

**NAME:**

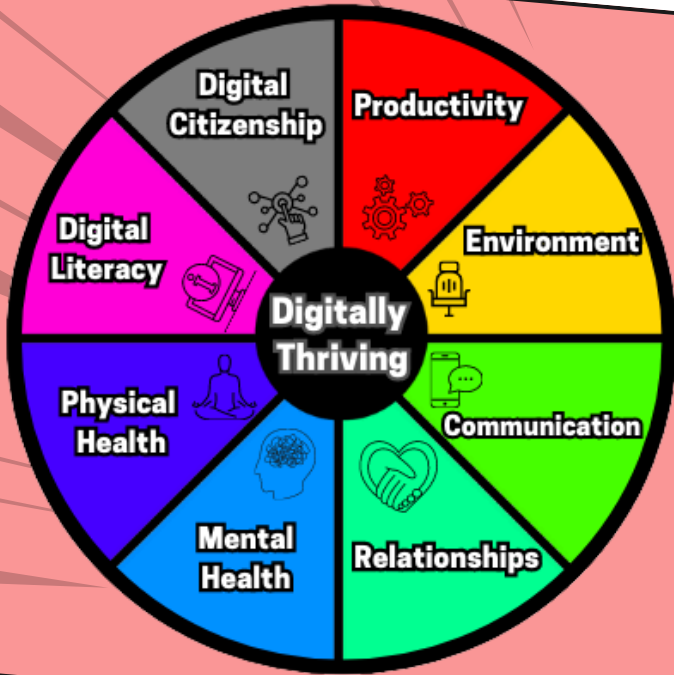
**DATE:**



**NAME IT,**

**TAME IT,**

**PROCLAIM IT!**



**NAME IT:**

**CHOOSE ONE ACTION YOU'LL MAKE TO IMPROVE YOUR DIGITAL WELL-BEING.**

**TAME IT:**

**WRITE DOWN A PLAN (DETAILS) ON HOW YOU WILL IMPLEMENT THIS ACTION.**

**PROCLAIM IT:**

**SHARE YOUR CHOSEN ACTION AND HOW IT HAS POSITIVELY IMPACTED YOUR DIGITAL WELL-BEING WITH A FRIEND, FAMILY MEMBER, TEACHER, OR TRUSTED INDIVIDUAL TO INCREASE ACCOUNTABILITY.**

# THANK YOU FOR YOUR SUPPORT!

I wanted to take a moment to express my heartfelt gratitude for your support and initiative in educating students about digital wellness, healthy balance, and responsible technology usage. Your dedication and commitment to your students' well-being is inspiring. The knowledge and skills you're imparting in your students will have significant impact on their lives, both now and in the future.


Explore more resources and activities focused on digital wellness by visiting our [website](#). If you found our team helpful and purposeful, we invite you to strengthen our rapport in the community by clicking below to leave a testimonial about your experiences.





**Testimonials**




## Cason Machacek

 Lethbridge School Division

 Digital Wellness Teacher

 (403) 380-5300 Ext: 12261

 (403) 892-0782

 [Cason.machacek@lethsd.ab.ca](mailto:Cason.machacek@lethsd.ab.ca)



**NAME:**

**DATE:**



**NAME IT,**

**TAME IT,**

**PROCLAIM IT!**



**NAME IT:**

**CHOOSE ONE ACTION YOU'LL MAKE TO IMPROVE YOUR DIGITAL WELL-BEING.**

**TAME IT:**

**WRITE DOWN A PLAN (DETAILS) ON HOW YOU WILL IMPLEMENT THIS ACTION.**

**PROCLAIM IT:**

**SHARE YOUR CHOSEN ACTION AND HOW IT HAS POSITIVELY IMPACTED YOUR DIGITAL WELL-BEING WITH A FRIEND, FAMILY MEMBER, TEACHER, OR TRUSTED INDIVIDUAL TO INCREASE ACCOUNTABILITY.**

# THANK YOU FOR YOUR SUPPORT!

I wanted to take a moment to express my heartfelt gratitude for your support and initiative in educating students about digital wellness, healthy balance, and responsible technology usage. Your dedication and commitment to your students' well-being is inspiring. The knowledge and skills you're imparting in your students will have significant impact on their lives, both now and in the future.


Explore more resources and activities focused on digital wellness by visiting our [website](#). If you found our team helpful and purposeful, we invite you to strengthen our rapport in the community by clicking below to leave a testimonial about your experiences.





**Testimonials**




## Cason Machacek

 Lethbridge School Division

 Digital Wellness Teacher

 (403) 380-5300 Ext: 12261

 (403) 892-0782

 [Cason.machacek@lethsd.ab.ca](mailto:Cason.machacek@lethsd.ab.ca)



