Digital Citizenship Plan | 2026-2027

Valley View School

Calgary Board of Education

Digital citizenship is about using technology and participating in digital environments. It is key to helping our students learn to use available technology responsibly in the classroom and beyond. This Digital Citizenship Plan addresses how we work to build a community where we live and work together as digital citizens.

Relevant contextual information about our school and School Development Plan:

- Valley View is a dual program school+ Community and Science Programs
- Valley View is a K-6 school with 570+ students
- Valley View has a high number of students with EAL profiles and a significant transient population

Relevant evidence and data that informs our Digital Citizenship Plan:

- Baseline student survey data regarding screen use before bedtime identified opportunities to strengthen students' understanding of balanced technology use and healthy digital habits.
- Evidence gathered through previous Digital Citizenship Plans demonstrated that most students can independently access digital learning tools and platforms. As a result, the school's focus has shifted toward intentional, responsible, and balanced technology use.
- Grade 5/6 CBE Student Survey results identified opportunities to strengthen students' understanding of respectful online communication, online safety, and responsible participation in digital environments.
- Teacher observations and classroom conversations indicate continued opportunities to support students in making positive choices regarding technology use, managing screen time, and navigating online spaces safely and respectfully.
- These priorities support Valley View School's ongoing focus on student well-being, self-regulation, and the development of responsible, engaged learners.

Long Term Goal	Competency	Short Term Goals	Outcomes	Activities & Resources	Measures
Long term goal #1 Students will develop an understanding of balanced technology use and apply strategies that support positive mental, emotional, and physical well-being.	**Balanced** I balance time online and offline to promote positive mental, emotional and physical well-being.	**Short term goal #1** Students will brainstorm non-screen time activities that they can participate in at home	Students identify activities that support wellness both online and offline.	• Classroom discussions about healthy technology habits • Read-alouds and videos exploring balance and wellness • Individual and class brainstorming activities • Technology and wellness sorting activities • Family discussion prompts sent home regarding screen-time habits. • MediaSmarts family resources shared through school communication. • Student interviews with family members regarding technology use and balance.	• Student reflections • Teacher observations • Classroom discussions • Student-created examples of balanced activities
		Short term goal #2 Students will record when they take intentional breaks from screens using a checklist or journal.	Students explain how technology use can impact sleep, physical activity, learning, and relationships.	• Lessons exploring the relationship between screen time and wellness • Analysis of daily routines • Wellness literacy activities • Student self-reflection exercises	• Exit slips • Reflection activities • Classroom discussions • Teacher observations

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				• Family discussion prompts related to healthy technology habits.	
		Short term goal #3 Students will create a simple daily or weekly plan that includes screen time and non-screen activities	Students develop and apply personal strategies that contribute to balanced technology use.	• Personal goal setting • Family media plan • Screen-time reflection journal • Weekly wellness planning • Screen-Free Challenge completed with family members. • MediaSmarts resources	• Baseline and follow-up survey data • Student goal-setting evidence • Reflection journals • Teacher observations
Long term goal #2 Students will make intentional decisions regarding when and how technology supports learning.	**Balanced** I understand appropriate times and situations to use technology.	**Short term goal #1** Students will make intentional choices about when and how technology supports learning.	Students identify digital tools and applications that support learning within the classroom environment.	• App exploration activities • Classroom demonstrations • Digital learning scavenger hunts • Technology expectations lessons	• App identification tasks • Teacher observations • Student demonstrations
		Short term goal #2 Students will learn when it is appropriate to use each app during class routines (e.g., literacy time, centers, writing workshop) and can take a break from a screen and enjoy learning offline.	Students select digital or non-digital tools that best support their learning goals and classroom expectations.	• Choice-based learning tasks that offer digital and non-digital options • Guided technology decision-making activities • Classroom discussions regarding purpose versus distraction	• Student self-assessment • Teacher observation • Student reflection

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				• Teacher think-alouds about selecting appropriate learning tools • Reflection activities comparing digital and non-digital learning experiences • Sorting activities: "Technology Helps Learning" / "Technology Not Needed"	
		Short term goal #3 Students will independently apply classroom technology expectations and make appropriate decisions about technology use during learning activities.	Students will independently apply classroom technology expectations and make appropriate decisions about technology use during learning activities.	• Co-created technology expectations • Digital citizenship lessons • Classroom scenarios and role play • Reflection and discussion activities • Peer modelling of responsible technology use • Opportunities for independent technology use during learning tasks •	• Teacher observations • Classroom behaviour data • Student self-reflections • Learning walkthrough evidence
Long term goal #3 Students will demonstrate respectful, safe, and	**Respectful** I am respectful and inclusive in my words and actions.	**Short term goal #1** Students will create, maintain, and protect secure	Students identify examples of respectful and disrespectful communication in digital environments and explain the	• Digital communication scenarios • Class discussions	• Scenario responses • Student discussions • Teacher observations

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responsible behaviour within digital environments.	**Safe** I know how to be safe online and create safe spaces for others in online communities. **Responsible** I understand that anything I access, produce and post contributes to my digital presence.	passwords for their digital accounts	impact of online interactions on others..	• Role-playing activities • MediaSmarts resources	
		Short term goal #2 Students will use a decision-making process to evaluate whether online actions are safe, respectful, and appropriate before engaging online.	Students identify strategies that help keep themselves and others safe in online environments.	• Password security lessons • Privacy and personal information activities • Guest speaker presentations • Online safety modules • Online safety resources shared through the weekly school newsletter. • Password security tip sheet sent home to families. • Family discussion guide regarding personal information and online safety. • MediaSmarts resources	• Student demonstrations • Reflection activities • Teacher observations
		Short term goal #3 Students will identify how their online actions contribute to a digital footprint and demonstrate behaviours that create a positive online presence.	Students apply respectful, safe, and responsible digital citizenship practices when participating in digital environments.	• Digital citizenship pledge • Case study discussions • Student-created digital citizenship resources • Classroom leadership opportunities	• Student self-assessments • Teacher observations • Student reflections • School technology incident data

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				• Family conversation starters related to respectful online behaviour. • Home-school partnership resources from Common Sense Education or MediaSmarts.	

Next Steps and Focuses for the Coming School Year

- Continue supporting student understanding of balanced technology use and digital well-being.
- Increase opportunities for students to apply digital citizenship competencies across learning environments.
- Continue sharing online safety and digital citizenship resources with families.
- Monitor student survey data and school evidence to identify emerging digital citizenship needs.
- Explore opportunities to engage community partners and guest speakers to support digital citizenship learning.
- Continue embedding digital citizenship competencies within classroom instruction and school-wide learning experiences.