



Digital Detours

Digital balance, mental clarity

Digital Wellness Day 2025

Welcome to the THIRD Annual Digital Wellness Day

Lethbridge School Division Digital Wellness Day will be on May 21st this year. The theme is all around the importance of **sleep and sleep hygiene.** Further igniting conversations, insights, and reflective analysis into the importance of sleep and recovery, highlighting how we can develop more intentional relationships with our digital devices and technology that minimizes and reduce any disruptions to our sleep patterns and habits.

It's crucial to recognize that our relationship with technology can significantly impact our ability to get restful sleep. The blue light emitted from screens can suppress melatonin production, mental stimulation from devices can keep us awake, and the temptation of notifications can fragment our sleep quality.¹



This Digital Wellness Day encourages us to explore strategies for creating a healthier tech balance, such as establishing "tech curfews," creating screen-free bedroom environments, and being mindful of the content we consume before bed, ultimately supporting better sleep and overall well-being. **Stay tuned for more information leading up to our big day!**

Silvani, M., Werder, R., & Perret, C. (2022). Frontiers in Psychology. The influence of blue light on sleep, performance and wellbeing in young adults: A systematic review. (13). <https://doi.org/10.3389/fpsyg.2022.943108>

Collaborative Learning in Leth. S.D.

The Digital Wellness Team has embraced each opportunity to create new innovative lessons, build rapport, engaging in playful learning, and ignite digital wellness awareness in our Lethbridge School Division Schools! Some of this month's in-action highlights included:

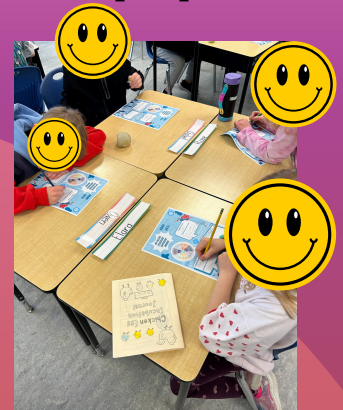
Fleetwood Bawden: Screen Smarts, play from the Heart



Lakeview Elementary: Digital Wellness Monopoly



Fleetwood Bawden: Digital Citizenship Superhero Lesson



Equip your students with the skills to thrive online. Book your school visit and empower your students to navigate the digital world with confidence and safety. Visit our bookings page (here) – Let's unite to guide our youth to shine online!