

SINAI RETREAT CELL PHONE POLICY

Dear Sinai Parents,

We are so excited about our upcoming retreat on Saturday February 28th! A lot of people are working very hard to make this day as meaningful, fruitful, and fun as it can be for our youth, and we pray that they will all have a special encounter with the love of Christ while they are there.

To make this deeper encounter possible, we have developed a cell phone policy for the retreat. Often our phones serve as a significant distraction to our lives in general, and our spiritual lives specifically, therefore, **all phones, air pods, and other distracting technology will kept in a secure location for the duration of the retreat. Teens will not have access to their phones until after the retreat has concluded and pick-up begins at 8:00pm. This will be the case for all teens unless this form is submitted to me by the morning of the retreat.**

Teens exempt from this policy include:

- Those with serious medical (physical or mental health) conditions that may require them to contact parents quickly
- Those who have designated some other *valid reason* for needing to keep their phone on their person for the duration of the retreat. **Said reasons must be communicated to Hannah via email (hannah@blessedsacramentnc.org) by Friday February 20th.**

For teens who are able to keep their phone with them, they may not use them except in the cases specified. It is our goal to create a focused and prayerful environment during our time together this Saturday!

My child _____ must be able to keep their phone due to:

(Child's Name)

- Medical reasons
- Other reason (please specify):

Parent's Signature

Date

