



# Digital Detours

Digital balance, mental clarity



## Growing Momentum

Foundational successes, future potential! The Digital Wellness Team of Lethbridge School Division has made significant progress during its initial month of activity. With a focus on increasing awareness and promoting digital wellness, the team has created a buzz within the schools reached through universal classroom teaching and small group work. These efforts have contributed to the team's foundational successes and the continued strive for growth and utility within the school community. Moving forward, the team is excited to continue to foster engaging, insightful, and purposeful teaching to promote digital well-being through grades (K-12).

## Digital Wellness Resource Hub

Instant digital wellness resources at your palm:

The Digital Wellness Team is committed to providing relatable content for educators to increase awareness in this area. Through research, feedback, and intentional planning, they have curated materials that cover a variety of topics. Educators can collaborate with the Digital Wellness Teacher to educate on areas such as:

- Digital Citizenship 101
- The Neurodevelopment: Behind excessive screen time
- Tech Tracks: Mindful journaling
- Social Media & Brain Development
- The Journey: A search for our inner identity
- Digital Wellness Monopoly





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## Tech Titans

Bite sized tech insights

**Student(s):** Incorporating movement into tech breaks allows for mental and physical rejuvenation, leading to increased productivity, awareness, focus, and overall well-being.

**Educator(s):** Connect with colleagues over lunch/breaks in your day by putting your phone in a secure spot to avoid distraction and engage in meaningful social dialogue to improve your digital well-being.

## Wellness Building Pathways

- [Telus Wise: The Summer of screens- and social media?](#) (Article July 20,2022)
- [Using the Medicine Wheel to Promote Wellness-](#) May 30-4:00-5:00 PM - Free
- \*Titles are clickable links to register in sessions.

## This Month's Big Finale!

### Lethbridge School Division- Digital Wellness Day: May 24th

The Digital Wellness Team is thrilled to announce our upcoming Digital Wellness Day on May 24th! By participating, educators can unite to promote digital wellness and students will have a chance to win exciting prizes or coupons at local vendors. Join us for a day of fun, learning, and community building! Stay tuned for more details to come!

*"Technology is a useful servant but dangerous master"-*

*Christian Louis Lange*



**SCAN ME**

**Let's Connect**

