS

The report by Dr. Vivek Murthy cited a "profound risk of harm" to adolescent mental health and urged families to set limits and governments to set tougher standards for use.

The nation's top health official issued an extraordinary public warning on Tuesday about the risks of social media to young people, urging a push to fully understand the possible "harm to the mental health and well-being of children and adolescents."

#### MENTAL HEALTH



A cross-sectional study of almost 500 adolescents (age = 11-15) found a **positive association** between **social media use and poorer sleep quality, anxiety, and depression**; this association was even more pronounced for adolescents who had higher levels of emotional investment in social media.

Social Media Use and Display of Depressive Symptoms Online by Adolescents and Young Adults

The mere presence of **smartphones diminishes the attention resources** for engaging with the task at hand. Defined and protected periods of separation from devices are recommended to reduce interruptions and to increase available cognitive capacity.



Adrian Ward, et.al., "Brain Drain," Journal of the Assoc. for Consumer Research, 2017

#### **ACADEMIC PERFORMANCE & BEHAVIOR**

- After a ban on phones in high schools, students in the lowest quartile improved by 14.23% of a standard deviation.
- Banning cell phones could be a low-cost way for schools to address educational inequality.



Beland and Murphy, "Ill Communication," London School of Economics, 2015



An observational study of middle school, high school, and college students shows how easily young people are distracted by technology... Observers recorded minute-by-minute activities over a 15-min period and found that participants averaged less than 6 min on their main task before being distracted by technology such as checking their social media and texting with friends.

"Rates of teen depression and suicide have skyrocketed since 2011. It's not an exaggeration to describe iGen as being on the brink of the worst mental-health crisis in decades. Much of this deterioration can be traced to their phones."

- Jean M. Twenge, The Atlantic (2017) Have Smartphones Destroyed a Generation?



Since 2018, all legislation highlights mental health as the main concern when focusing on cell phone use and adolescents. The impact is global and so is the growing conversation.

<u>California</u>, <u>France</u>, <u>Australia</u>, <u>Canada</u>, <u>Israel</u> and <u>China</u> have all passed legislation to limit or prohibit student cell phone use.



86% of school leaders indicated that parents would support a policy limiting cell phone use during the school day.

"Cell Phone Use Policies in US Middle and High Schools," JAMA Pediatrics, 2021



Of teachers identified more teaching and learning time in their classrooms after implementing Yondr

Wyong HS: 2021 Yondr Impact Study

#### YONDR'S IMPACT

We received responses to our annual surveys from **over 1,200 school partners**, and after implementing the Yondr Education Program:

84%

Saw a change in student engagement

72%

Saw a positive change in student behavior

68%

Saw a positive change in academic performance

Of our most recent impact survey of over 370 of our school partners: 86% saw a positive impact in student safety and wellness.

"The changes have already been profound. There's so much more joy and interaction, and I can't count the number of parents who have asked me, 'How do I buy this for my home?'"

"We reclaimed the classroom learning environment. Kids spoke to one another in the cafeteria. We had two lockdown situations and without student phones we were able to deliver critical info to families without misinformation being spread. We also keep the building more secure and calm because of it. My CEO said it was her most important purchase of the year."

- Mariana Bracetti Academy Charter HS, New Jersey





#### **CELLPHONES & SCHOOL SAFETY:**

A quick scan of the headlines highlights what we all know—students are facing a social, psychological, and academic crisis. Mental health experts believe that cell phones are at the root of this issue and emphasize the urgent need to limit the time young people are spending online.

In 2023, U.S. Surgeon General Dr. Vivek Murthy released an <u>advisory</u> on social media and youth mental health stating that up to 95% of young people between ages 13-17 report near constant use of social media. Excessive use—over three hours daily—raises risks of depression, anxiety, body dissatisfaction, and exposure to harmful content. And students' use of smartphones in school leads to lower grades, increased cyberbullying, and a higher rate of behavioral incidents.

#### PARENTAL CONCERNS: IS MY CHILD SAFER IN AN EMERGENCY IF THEY HAVE A CELL PHONE?

Many parents recognize the tremendous benefits of a phone-free education, but still have some concerns over safety. They worry about being able to contact their child in an emergency or how their child can call 911.

While these concerns are more than understandable, top safety and security experts agree that smartphones do not improve student safety and can create dangerous distractions themselves. These safety experts warn that cell phone use during emergencies can actually hinder response efforts in many ways.

"The last thing we want is students on their cell phones in the midst of an emergency," says former Akron Public Schools Safety Director and Yondr School Safety Partner, Don Zesiger. "They should be taking direction from the principal, the teachers, and the leaders in the school to get them to a place of safety."

