

REGULATION



USE OF MOBILE DEVICES

(Phones, Portable Consoles, Tablets and Smartwatches)

September 1, 2026



Introduction

Technological and scientific advances are a reality, happening at a fast pace. However, not everything they bring is consensual and positive. While they provide significant improvements to people's daily lives, they also present new challenges, both in their use and in their regulation.

The truth is that the mobile phone has come to be regarded as a tool, considered by many as essential and indispensable, but one that certainly divides opinions. Although it offers undeniable advantages, it can also negatively affect the classroom environment, the relationship between students, and the relationship between teachers and students, thereby weakening the social development of children and young people.

According to the Government's Information Note Recommendations to Schools on the Use of Smartphones (2025), it states that:

"The use of digital technologies for learning should take place within a pedagogical project accompanied by teachers and duly validated by schools. Individual use of devices by students is vulnerable to excessive, inappropriate, and harmful practices for young people's well-being."

It further states:

"International evidence points to risks of excessive use in several domains. Firstly, in learning, harming the ability of children and young people to concentrate. Secondly, in community life, promoting isolation instead of sharing, physical activity, and social interaction. Thirdly, in mental well-being, fostering dependency, anxiety or depression, lack of sleep, among other problems. These are the risks that the recommendations proposed in this document aim to mitigate, particularly regarding the use of smartphones."

Thus, it is essential that certain age groups grow up in a healthier social and individual environment, since social networks and some online games are creating worrying behaviours in today's children and youth.

In line with the Government guidelines, through Decree-Law 95/2025 of August 7, 2025, and the amendment approved by the Council of Ministers (CM) in August 2026, Colégio Rainha D. Leonor will reinforce restrictions on the use of mobile phones and other mobile communication devices (tablets, consoles, smartwatches), except for the use of the iPad assigned to the iCRDL Project, and only during learning activities supervised by a teacher.

This document is a revision of the school's previous mobile phone and mobile communication devices regulation (version 0, 2018).



Article 1 – Purpose

The purpose of this regulation is to define the rules for the use of mobile phones and mobile communication devices (tablets, consoles, smartwatches) in classrooms and common areas of the school.

Article 2 – Applicability

This regulation applies to all students attending Colégio Rainha D. Leonor (CRDL).

Article 3 – Principles and Sanctions

1st and 2nd Cycles

- The use of mobile phones or other devices is strictly prohibited on school premises for all students in the 1st and 2nd Cycles of Basic Education.
- Any urgent communication must be made through the means available at CRDL.

Disciplinary sanctions:

- Use of a mobile phone (or similar device – iPad/smartwatch) will result in a disciplinary record and immediate confiscation.
- At the 3rd incident: suspension for one day and enrolment may not be renewed.
- At the 5th incident: disciplinary procedure initiated.

7th, 8th, and 9th Grades

- Students may bring a mobile phone but the use of mobile phones or other devices is strictly prohibited on school premises. At the start of the first period each morning, phones must be placed in the classroom pouch and may only be collected at the end of the school day.
- Electronic devices may not be used in the atrium, corridors, or library.

Sanctions:

- Failure to place the phone in the pouch → disciplinary record. At the 4th incident: suspension for one day.
- Improper use (or similar device – iPad/smartwatch) → disciplinary record. At the 3rd incident: prohibited from bringing device for 5 days. At the 4th: suspension for one day. At the 5th: disciplinary procedure.
- Repeat cases will be reviewed by the School Management, and enrolment renewal may be conditional.

Secondary Education Students (CCH – CP)

- Phones and other mobile devices may be used during breaks, in outdoor areas of the building and in the snack-bar area, provided students respect the school's community standards. Strictly forbidden in corridors and atriums.



- Phones must be placed in the classroom pouch, switched off or on silent, at the start of every class.

Sanctions:

- Failure to place in pouch → disciplinary record. At the 3rd incident: suspension for one day, enrolment may not be renewed.
- Improper use (or similar device – iPad/smartwatch) → disciplinary record. At the 3rd: prohibited from bringing device for 5 days. At the 4th: suspension for one day. At the 5th: disciplinary procedure.

Article 4 – Cafeteria

The use of mobile phones or other devices is strictly prohibited in the cafeteria. Devices must be stored and kept silent. Use in this space implies confiscation, returned only at the end of the school day.

Article 5 – Exceptions

Teachers may authorize use for didactic purposes. Students must turn off and store devices after use.

- For 2nd and 3rd Cycle students with limited Portuguese: only the iPad assigned to the iCRDL Project (not phones) may be used in class for translation, and it may not be used outside the classroom.
- For Secondary students with limited Portuguese: devices may be used in class exclusively for translation and learning support applications. Any other use constitutes an infraction.

Article 6 – Recurrence and Misconduct

Cases of recurrence or misconduct (disrespect, unauthorized image recording, etc.) may lead to different sanctions decided by the Pedagogical Management and Class Teacher. Renewal of enrolment may be conditional.

Article 7 – Assessment Periods

Any violation during assessments may result in annulment of the assessment without retake.



Article 8 – Holiday Activities

During school holiday activities (Christmas, Easter, Summer), mobile phones, communication devices, or gaming equipment are strictly prohibited.

Article 9 – Study Visits and Field Activities

During study visits or field trips, 2nd and 3rd Cycle (7th, 8th, and 9th grade) students may bring phones, but they must remain in backpacks and only be used under teacher supervision for communication with family.

- Students are responsible for their devices. CRDL is not liable for loss or damage.

Article 10 – Omissions

Any cases not foreseen in this regulation will be reviewed and resolved case by case by the Pedagogical Management together with the Class Teacher.