



Digital Detours

Digital balance, mental clarity



Celebrating One Year of Digital Wellness Learning

Reflecting on a year marked by our commitment to digital wellness in the Lethbridge School Division, we applaud the incredible success stemming from our cohesive teamwork with our schools as the Division's Digital Wellness Team. Throughout this past year, we've not just imparted knowledge but nurtured valuable connections within our school communities and its students. Through our collaborative efforts, we've seen students, educators, and families adopt healthier and more responsible technology habits. This journey has been characterized by learning, evolution, and the sharing of diverse perspectives, ultimately enriching the lives of everyone involved. We extend our gratitude to all the school communities that have welcomed these unique opportunities.

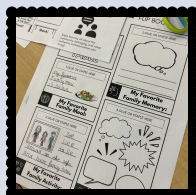
As we embark on year two, our resolve is stronger than ever to make it even better. Let's continue to foster a culture of balance and mindfulness in our digital lives, nurturing a generation equipped with the tools to navigate the digital landscape responsibly and thrive in all aspects of their well-being. Here's to a year ahead filled with even more learning, connections, and impactful moments!



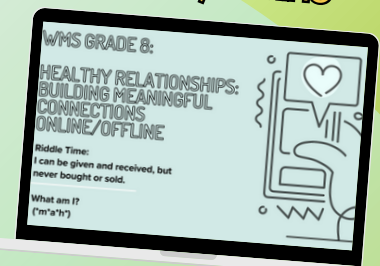
Digital Wellness Journeys: Monthly Spotting's

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:

Fleetwood Bawden School- Communication Lesson(s): "Our Table" Activity



Wilson Middle School- Building Meaningful Connections Online/Offline



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

Empower your message with empathy: ReThink before you send.



ReThink is a thoughtful companion in the digital world, offering a moment of reflection before sending messages. This app serves as a gentle reminder to pause and consider the impact of one's words. By encouraging users to rethink their messages, it aims to prevent hurtful or inappropriate content from being shared.

While ReThink is a valuable tool for promoting more responsible communication online, it's important to remember that one's unique human empathy and understanding are at the core of shaping interactions. This app can be a tool to simply enhance one's ability to communicate with kindness and mindfulness in the digital age.



Wellness Building Pathways



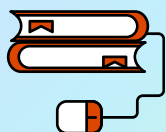
The Four Seasons of Wellness

April 9th, 2024 - 7:00 PM-6:00 PM
Edmonton Regional Learning Consortium
Cost: NO CHARGE
Register by: clicking [\(here\)](#)



Slam: Collaborative Sharing of Edtech Tools for Supporting Teaching and Learning

April 10th, 2024 - 4:00 PM-6:00 PM
Edmonton Regional Learning Consortium
Cost: NO CHARGE
Register by: clicking [\(here\)](#)



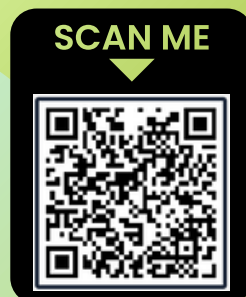
Share Your Digital Wellness Teaching Stories

Let's celebrate the Digital Wellness Team's one-year anniversary together by building a word cloud sharing in what ways and to what extent you have further integrated Digital Wellness pedagogy into your teaching over the past year. Share your strategies, programs, experiences, perspectives, and insights with our team in ways you have fostered units, lessons, clubs, initiatives, or discussions surrounding 'digital well-being' among students in your class and/or school community.

Poll Everywhere Link



Let's continue to build a community dedicated to mindful technology integration in education by sharing all the wonderful ways we connect with students!



Share by scanning or clicking here!