Zesiger also emphasizes the importance of a phone-free school policy to mitigate misinformation and its consequences.

#### HOW CAN CELL PHONES CAUSE HARM DURING AN EMERGENCY?

- **Distraction:** Phones can distract students from listening to first responders.
- Communication Jamming: High call volumes can disrupt emergency coordination.
- Noise Risk: Phone use might reveal students' whereabouts.
- Online Tracking Risks: Assailants could use social media to find additional victims.



"Fake social media posts threatening violence create panic and anxiety in all of us," says Zesiger. "Law enforcement researches all threats as if they are real and exercises due diligence to make sure our students are safe. This requires a tremendous amount of time and resources. A phone-free school limits the opportunity for bogus social media threats to occur during the school day and allows students and teachers to stay focused on learning."

#### COLLABORATING WITH PARENTS ON CELL PHONE SAFETY

When administrators and parents are aligned on the benefits of a phone-free school policy, they foster a safer, more focused learning environment.

- Safety vs. Convenience: Instant communication isn't always safer. Parents will be more supportive of a policy when they understand this critical distinction.
- Effective Communication Plans: There are a number of ways to unlock Yondr pouches in emergencies—via classroom bases, go bag bases, or safety shears.

  Assure parents that every student maintains possession of their own Yondr pouch and phone, and it will be immediately accessible once the student is safe.
- Follow Safety Procedures: Encourage parents to speak to their child about what to do during an emergency, and explain how they will be able to text/call as soon as they are in a safe location.



#### DON ZESIGER, YONDR SCHOOL SAFETY PARTNER

Don Zesiger, retired as the Director of Safety for Akron, Ohio Public Schools, implemented Yondr and many other innovations across Akron schools to enhance safety and create a more positive educational experience for students.

Don is a graduate of the F.B.I. National Academy, has 38 years of law enforcement experience, retired as the Chief of Police in Tallmadge, Ohio, and still holds an active peace officer commission through the Summit County Sheriff's Office that allows him to continue to work part time as a school resource officer. He is a dedicated professional that is passionate about providing for the safety and security of students and staff.

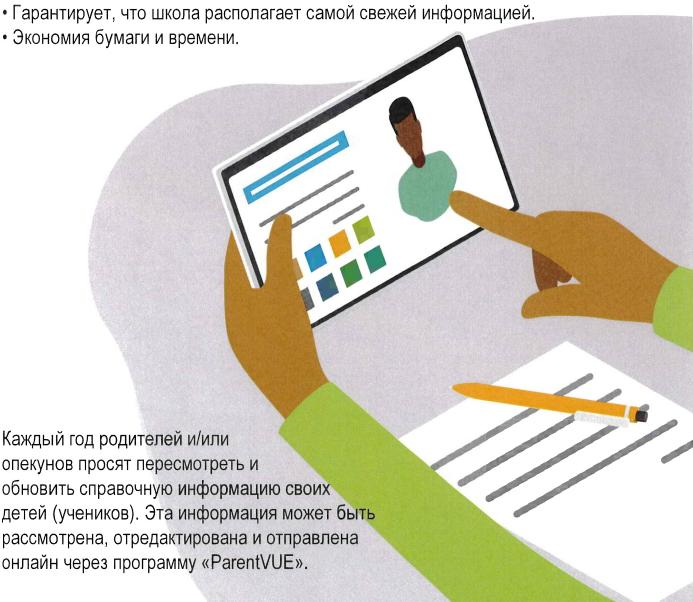
MILLIONS OF STUDENTS USE YONDR EVERY DAY
VISIT OVERYONDR.COM TO LEARN MORE



#### Обновите справочную информацию об ученике онлайн!

#### Преимущества обновления информации с помощью программы «ParentVUE»:

- Возможность проверить информацию об ученике.
- Возможность обновить предпочитаемый способ связи и язык общения.



Начните процесс, нажав на эту ссылку: parentvue.pps.net

**OTIS** Office of Technology & Information Services

## 25-26 BACK TO SCHOOL FEES & DONATIONS

## SCAN QR CODE TO PAY ONLINE:

Payment is accepted via cash, check or credit card at Back To School Prep (BTSP) Days or online at schoolpay.com (use QR Code). You do not need to complete this form if you are using SchoolPay. Bring an electronic or paper receipt during BTSP Days.

Many of the items listed below are voluntary. Suggested donation is included but any amount donated is greatly appreciated. Please contribute if you can. No



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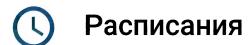
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#### Будьте в курсе всего, что происходит в вашей школе





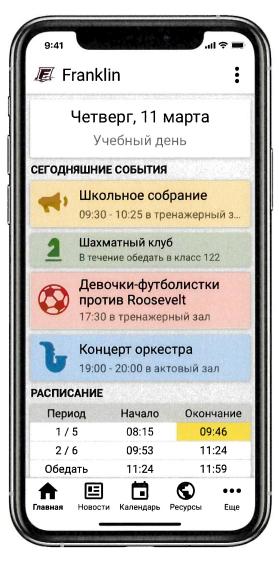




Запоминания

🔇 Ресурсы

**У**ведомления





Trivory.com/franklin





#### Meet your Support Team at Franklin

#### 2025-2026



Zulema Naegele Principal znaegele@pps.net ext: 84345







Amy Gervais Vice Principal (A-Hal) agervais@pps.net ext: 84349

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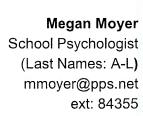


#### Meet your Support Team at Franklin

#### 2025-2026



Kate McLaughlin Counselor (Le-N) kmclaughlin@pps.net ext: 84320





Tearale triplett Counselor (O-Sk) ttriplett@pps.net ext: 84326

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Franklin High School 5405 SE Woodward St. Portland, OR 97206 (503) 916-5140

La Asistencia Ext: 63543 franklinattend@pps.net

#### Lifetouch

## PICTURE DAY IS COMING!

¡YA LLEGA EL DÍA DE LA FOTO!

August 18th & 19th, 2025 Franklin High School



Scan to order now! ¡Echa un vistazo para encargar ahora!







#### How it Works:



Pre-order today on mylifetouch.com using your Student ID or Picture Day ID:

**EVTJCCMJN** 



Students are photographed on Picture Day



Orders will be shipped to your home after Picture Day

Questions? Contact our Help Center at lifetouch.com/support-us. Select K-12 School Photography for assistance. ¿Preguntas? Comunicate con nuestro Centro de Ayuda en lifetouch.com/support-us. Selecciona Fotografia Escolar K-12 para recibir asistencia.

#### Franklin High School Parent Teacher Student

#### **Association (PTSA)**

**Become a Member Today** 

every child. one voice.

#### YES, I WANT TO JOIN THE FHS PTSA and help our students and school community thrive.

Your membership supports classroom grants and student opportunities! THANK YOU!

Join on SchoolPay or by completing this form (Please drop off with payment at the FHS main office).

Membership Type
Adult Membership (\$20)

**Student Membership (\$12)** 

Additional Donation

# of Memberships

\$ Amount

| YOUR DONATIONS ARE TAX DEDUCTIBLE: PTSA TAX ID#931009487 |  |  |  |  |  |
|--|--|--|--|--|--|
|  | Total Contribution: \$   |  |  |  |  |
| 1.   | Name & Email:  |  |  |  |  |
| 2.   | Name & Email:  |  |  |  |  |
| 3.   | Name & Email:  |  |  |  |  |
| 4.   | Name & Email:  |  |  |  |  |
|  | I am making my payment by:   |  |  |  |  |
|  | Cash Check (payable to FHS PTSA) SchoolPay (instructions below)                            |  |  |  |  |
|  | SchoolPay (https://pps.schoolpay.com/parent/payments/general): In SchoolPay, go to Back to |  |  |  |  |

School Fees & Donations and click the View Items button, then scroll to PTSA Adult

don't need to return this paper form to the FHS main office.

Contact PresFHSptsa@gmail.com to request a scholarship.

Membership and PTSA Student Membership. If paying through SchoolPay, you're all set - you

If you are paying by check or cash, please return this form with payment to the FHS main office.

#### Franklin High School PTSA

#### 2025-2026 Volunteer Interest Finder - Return form to FHS main office

Our school is a more welcoming place when many of us contribute. Please let us know which volunteer activities appeal to you. Sharing your talents/interests on this sheet is not a binding commitment! It would be truly amazing if every family was able to spend a few hours each year in service to our school.

