



Digital Detours

Digital balance, mental clarity



Digitally United

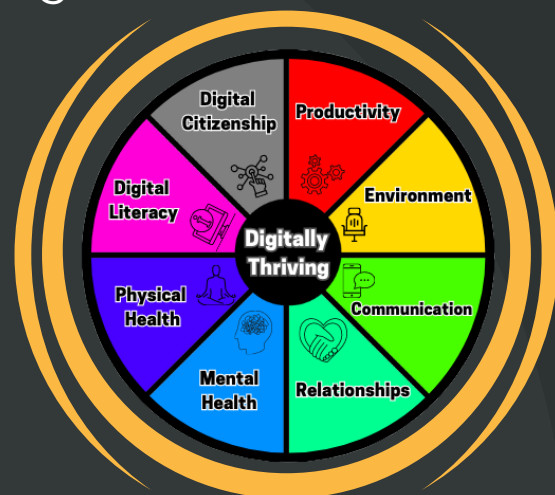
Digital Wellness Digest

Our school division's Digital Wellness Day (May 24th) united students from kindergarten to twelfth grade, offering interactive lessons, games, and discussions on digital well-being. Students gained knowledge around online safety, digital footprint, cyberbullying, and the impact of excessive screen time. The event fostered growth towards becoming strong digital citizens, build in reflection learning opportunities while using technology, and equipped students with tools for confident navigation of the digital landscape. It was a resounding success, emphasizing the importance of digital well-being.

Digitally Thriving

Empowering individuals to thrive in the digital age

Our team is dedicated to pursuing "Digital Thrival" by prioritizing digital well-being and growth around our key concepts. We provide research based knowledge, educational experiences, and innovative recommendations to equip individuals with the skills, tools, and attributes needed to harness technology's transformative power while prioritizing mental and physical health. Together, we can work to forge a path towards digital flourishing, enabling everyone to thrive in a connected world.





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Tech Titans

Bite sized tech insights

Student(s): Set aside time to look through your followers/friends list on your social media platforms. Make intentional decisions to unfollow or unfriend accounts that you do not regularly interact with, or accounts that do not enhance your wellbeing.

Educator(s): Declutter your email account by deleting emails that are taking up space in your inbox. Consider unsubscribing from automated emails that you do not engage with.

Wellness Building Pathways

- [Building the Adolescent Brain](#): Presentation by Dr. Robbin Gibb- Tuesday, June 6, 2023, 6:00 PM
- [Prioritizing Self Care For Educators/Parents](#): Presentation by April Prescott- Monday, June 19, 2023 4:00 pm (Webinar)
- *Titles are clickable links to register in sessions.

School Year Send Off

Thank you for your support!

We sincerely appreciate the families, staff, and students of Lethbridge School Division for embracing our Digital Wellness Team and incorporating us into their school communities. Your support has been invaluable in creating a culture of digital well-being. As summer break approaches, we encourage everyone to take time to reset, recharge, and enjoy. Our team eagerly awaits the new school year to continue evolving our digital wellness portfolio.



SCAN ME

Let's Connect

"Balancing Screens, enriching lives"