



# Digital Detours

Digital balance, mental clarity

## Digital Wellness: Ambassador Rollout

Continued engagement and interaction with students, teachers, and families!

The Digital Wellness Team is thrilled to announce that the Digital Wellness Ambassador Program is officially underway! Each high school in the Lethbridge School Division has appointed two student Ambassadors to represent their school community, and partake in learning and leadership opportunities through the digital wellness lens. Our team is excited to continue collaborating with these students, and explore ways that this program may be utilized within each school.



With the success and engagement of our first ever Digital Wellness Day in May of 2023, our team is looking forward to hosting a second annual Digital Wellness Day this coming Spring. Further details will be provided in next month's Newsletter!



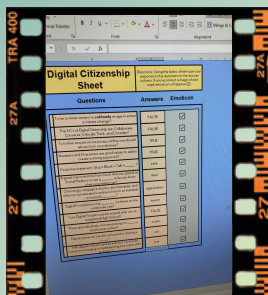
## Collaborative Learning in Leth. S.D.

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 in action highlights included:

**Dr. Robert Plaxton-School Based Residency!**



**Gr. 7-8 - Digital Citizenship Unit**



**Professional Learning Presentation- SWATCA 2024!**



**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!**



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## Tech Titans

Bite sized tech insights

Let's **MARCH** towards Digital Wellness by engaging in "Analog Activities".



"Analog activities" encompass hobbies and practices that don't rely on screens. These are the pastimes people enjoyed before TVs and personal devices became ubiquitous. Examples include puzzles, stargazing, journaling, experiencing nature, playing an instrument, learning magic tricks, and much more.



Engaging in these activities can stimulate dopamine release, offering entertainment and enjoyment away from digital screens. Balancing high dopamine activities with lower-dopamine ones can be key to supporting holistic wellness, ensuring a well-rounded and fulfilling lifestyle.



## Wellness Building Pathways



Vaping: What Parents Need To Know  
March 6th, 2024 - 7:00 PM-8:30 PM

Alberta Health Services: Healthier Together

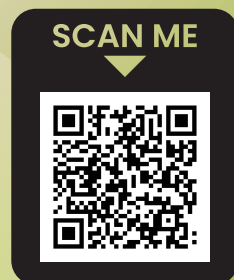
Cost: NO CHARGE

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



## Understanding Generational Environment Differences

The rapid evolution of technology means that the digital world children inhabit is vastly different from the one adults grew up in. Unlike our own upbringing (devoid of constant connectivity and digital devices), today's children are immersed in a digital landscape from a very young age. Those who grew up prior to the emergence of on-hand digital devices developed social, emotional, and communicative skills through face-to-face interactions. Today's youth often base their framework of these skills on their experiences in the online world. This fundamental shift in the fabric of childhood poses challenges for adults seeking to comprehend the intricacies of their children's experiences, and vice versa. Acknowledging how these differences may affect our behaviours and ways of thinking can give space for empathy and intergenerational learning opportunities to occur.



Visit our Teams Website