



# Digital Detours

Digital balance, mental clarity

## Digital Wellness Day: Away for the Day

Mark your calendars! Our division is taking a step towards promoting mindful technology use with its second annual "Digital Wellness Day" on May 22nd, 2024. This initiative aims to bring staff and students together in a common experience of being mindfully "away for the day" from personal devices. Disconnecting to reconnect is the heart of this day, fostering conversation and reflection on the role technology plays in our lives.

The day will be tailored to specific age groups. For our Elementary settings (K-Gr. 5), the focus will be on rediscovering the joy and importance of play, imagination, and creativity untethered from screens. Middle schoolers (Gr. 6-8) will explore the potential distractions and disruptions devices can cause to focus, while high school students (Gr. 9-12) will delve deeper into the challenges of managing a technology-saturated world. Effective coping strategies, emotional regulation, and the value of face-to-face connection as some of the central themes.

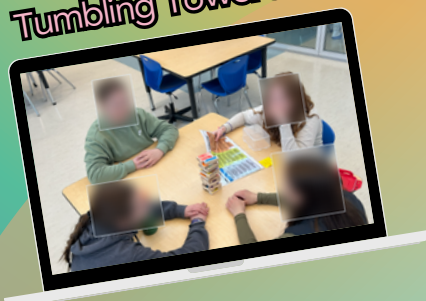
To support educators in bringing this vision to life, the Division's Digital Wellness Team will provide classroom resources and suggestive ways to integrate these themes into lessons and conversations throughout the day. Stay tuned for further information as we approach this exciting endeavor together!



## 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:

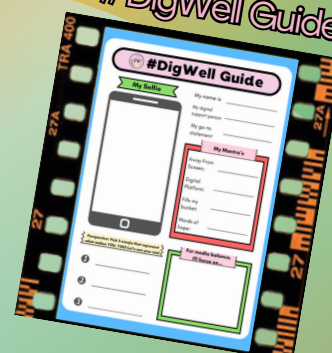
Senator Joyce Fairbairn:  
Tumbling Towers



General Stewart School Wide Residency



Galbraith  
#DigWell Guide



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

TikTok launches “TikTok Notes”, a new app in the Social Media World.



In a move targeting competitor Instagram, TikTok has launched a new app called "Notes" exclusively in Canada and Australia. Here's a breakdown of what we know so far:

**Focuses on:** Photos and text content. Allows photos/images with captions and headlines.

**Account creation:** If a user has a TikTok account once TikTok Notes is download, the user will be prompt to use existing TikTok login.

**Privacy Concerns:** Usual social media privacy risks apply. Encouraged to view available settings within app to meet own discretion.

**Features:** Following and For You tabs (similar to TikTok, no Stories or Reels.)

We'll closely monitor usage patterns and user sentiment as TikTok Notes enters the market, prioritizing potential impacts on well-being.

## Wellness Building Pathways



**Unveiling the Key Distinction: Boundaries vs. Limits - and the Incredible Benefits Within!**

May 9th, 2024 - 4:30 PM-5:30 PM

Edmonton Regional Learning Consortium

Cost: NO CHARGE

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



## From Pixels to Portals: Evolution of Video Games

Video games have come a long way from the side-scrolling adventures and linear levels video games have morph to living in open worlds, complex narratives, and player-driven experiences. This month we're excited to explore some of the lingo and unique features this transformation has offered to equip parents and players.

Feature	Sandbox Games	Condo Games
Focus	Exploration, agency, and problem solving, etc.	Creative expression, various game modes, social interaction, etc.
Gameplay	Questing, unexpected events, resource management, emergent, etc.	Customizing, collecting items, self-directed, minimal goals, etc.
Examples of Games	Minecraft, Roblox, Grand Theft Auto, etc.	Second Life, Sims, Animal Crossing, etc.

Visit our website:

