



Lethbridge School Division

433 15 Street South, Lethbridge AB

Telephone: 403-380-5300

March 30th 2023,

Dear Parents,

Lethbridge School Division has recently started a Digital Wellness Program to support healthy technology use in students. Students in your school may be given the opportunity to partake in discussion and interventions surrounding their digital habits. The Digital Wellness team consists of a Digital Wellness Teacher and a Family Support Worker. These individuals will be visiting the schools within the Lethbridge School Division, at the discretion of your child's administrators and school staff. The Digital Wellness members have been trained to ensure that we provide a valuable program and lessons that are sensitive to your child's needs.

Students will be participating unless parents indicate otherwise. If you **DO NOT** wish your child to participate in discussion or group sessions with our Digital Wellness team, please complete the form below and return it to your child's school at your earliest convenience.

If you have any questions or concerns, please do not hesitate to contact your child's administrators or our digital wellness team.

Sincerely,

Sydney Erlendson
Digital Wellness Team, Family Support Worker

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PLEASE COMPLETE THIS FORM ONLY IF YOU **DO NOT** WISH YOUR CHILD TO PARTICIPATE

Student's Name _____ Teacher _____

I **DO NOT** want my child to receive support and intervention regarding their digital habits:

Parent/Guardian signature _____

Date _____