**CHILTHORNE DOMER CHURCH SCHOOL**

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**Information from our Digital Leaders**

Dear Little Pippins Foundation Stage Unit,

I am a Digital Leader from Chilthorne Domer Church School and I help Mrs Stradling to lead Online Safety across the school and within our local community.

I am writing to show you a **Building Habits** poster that we use I school to help our children make positive choices when using devices. In addition to their use in school, we also send this home to support our families and are now reaching out to our community to make others aware. We have included the EYFS poster for your use in nursery and will share some of the habits below.

Make sure you **ASK** an adult before using a device. ‘Please can I…’

**SHARE** what you are doing online withyour family. ‘Come and share this toy with me.’

**TELL** an adult what has happened, especially if something pops up or it makes you feel uncomfortable. ‘Oh, I don’t like this thing that just popped up, I’ll tell a teacher.’

**BE KIND** to people online and in real life. ‘Would you like to play with me? Do you want to be my friend?’

Make sure you **MOVE** every 30 minutes to keep your body active. It is good to have a great stretch.

**CHECK** if an adult can always see you when you are using a device. ‘I can see you. Can you see me?’

Think about the amount of **TIME** that you are using a device. ‘Is now the right time to use a device? Is it the right time to stop?’

Finally make sure you complete a **MIX** of activities that balance out your time on a device e.g. ‘What shall we play? Maybe we could play in the garden, go for a walk or read a story.

Many thanks for reading my letter and I hope our Building Habits poster will help you to stay safe online.

Yours sincerely,

Olivia

Digital Leader