



# Digital Detours

Digital balance, mental clarity



## Drumroll, please

### Digital Wellness Team

Lethbridge School Division is proud to unveil its Digital Wellness Team ready to hit the ground running! Meet Cason Machacek, Digital Wellness Teacher, and Sydnie Erlendson, Family Support Worker—the duo is dedicated to ensure students, staff, and caregivers are educated, aware, and supported with purposeful, preventative, and proactive tech habits. With a true passion for wellness and connecting with the population of Lethbridge School Division, our team is itching to empower individuals to thrive in the digital world.

## Powered Up Partnerships

### Digital Wellness Team opportunities:

- Collaborative teaching to promote Health and Wellness outcomes in the classroom.
- Targeted small group intervention (FSW) to promote balance, health, and wellness in a personalized and unique manner.
- Generative dialogue opportunities aimed to explore how one can use digital tools intentionally and mindfully to enhance effective teaching and learning practices.
- Personalized inquiries and professional development opportunities to address requested areas of concern, growth, and potential within your school and this portfolio.





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## Tech Titans

Bite sized tech insights

**Student(s):** encourage students to set screen time limits, use timers, and frequent breaks. Unplugging and recharging can improve attentiveness and awareness when using technology.

**Educator(s):** 20-20-20: After 20 minutes of screen time, take a break and gaze at an object at least 20 feet away for 20 seconds to reduce eye strain while using technology.

## Wellness Building Pathways

- HPEC 2023: (Health & Physical Education Council) - May 4-6, 2023- Lethbridge, AB.
- Video game and youth- May 16- 4:00-6:00 PM - Free
- \*Titles are clickable links to register in sessions.

## Check It Out

Ignite your curiosity and explore the new horizons of the Lethbridge School Division's Digital Wellness portfolio, with our team's website. Here you'll find some of the innovative work our team will be embarking on within this evolving landscape.

*"Technology should improve your life,  
not become your life" - Billy Cox*



**SCAN ME**

**Let's Connect**