



Digital Detours

Digital balance, mental clarity

Welcome to the 2024/2025 School Year!

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

The Digital Wellness Team is so excited to welcome everyone to a new school year! We are thrilled to be able to continue supporting the staff, students, and families of the Lethbridge School Division. As we embark on a new year, our team is committed to continue exploring new ways to build positive digital habits and encourage others to create a lifestyle that is rooted in balance.



Continued Supports and Services

The Digital Wellness Team has embraced each opportunity to create new and innovative lessons, build rapport, and ignite digital wellness awareness in our Lethbridge School Division Schools! Please see below for the list of supports and services that are provided.

Collaborative Teaching:

The Digital Wellness Teacher and the classroom teacher collaborate on curricular delivery with a digital wellness focus, using the gradual release of responsibility framework to enhance capacity building for both staff and students.

Generative Dialogue:

Our Digital Wellness Teacher offers the opportunity to share and collaborate with teachers and other school staff members to meet the unique needs of each school.

Focus Group:

Our Family School Liaison Counsellor hosts opportunities for small groups (3-6 students) to gather to share insights and develop skills in the realm of digital wellness.

Individual Support and Intervention:

Our Family School Liaison Counsellor offers targeted interventions for students who may be requiring support for digital misuse.





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Tech Titans

Fall into Healthy Habits

Falling into good digital habits can transform how we interact with technology and improve our overall well being. During a season that is so associated with change, there is no better time to consider some of your personal technology practices, and how you might make positive changes.

We encourage you to visit our "Fall into Wellness" choice board and intentionally spend some time this fall season connecting with others, exploring the change of colors outside, and growing towards a fulfilling and bright fall season.

Kindly submit your feedback after you complete the choice board using the QR code attached, to be entered into a prize drawing courtesy of your Digital Wellness Team!



[CLICK HERE](#) 

Wellness Building Pathways

Understanding and Managing Video Gaming Addiction in Kids

Oct. 8th 10am-12pm

Recovery Alberta: Community Education Service

Cost: NO CHARGE

Register by: clicking (here)



Navigating Changes in a New School Year!

In conjunction with the new Ministerial Order that was released in June of 2024, the Lethbridge School Division will be embracing a new *Personal Mobile Device and Social Media Use in Schools* procedure.

Information about the creation and implementation of the procedure, as well as the procedure itself, can be found on the Lethbridge School Division webpage.



Visit our Team's Website