\*Please Note: You can also fill out this form online (<a href="https://tinyurl.com/2cm7kvmt">https://tinyurl.com/2cm7kvmt</a>) under the PTSA tab on the FHS webpage.

| Person #1   |  | Person #2  |
|---|--|--|
| Name  |  |  |
|   |  |  |
|   |  |  |
| The s   | chool has an informative weekly newsle   | tter - The Bolt, so we send out our communications<br>eeds arise or when we need to amplify PTSA events.   |
| Studer  | nt Name(s) & Grade(s)  |  |
| Name  | of your feeder middle school   |  |
| #1  | #2   |  |
|   | Available for occasional day   | ytime opportunities  |
|   | Available for occasional eve   | ening opportunities  |
|   | STUDENT ENR  | ICHMENT & ACTIVITIES   |
| <b>dance</b><br>We tal<br>need.                     | es, celebrating honor students, onboard<br>ke turns twice each year staffing the PTA C   | udent registration, tending to our grounds, chaperoning ing prospective students and volunteering at the library. Clothing Center, which provides critical services to families in and staff during Appreciation Week. Supporting these diffeel connected to the school.   |
| Which   | student activities would you be interes  | eted in helping with?  |
|   |  |  |
|   | FUNDR  | AISING   |
| <b>library</b><br><b>group</b><br>in a va<br>spring | y equipment and fees for special events, s, the college and career center, SUN, the priety of ways - our direct appeal to FHS far plant sale, restaurant partners, and passive | tat help finance items like computers, classroom and and the PTSA budget also supports club activities, affinity the library, teacher appreciation and more. We raise money milies, business sponsorships, the winter wreath sale, the re donations through Fred Meyer Rewards and Bottle Drop. I in? Do you have connections with local businesses? |
|   | _  |  |

Thank you for supporting our students and staff! Any comments or questions, please contact presfhsptsa@gmail.com

#### FRANKLIN HIGH SCHOOL'S

#### SUN COMMUNITY SCHOOL

Extra Curriculars and After School Programming for ALL 9th - 12th grade students!

Monday through Thursday from 3:30PM - 5:30PM

What to look forward to:

40+ student led clubs

Annual Harvest Festival

Affinity Groups

Volunteer Opportunities

Student Internships

Adult ESL Classes

**Tutoring Program** 

20+ Community Partner
Programs

**BIPOC** Assembly

Resources and Support

Free After School Snack Program

Family Nights

Community Movie Nights

College and Job Preparation

...and much more!



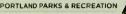
#### \*\*COMPLETE THE ONLINE REGISTRATION FORM TO PARTICIPATE IN ALL SUN PROGRAMS THIS YEAR \*\*

- 1. If you already created online accounts for SUN, they are saved for you! Just scan the QR code.
- 2. Not registered yet? Scan the QR code to create a parent account using your email address. Then, set up a <u>student profile</u> and select a class of interest for your student.

Questions? Contact Genavie Reyes, Franklin SUN Site Manager, greyes@impactnw.org















Support our program with a donation.
Please visit **impactnw.org**, click "Make a Donation" and under <u>preferences</u>, please type in 'Franklin SUN Program.'



# SUN Community School @ Franklin HS

greyes@impactnw.org / 971-570-1384 **SUN Coordinator:** Genavie Reyes

Betancourt Acevedo, cacevedo@impactnw.org **SUN Extended Day Coordinator:** Cassie

## **After School Programming**

below are availble for students to drop in / apply for throughout the 3:30PM - 5:30PM. Programs listed Monday through Thursday from SUN Programs are available whole school year.

SUN ROOM is SS-110

### Resources

clothing items, and snacks! The esources around utilities, food, students and families to local SUN Team can also connect supplies, hygiene products, SUN provides free school and financial support.

## **Community Partners**

academics, emotional well-being, cultural enrichment, and life skills. offer support in areas such as Community Partner Programs

Program meeting times vary from lunch time to after school.

## **Extra Curriculars**

student created and led with the All clubs and affinity groups are Get involved in your community! Students can start any club of their interest by completing a support of a staff member. form in the SUN Room.

## **LIST OF PARTNERS**

Community Organization AYCO - African Youth

BACKPACK PROGRAM

IN HOUSE SUPPORTS StreetRoots

**FUDENT INTERNS &** 

VOLUNTEERS

- **ASPIRE** Mentor Program
  - **Confidential Advocates** CORE

free pantry items

that Franklin

FHS School Social Resource Guide

LUTORING Intended for Email a list of

Worker

Backpack with

students/familes

- Jobs 101
- Pathways to Trade
- IRCO Immigrant & Refugee Community Organization Indian Education

**Culturally specific** 

foods can be

requested

ImpactNW Energy

Assistance -

Waitlist

Library on Mondays,

after school quick snack

Available

**Iutoring and** 

semester -

resources to

contact.

ndependently. Located in the

qualifiable

drop in, meet tutor, or work

with a peer students to

**ALL students** 

to grab a

positions each

volunteer Multiple

program for

Free snack SUPPER

**Futoring and** 

Supper

semester

positions each

Limited paid

can sign up for

- Slavic Program **Latino Network**
- Colegio de Padres Escalera
- McKinney-Vento Homeless Program

returns backpack

account shares SUN Instagram

> Wednesdays, & Thursdays from

Student picks up, takes home, and

One backpack

per household

be once a month

- Step Up Program dates will
- SUN Youth Advocacy Program and are still being
- The I AM Academy
- YEP Youth Empowerment Program

#### CLUB INFO

- creation form from SUN Room (SS-110) Pick up club
- long as they have a create a club as staff member on 3 students and 1 Students can board.
  - created throughout Clubs can be
- Annual Club Fair is held in September the school year recruitment.