**NAME:**

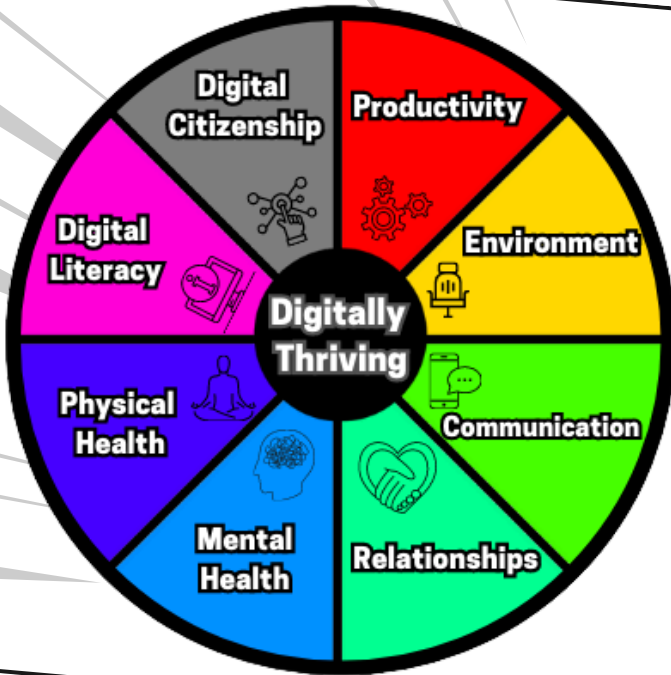
**DATE:**



**NAME IT,**

**TAME IT,**

**PROCLAIM IT!**



**NAME IT:**

**CHOOSE ONE ACTION YOU'LL MAKE TO IMPROVE YOUR DIGITAL WELL-BEING.**

**TAME IT:**

**PROCLAIM IT:**

**WRITE DOWN A PLAN (DETAILS) ON HOW YOU WILL IMPLEMENT THIS ACTION.**

**SHARE YOUR CHOSEN ACTION AND HOW IT HAS POSITIVELY IMPACTED YOUR DIGITAL WELL-BEING WITH A FRIEND, FAMILY MEMBER, TEACHER, OR TRUSTED INDIVIDUAL TO INCREASE ACCOUNTABILITY.**



# THANK YOU FOR YOUR SUPPORT!

I wanted to take a moment to express my heartfelt gratitude for your support and initiative in educating students about digital wellness, healthy balance, and responsible technology usage. Your dedication and commitment to your students' well-being is inspiring. The knowledge and skills you're imparting in your students will have significant impact on their lives, both now and in the future.


Explore more resources and activities focused on digital wellness by visiting our [website](#). If you found our team helpful and purposeful, we invite you to strengthen our rapport in the community by clicking below to leave a testimonial about your experiences.





**Testimonials**




## Cason Machacek

 Lethbridge School Division

 Digital Wellness Teacher

 (403) 380-5300 Ext: 12261

 (403) 892-0782

 [Cason.machacek@lethsd.ab.ca](mailto:Cason.machacek@lethsd.ab.ca)



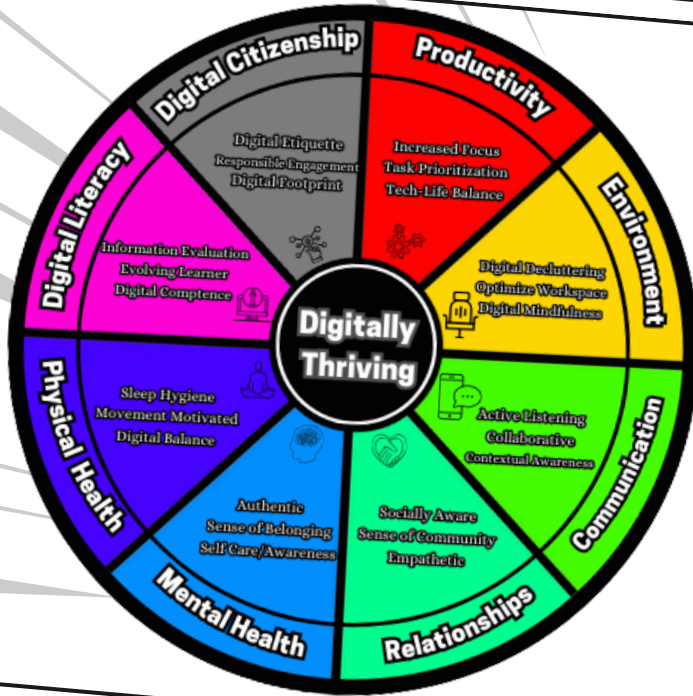
**NAME:**

**DATE:**

**NAME IT,**

**TAME IT,**

**PROCLAIM IT!**



**NAME IT:**

**CHOOSE ONE ACTION YOU'LL MAKE TO IMPROVE YOUR DIGITAL WELL-BEING.**

**TAME IT:**

**PROCLAIM IT:**

**WRITE DOWN A PLAN (DETAILS) ON HOW YOU WILL IMPLEMENT THIS ACTION.**

**SHARE YOUR CHOSEN ACTION AND HOW IT HAS POSITIVELY IMPACTED YOUR DIGITAL WELL-BEING WITH A FRIEND, FAMILY MEMBER, TEACHER, OR TRUSTED INDIVIDUAL TO INCREASE ACCOUNTABILITY.**

# THANK YOU FOR YOUR SUPPORT!

I wanted to take a moment to express my heartfelt gratitude for your support and initiative in educating students about digital wellness, healthy balance, and responsible technology usage. Your dedication and commitment to your students' well-being is inspiring. The knowledge and skills you're imparting in your students will have significant impact on their lives, both now and in the future.


Explore more resources and activities focused on digital wellness by visiting our [website](#). If you found our team helpful and purposeful, we invite you to strengthen our rapport in the community by clicking below to leave a testimonial about your experiences.





**Testimonials**




## Cason Machacek

 Lethbridge School Division

 Digital Wellness Teacher

 (403) 380-5300 Ext: 12261

 (403) 892-0782

 [Cason.machacek@lethsd.ab.ca](mailto:Cason.machacek@lethsd.ab.ca)

