



# Digital Detours

Digital balance, mental clarity

## Digital Wellness Ambassador Program

Fostering Digital Empowerment: Lethbridge School Division Digital Wellness Team set to Introduce the Innovative Digital Wellness Ambassador Program!

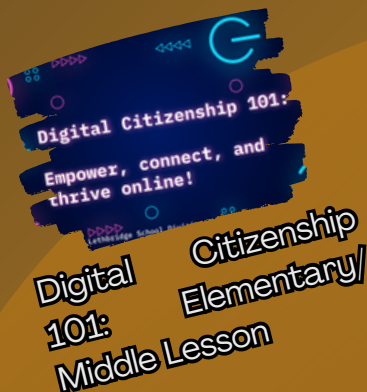
Lethbridge School Division is thrilled to announce the launch of the revolutionary "Digital Wellness Ambassador Program" in partnership with our High Schools! This cutting-edge initiative, driven by our passionate Digital Wellness Team, is dedicated to cultivating a culture of responsible technology use.

Our dynamic Digital Wellness Ambassadors, comprised of appointed high school students immersed in the screen-age environment, will play a pivotal role in fostering digital well-being within our school communities. Collaborating closely with the Digital Wellness Team, they will share perspectives, spearhead initiatives, build awareness, and ignite conversations around the responsible and purposeful integration of technology.

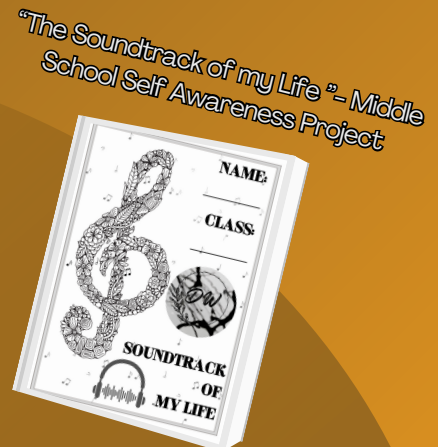


## Collaborative Learning in Leth. S.D.

The Digital Wellness Team has embraced each opportunity to create new innovative lessons, build rapport, and ignite digital wellness awareness in our Lethbridge School Division Schools! This month's highlights included:



Dr. Gerald B. Probe- Winter Activities Fun!



Book your students the experience of working toward digital thriving by visiting our bookings page ([click here](#))- Let's unite to guide our youth to shine online!



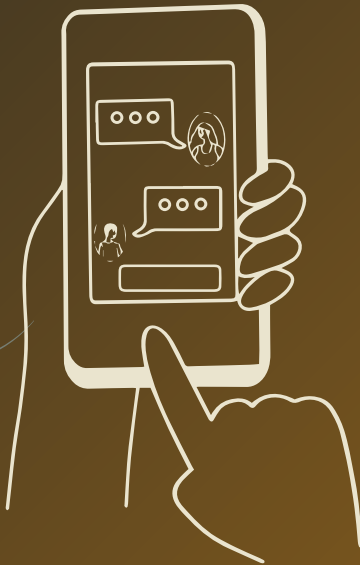
# Digital Detours

Digital balance, mental clarity

## Tech Titans

Bite sized tech insights

**Intentional Screen Time Usage:** Before engaging with your digital devices, take a moment to set a clear intention for your screen engagement, and elevate these intentions by vocalizing them to everyone near you. Ask yourself why you're using the device and what specific task or information you aim to achieve. This mindful approach helps you stay focused, reduces mindless scrolling, and fosters a purpose-driven interaction with technology. Expressing your intentions aloud can create accountability and mindfulness regarding your screen engagement, further promoting digital wellness and a more intentional use of your time.



## Wellness Building Pathways

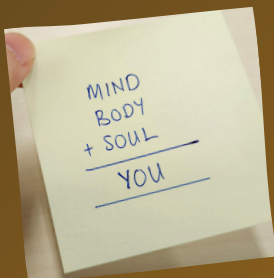
Shifting the Narrative; Embracing Self-Compassion

January 25, 2024 - 4:30 PM-5:30 PM.

Presentation by ERLC

Cost: NO CHARGE

Register by: clicking ([here](#))



## Less Screen More Dream

The Digital Wellness Team is excited to invite you to embark on a refreshing journey this New Year. Take a moment to reflect and consider one simple way to infuse less screen time and more moments of dreams into your daily routines. Whether it's going for a walk without your mobile device, enjoying screen-free meals, or regularly engaging in screen-free activities – the possibilities are endless! Join us in building off the spirit of the "12 Days of Digital Wellness" and make a small, positive adjustment to your screen habits this new year. Your well-being matters, and every small change counts! ✨ #DigitalWellness #NewYearNewHabits



Visit our Teams Website