#### COMMUNITY **EVENTS**

- Family Harvest Festival in Adult ESL October
  - Classes- Fall Winter, and Spring
    - Community
- **Family Nights Movie Nights**
- BIPOC Assembly College Prep

Remind App for SUN Updates: Remind.com/join/sunprogram

the Cafeteria

September & in

January open in

Located in

from 3:45-4:15.

Thursday Monday through

hours minimum

Required 30

Supper

Applications

or text @sunprogram to the number 81010

SUN Instagram: @franklinhs\_sun

SUN Registration Form: app.grouptrail.com/signin/22118







#### How to complete a SUN Registration form through Grouptrail

- 1.Scan the QR Code on the SUN Flyer Use your phone or device to scan the QR code provided.
- 2. Enter Your Email Address and submit.
- 3. Next, Check Your Email Look for email titled: "SUN Community Schools Hub".
- 4. Open the Email & Click the Link- This will take you to the Registration Form.



#### Steps for Filling Out the Registration Form:

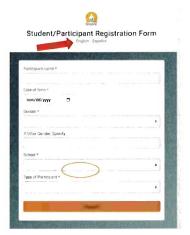
Parent Information

- 1. Enter:
  - Your email
  - Your first and last name



#### Student Registration Form (Only complete the \* ones)

- Enter Student Information:
  - First and last name
  - Date of birth (DOB)
  - Gender
  - Language
  - Race/Ethnicity
  - School: Select Franklin High School
  - Type of Participant: (choose from the drop-down)
  - Primary Method of Transportation
  - Secondary Method of Transportation
  - Current Grade Level
  - Household Contact Information





- Enter Contact Information:
  - Guardian's first and last name
  - Guardian contact number
  - Emergency contact name
  - Emergency contact phone number
  - Relationship of emergency contact to student

#### **Forms**

- 1. Read and complete the:
  - Non-Discrimination Agreement
  - Behavioral Agreement
  - Photo Release Agreement





#### Final Step



Come out before the game for food trucks, games, concessions, music, and exclusive merchandise!

Free entry until 6:00 PM — after that, a game day ticket is required for entry.

Don't miss the fun — bring your friends, rep your school, and get ready for kickoff!

**Event Sponsored by:** 





#### FAB Needs Your Time, Not Your Money!

In today's economy, school systems rely heavily on booster clubs like Franklin Athletic Boosters (FAB) to help fund athletic programs. Since 2018, FAB has supported essential projects across 17 high school sports teams, largely through parent and student involvement in **concession sales** and by supporting PIL with **ticket sales**.

#### Meet the Incoming '25/'26 Executive Board & Committee Chair Members!

President: Cobalt Coy

• Vice President: Kendra Tipton (& Co-Volunteer Coordinator)

Treasurer: Yin Bo YamSecretary: Coco Aid

• Co-Concession Managers: Daryl Faulkner / Jody Michaelson

• Co-Volunteer Coordinator: Rebecca Pilcher-Cleland

And there is always room for more (e.g. Social Media Coordinator - hint hint!)

#### How to find us:

- Website = FranklinAthleticBoosters.com
- Stack Team App = Franklin HS Booster Club
- Facebook = Franklin Boosters
- Instagram = Franklin Athletic Boosters PDX
- Email = info@franklinathleticboosters.com

Keep an eye out for an announcement on Stack Team App, Facebook, IG, and the Franklin HS Bolt for how you can volunteer.

-The FAB Team

#### BREAKING NEWS

## IF SUBSCRIBE TO IF THE FRANKLIN POST!



PLEASE CONSIDER SUPPORTING STUDENT JOURNALISM AT FRANKLIN BY SUBSCRIBING TO THE POST ON YOUR REGISTRATION FORM. YOUR SUBSCRIPTION HELPS US PRINT A PHYSICAL PAPER, FUND COLOR ISSUES, MAINTAIN UP-TO-DATE TECHNOLOGY, PAY FOR OUR WEBSITE, AND MORE! THANK YOU FOR ALL YOU DO TO SUPPORT OUR PROGRAM!