Lethbridge School Division

433 15 Street South, Lethbridge AB
Telephone: 403-380-5300

September 5th, 2023

Parents & Caregivers,

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 School Liaison Counsellor. 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 may 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,

Sydnie Erlendson
Family School Liaison Counsellor
Digital Wellness Team

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_____